

The perils of 'hot air'

See Column, Page 6



Collecting bones in Puerto Rico

See Sports, Page 11

CANNON COURIER

Home of JEFFERY NOKES

132nd YEAR - NO. 5

Tuesday, August 9, 2016

TWO SECTIONS - 75¢ PER COPY

Schwartz, Sanders win local races



(See Election Summary Report on Page 9)

Turnout for Thursday's election was light with only

1,220 ballots cast. Absentee and early votes amounted to 630 votes, bringing the total votes cast to 1,850.

The closest local race was for School Board District 1 with incumbent Nathan Sanders retaining his seat with 56.8 percent of the vote. Political newcomer Michael Keith Jones received 43.2 percent of the votes cast at West Side School.

Three other School Board seats were uncontested

with Bruce Daniel and Tim Powers winning in Districts 3 and 2 respectively. Board newcomer Javin Fann was also elected without opposition.

In the Road Commissioner race, Terry Horn won in Zone 1, Doyle Duke in Zone 2 and James Hancock (Road Superintendent) was returned to office in Zone 3.

Primary contests for the U.S. House of Representatives and the Tennessee General Assembly held no

surprises.

Sixth District Congressman Diane Black outdistanced GOP contender Joe Carr in Cannon County by 52.9 percent versus Carr's 43.6 percent.

Amelia Morrison Hippis was uncontested in the Democratic 6th District primary.

State Rep. Mark Pody, Tennessee House 46th District, was unopposed in the primary.

County reaches compromise on school budget

MIKE WEST
Courier Editor

Discussion over the Cannon County Schools budget went down to the wire Thursday night with the School Board accepting a compromise offered by the County Commission.

Previously, the School Board had voted twice not to accept a 3-cent cut of education's share of the Cannon County property tax (amounting to approximately \$60,000).

That 3-cent cut was recommended by the County Commission's Budget Committee in an effort to help the county meet guidelines established by the Tennessee Comptroller's Office. During the lengthy budget process a similar 3-cent cut was proposed and passed for most county offices.

The compromise was suggested by Commissioner Mark Barker, chairman of the Budget Committee.

"The easiest way of giving them a little consideration is to reduce the \$250,000 we agreed to several years ago," Barker said.

Back when the wheel tax was adopted to pay for construction of Cannon Coun-

ty High School, an agreement was reached for the School Board to pay Cannon County government \$250,000 a year out of the tax proceeds.

"If we reduced it enough to take care of that 3 cents would that help you all's budget?" Barker asked. "That money would go over into accounts you could spend. Isn't that right?"

School Board Member Bruce Daniel said the \$60,000 wasn't really sufficient according to the needs of the school system.

"What Mr. Daniel is saying is that we are just breaking even. We are not gaining anything," Schools Director Barbara Parker said.

School Board members had suggested recovering the funding from monies annually paid to the Trustee's Office as (basically) a service charge.

County Executive Mike Gannon pointed out removing the funds paid to the Trustee "would really hurt us in the county general budget."

After continued discussion, Gannon asked for a motion on the issue.

See COUNTY, Page 9



Tim Bell has served for 10 years as a Vanderbilt LifeFlight paramedic/respiratory therapist. He says, "I truly feel like this is what I've been called to do." Bell most often flies from a remote base in Tullahoma, one of six LifeFlight bases in Middle Tennessee. In 2012, he was honored by his LifeFlight colleagues as the recipient of the Medical Crew Excellence Award.
Photo submitted

ON ANGELS' WINGS

LifeFlight's paramedic Tim Bell's mission is to preserve lives

KEN BECK
The Cannon Courier

Tim Bell would be the last to take credit, but, truth be told, he and his comrades are life savers.

Swooping to the scene of an emergency, Bell and his medical partner hop down from their big metal bird. The whirring metal blades overhead might be noisy, but for those in a world of hurt must sound like the wings of angels.

Bell serves as a flight paramedic/respiratory therapist with Vanderbilt LifeFlight. Typically, he arrives on the scene with a nurse and the pilot.

"I enjoy critical-care medicine. It's about taking care of people. I truly feel like this is what I've been called to do," Bell says frankly.

The Woodbury native, 43, has

been witness to victims of almost every calamity conceivable: car crashes, motorcycle collisions, gunshot wounds, near drownings, cliff falls, logging mishaps, explosions, burns, ATV accidents and horseback spills.

"I've seen more than any one human ought to but so has everybody else that works emergencies. I'm not anyone special," he said. "We try everything in the world for death not to occur, but some patient's injuries are just too serious."

The majority of LifeFlight's trauma patients are victims of motor vehicle collisions, but Bell and his teammates also handle strokes and heart attacks and provide critical-care transport.

Employed by LifeFlight for 10 years, Bell is considered the team's

See ANGELS, Page 9



Vanderbilt LifeFlight paramedic/respiratory therapist Tim Bell of Woodbury, left, and emergency medical technician/certified emergency nurse Joe Cobble pose in the hangar beside their helicopter.

Getting close to home

Earlier this year, LifeFlight's Tim Bell and Joe Cobble helped save the life of Ines Espinosa, a 19-year member of the Huff & Puff Trucking family, a Cannon County business.

Espinosa was critically injured in an auto accident in Warren County on Jan. 1.

Melodie Daniel, who, with her husband, Bruce, owns Huff & Puff Trucking, said, "Ines was airlifted to Vanderbilt Hospital in critical condition. During the flight in the helicopter, he needed a direct airway and had to have a trach put in by someone on the flight team."

"He was in ICU at Vanderbilt for three weeks. The doctors were very impressed that the flight team was able to trach him with the amount of blood he had pooling in his abdomen. They told us that whoever was on the flight team had to be a veteran and basically saved his life. Bruce and I wanted to meet the flight team and thank them personally."

"One day while visiting Ines at the hospital, members of a flight team were waiting at the elevator. I asked if there was any way we could find out who was on a certain flight because we wanted to meet them. They had already heard we wanted to meet the attendant and told us that it was Tim Bell."

"I asked if it was the Tim Bell from Woodbury, and they said yes. Needless to say, emotions took over, and I started to cry, telling them I had actually taught him in elementary school."

"Tim was there that day and came to Ines' room to meet us. Tim apologized for hurting him but told him it was necessary to save his life. Ines gave him a thumbs up and shook his head. Ines is forever grateful to have had Tim on that flight," said Daniel.



See Cannon Blast on Page 7



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CANNON COURIER

OBITUARIES

**Thomas J Carmouche**

Thomas J. Carmouche, of Woodbury, TN, passed away on Monday, August 1, 2016, at the age of 72. Thomas is preceded in death by his parents, Dallas Joseph and Lallie C. (Leath) Carmouche. He is survived by his loving wife, Arlene (Armstrong), of 13 years, children; Brian Carmouche (Susan), Ashly Crain (Joshua), Kimberly Silcox and Ryan Reed (Amy), grandchildren; Kaylee Carmouche, Jackson Crain, Ava Crain, Julianna Crain, Kaitie Barrett, Emme Silcox and Ryder McQuade Reed. Thomas is also survived by his brother, Bobby Carmouche (Mary) and sister, Beth Draper (William), along with many nieces, nephews, extended family and friends.

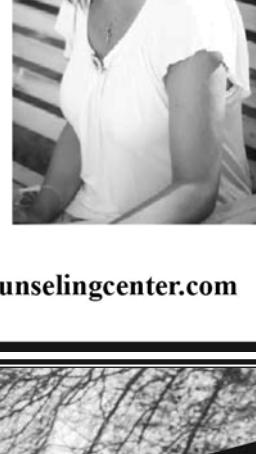
Thomas was a U.S. Air Force Security Police veteran, worked for the Gallatin Police Department, Tennessee Highway Patrol and the Tennessee Bureau of Investigation. He was Director of the Tennessee Hereford Association and was awarded "Family of the Year 2016."

Thomas was a stern yet caring, loving and faithful man. He was honest, honorable, selfless and always a gentleman. His passions in life were serving people, spending time with his family and cattle farming.

A Life Celebration for Thomas will be held at Crestview Funeral Home in Gallatin, TN on Saturday, August 6, 2016 at 2:00 PM. Visitation will be held Friday, August 5, 2016 from 4:00 PM – 8:00 PM and again on Saturday from 1:00 PM – 2:00 PM. Burial will be held at Crestview Memory Gardens with Military Honors. Pallbearers will be Harold Leath, Gary Leath, David Harrison, Dale Davenport, Ryan Reed, Brantley Carmouche, Scotty Carmouche, Brian Carmouche, Josh Crain & Jackson Crain.

CRESTVIEW FUNERAL HOME, 1623 HWY. 109 NORTH, GALLATIN, TN, 37066. 615-452-1943, CRESTVIEWFH.COM.

*Cannon Courier, August 9 2016
Woodbury, Tennessee*

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Rita Kay Cawthorn

Rita Kay Cawthorn, age 46, of Murfreesboro passed away Sunday, July 31, 2016 at St. Thomas Rutherford Hospital. She was a native of Cannon Co.

Survivors include her daughter, Tabitha Daly of Murfreesboro; Mother, Dewalene Bryson Cawthorn of Bradyville; Sister, Teresa (Earl) Bogle of Woodbury; Brother, Doyle (Linda) Cawthorn of Woodbury; Grandchildren, Kyanna & Noah Daly; Boyfriend, Thomas Watts of Murfreesboro. She is also survived by her dog, Andy.

She was preceded in death by her father, R.L. Cawthorn; and grandparents, Mr. & Mrs. Robert C. Bryson.

Ms. Cawthorn was a member of the Mt. Hermon Baptist Church and worked in shipping at Lewis Bakeries. Ms. Cawthorn was a loving mother and gone too soon.

Funeral services are 2 PM Wednesday, August 3, 2016 in the Chapel of Woodbury Funeral Home with Bro. Jerry Howard officiating. Interment will follow at Cherry Cemetery. Visitation with the family will be from 4 to 8 PM Tuesday, August 2, 2016 at the funeral home.

Woodbury Funeral Home, 615-563-2311, www.woodburyfuneralhome.net

*Cannon Courier, August 9, 2016
Woodbury, Tennessee*

Clara Mae Hawkins

Clara Mae Hawkins age 94 of Smithville, passed away Saturday night, July 30, 2016 at NHC HealthCare Center in Smithville. She was born December 22, 1921 to her parents, the late George and Sally Bell Miller Beshear. In addition to her parents, she was preceded in death by her husband, Shelton Hawkins; 1 daughter, Joan Hawkins; 2 sons, Kenneth Hawkins and Freddie Johnson; 1 grandson, Eric Hawkins; 2 sisters, Ludean Wright and Lois Hibdon; 2 brothers, James and Virgil Beshear. Ms. Clara Mae was a retired factory worker and a member of New Home Baptist Church. Survivors include 6 children, Queda Ferrell, Phillip (Ann) Hawkins, Don (Treba) Hawkins, Ronnie (Linda) Hawkins and Beverly (Marshall) Ferrell all of Smithville and Brenda (Jack) Herman of Cookeville; 2 daughter-in-laws, Elaine Hawkins of Lebanon and Betty Johnson of Woodbury; 15 grandchildren, 12 great-grandchildren, 10 great-great-grandchildren; 1 sister-in-law, Nell Beshear. Funeral services will be conducted 2:PM Tuesday, August 2, 2016 at DeKalb Funeral Chapel with Bros. Danny Bandy and Larry Thomas officiating and burial to follow in Banks Cemetery. Visitation with the Hawkins family will be on Monday 12 Noon until 8:PM and Tuesday 9:AM until the time of the service at 2:PM. DeKalb Funeral Chapel is in charge of the arrangements.

*Cannon Courier, August 9 2016
Woodbury, Tennessee*

Henry Clay Hollandsworth

Henry Clay Hollandsworth, age 67, of Woodbury passed away Sunday, July 31, 2016 at St. Thomas Stones River Hospital E/R. He was a native of Cannon Co.

Survivors include his mother, Hazel Foster Hollandsworth of Woodbury; Son & Daughter-in-law, Robert Cain & Jennifer Hollandsworth of Manchester; Grandson, Waylon Hollandsworth of Manchester; Sister, Joann Hollandsworth of Woodbury; and Mother of Cain, Sandra Hollandsworth of McMinnville.

He was preceded in death by his father, Robert Clay Hollandsworth; and his brother, Michael Hollandsworth.

Mr. Hollandsworth was a retired truck driver and a Veteran of Vietnam serving in the Army. He was a recipient of the Purple Heart and awarded the Bronze Star.

Graveside services will be 1 PM Thursday, August 4, 2016 in the Middle Tennessee State Veteran's Cemetery in Nashville. Visitation with the family will be from 2 to 8 PM Wednesday, August 3, 2016 at the funeral home.

Woodbury Funeral Home, 615-563-2311, www.woodburyfuneralhome.net

*Cannon Courier, August 9 2016
Woodbury, Tennessee*

Virginia Mitchell Young

Virginia Mitchell Young of Hermitage TN, age 71, passed from this life on July 31, 2016 after a brave struggle with pancreatic cancer.

Virginia was born in Woodbury TN and graduated from Woodbury Central High School, class of 1963 where she was valedictorian. Soon after graduation she moved to Nashville and lived in the Donelson/Hermitage area where she called home for 53 years. She is survived by Roy Young, her devoted husband of 53 years, and caregiver for the last year during her battle with cancer. He is the owner of Southern Hair and Young Realty Group in Donelson, and he is also an elder at Donelson Church of Christ. She is also survived by her son Brad Young and his wife, Stacy Young, her daughter Tammy Angell and her husband Rob Angell. The absolute joys of her life were her grandchildren Braxton and Chloe Young, and Camden, Alexis, and Chase Angell. Also surviving is her sister Sue Holt Patrick of Woodbury TN, and special cousin, Sara Pettit of Nashville.

She was preceded in death by her parents Lehman "Pap" Mitchell and Hixie Roach Mitchell.

Virginia was a devoted Christian, wife, mother, and grandmother. She loved children and taught Sunday school where she was fondly remembered for her famous "chocolate fountains" in class. She put all her heart and soul in to trying to teach them about God. She was beautiful inside and out as well as being a fun-loving person that loved to travel and see the world. Some of her greatest joys were watching her grandkids cheerlead at ballgames, watch them play their various sports, and attending their dance recitals.

She loved decorating and entertaining and attended the O'More College of design. Virginia also worked as a cosmetics consultant for Estee Lauder and fine jewelry consultant, at Castner Knott / Proffit's / Hecht's. She later worked for Jared's as a fine jewelry consultant before she retired.

She loved life with a passion and didn't want to let it go but she is watching over her family from heaven now. Virginia will be greatly missed by those who knew and loved her, but she will never be forgotten.

Services will be held 3 pm Wednesday at Donelson Church of Christ with Bro Bob Hendren, Bro Russ King and Bro Frank Batson officiating. Interment to be held at Hermitage Memorial Gardens with Grant Holt, Tyler Holt, Neal Harrell, Tom Johnson, Doug McMahan, Charlie Cooper, Matt Burgess and Phil Burgess serving as pallbearers. Honorary Pallbearers Tommy & Judy Smith, Judy Cooper, Carole English, Joan Johnson, Sandra McMahan, Vickie McAlister, Sharon Midgett, Rachel Bevans, Ann Moles, Julie Burgess, Margit Prosser, and Donelson Church of Christ Elders and wives

In lieu of flowers, donations can be made to the Donelson Church of Christ, or The Pancreatic Center, Dr Lim, Siteman Cancer Center, 7425 Forsyth CB 1204, St Louis, MO 63105 (note: immunotherapy for pancreatic patients) tributes at hermitagefh.com

*Cannon Courier, August 9, 2016
Woodbury, Tennessee*

Join us at the CAMPAIGN Kick-off Event For Amelia Hipps State House District 46 Thursday, Aug. 18 • 5-7 p.m. at Short Mountain DISTILLERY 8280 Short Mountain Rd, Woodbury, TN All are welcome. Suggested \$25 Donation. RSVP by Tuesday, Aug. 16 to Campaign Manager Talisa Cantrell • (615) 604-6145 Email to hipps4tn@gmail.com

Paid for by Friends of Amelia Morrison Hipps, John Foutch, Treasurer

Today's Chat

with
Savannah Cunnick



THEY SAY THAT LIFE IS BUT A SONG !!!

At this point, there HAS TO BE a song out there to describe just about any situation! For every problem, there is a song lyric.

There are songs that can make you happy and dance up a storm. And, there are songs that can make you sad and cry when you hear them. But, it's not actually the song that makes you cry, it's the people behind the memories that come to mind.

I have those songs and memories and if I hear them start singing: May old acquaintances be forgot and never brought to mind....on New Years Eve, I turn it off....it tears me up!!

Do you ever think of a tune and can't get it out of your head and then start going through the trivia of remembering all the words before you go crazy?

Just how addicted are we to the songs in our life....think about what it would be like WITHOUT SONGS. Songs and music are everywhere...start listening wherever you go every day....even the morning news has music...songs on your car radio....songs in the grocery stores....drug stores....doctor offices....movie theaters....computers....you name it....SONGS EVERYWHERE! That's okay,,,You might even start dancing...like I tell all of you to do every week when I sign off. Nothing wrong with that !

Some folks hear peace and songs in nature...language of the earth. Dancing notes in a rippling stream to a chorus like the songs of wind in the trees. JD and I live within the trees....like a tree house in the forest. It is the most beautiful melody you could ever hear. No one could write such a wonderful verse of songs than God. The songwriters go to town and jot down their thoughts and personal experiences in efforts to connect with mankind in every way possible.

Many have succeeded and brought so much joy and comfort to all of us. Many have a gift in doing so....while there are the insane and rebellious...disturbing and basically sick hard rock groups that have not one bit of GOOD to contribute to our young people today.

I thought the acid rock was bad back in the day, but Lord....have you ever listened to this recent stuff....bad words, cussing, spiteful, slashing, bloody mess!!! No wonder that kids today think it's okay to pack a gun, shoot people, set fires, join gangs and kill their parents. Morbid? Yes. True? You bet....!

Like Uncle Festus says: How many punk rock musicians does it take to change a light bulb? TWO. One to screw in the new bulb and one to smash the old one on his forehead!

Enough on that....let's get back to the happy light side of songs and good words and feelings.

From the lullaby to the opera....songs go on forever and exist everywhere we go. Musicals, weddings, children's songs, country, rock, oldies but goodies, worship, jazz, dixieland, bluegrass and the list goes on. For every occasion there is a song. Love songs for example.

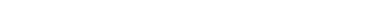
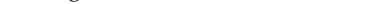
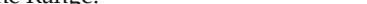
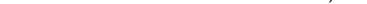
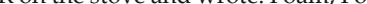
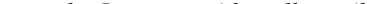
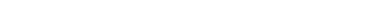
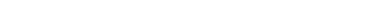
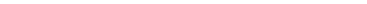
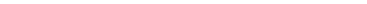
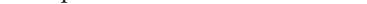
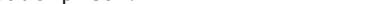
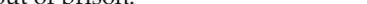
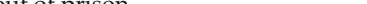
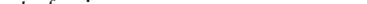
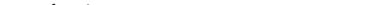
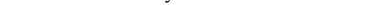
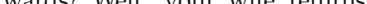
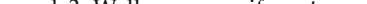
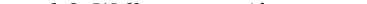
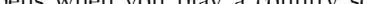
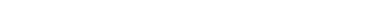
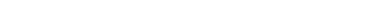
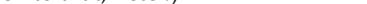
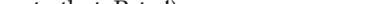
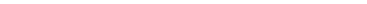
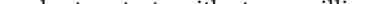
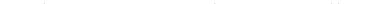
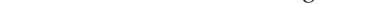
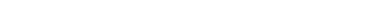
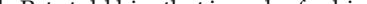
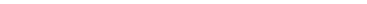
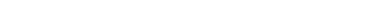
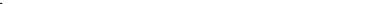
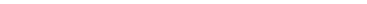
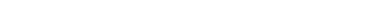
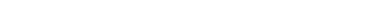
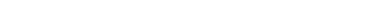
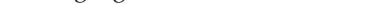
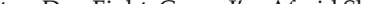
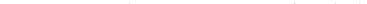
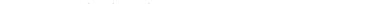
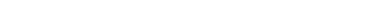
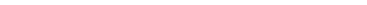
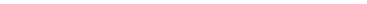
Cousin Sid always tells his wife Maggie: I find pieces of you in every song I listen to. Maggie tells me that she THINKS it's a compliment, but concentrates on all the songs he listens to, just to make sure!! Reggae, hip-hop, R&B keep us hoppin'.

Where would we be without Holiday songs....because of the songs....Christmas is my favorite holiday....the music is the best gift I could ever receive year after year. Such positive songs create a positive world!

It's amazing how one song can change your mood, thoughts and emotions. People dedicate songs to each other. When someone asks you to listen to a song...it's because the lyrics mean everything they are trying to say.

Plato wrote: Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.

Cousin Clarence thinks he is the best songwriter of the family. Some of his biggest hits (ha-ha) have been: I'm just a bug on the Windshield of Life. I Changed her Oil and she Changed my Life. If my Nose was Full of Nickels, I'd Blow it All on



CANNON COURIER

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Miami Herald
MORNING
07-31-16



Courier Editor Didn't vote? Then you have no right to gripe!

There's one thing very noticeable when you go vote.

Most, if not all, the voters are 50 years old or older.

In my case, that may be due to when I go to vote. This time, as usual, I voted early because election day is a busy time for the news business. I voted on a Saturday and was happy to note that among the sparse ranks of voters, there was a first-time voter. She had registered and voted for her cousin who was seeking election.

Voting should be a habit. My parents and their parents (my grandparents) voted religiously. They never missed a chance to cast a ballot.

My family continues to vote. The one exception is my daughter, who refuses to even register to vote.

She believes that its pointless and is prepared to argue endlessly. I usually give up before mentioning the Bush/Gore election in 2000. That presidential race was a dead-on tie that Gore could have won if he carried his home state of Tennessee.

But that's ancient history.

My thought has always been "bad officials are elected by good citizens who don't vote."

But actually how can you be called a "good citizen" if you don't vote?

A good citizen should be determined to vote either in person or by absentee vote.

To vote absentee in Tennessee, the voter must fall under certain characteristics including:

The voter will be outside the county of registration during the early voting period and all day on election day;

The voter is sixty (60) years of age or older;

The voter has a physical disability and an inaccessible polling place;

You can see the other 14 or 15 reasons for voting absentee at <http://sos.tn.gov/products/elections/absentee-voting#6>

To request a by-mail absentee ballot, mail, fax or email with an attached document which includes a scanned signature the following information directly to the Election

Commission Office, Room 244 301 West Main Street, Woodbury, 37190. The document must include:

1. Name of the registered voter

2. Address of the voter's residence

3. Voter's social security number

4. Voter's date of birth

5. Address to mail the ballot outside the county (this applies only when the reason for voting by mail involves that the voter will be outside of the county during early voting and on election day)

6. The election in which the voter wishes to participate. If the election involves a primary, the political party in which the voter wishes to participate.

7. Reason the voter wishes to vote absentee. If applicable, a copy of the CDL containing the CDL number or the TWIC card must be included in the voter's request.

8. Voter's signature

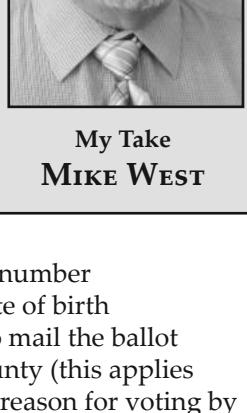
And why are we telling you this after the election?

Because, the Presidential Election is coming up in November. If you have not registered to vote, there's no time like the present.

The 30th day before each election is the deadline to register to vote. You can register in person at the Election Commission or you can do it by mail. <http://www.cannoncountyelections.com/1324390844/get-registered/>

Your by-mail registration form must be postmarked by that date in order to be processed for the upcoming election. Registration received after the deadline will be processed after the election.

Personally, I find voting a little exciting. Try it, you might like it.



My Take
MIKE WEST

LETTERS TO THE EDITOR

Letters are welcome on any subject printed in the pages of this newspaper.

All letters must be under 250 words and are subject to editing for improper language and will be verified by either address or phone number.

Letters may be sent online to news@cannoncourier.com or by mail to

Letters, Cannon Courier,
113 West Main St.

Courier columnist

'So, God made a farmer'... as recited by Paul Harvey

Daddy Whittle was a farmer, a real good farmer.

And Mother became a good farmer after Daddy's fatal car wreck in 1950. She did this, despite not knowing how to drive a car or use a telephone in that era.

I've always admired good hard-working farmers ... dating back to the first day when Mother attached a flour sack to my shoulder and told me to fill it up with cotton ... my first and last real job. Because, in adult life God, has let me have a career that I love!

I've always shared the creed, it ain't "a job" if you love what you do for a career.

You didn't have to be a rocket scientist to realize picking cotton (before machines) was torture to your spine, knees and bleeding hands, and the damnable heat could make a devout Christian "go to cussin'."

On her death bed in 2003, Momma Whittle asked. "Can you recite your cotton patch prayer from that first day of picking cotton when it was more than 100 degrees?"

"Momma," I bragged, "I can recite my cotton patch prayer word by word: 'Big God, this is Little Danny Whittle, if you don't mind, don't make me no cotton picker when I grow up, because it's hotter than hell out here today.'"

After saying she should have "whipped your little butt" for "cussin'", my farm-tough Mom chuckled

... the last laugh

we shared before Mother passed the next day to where Godly-good farmers go.

How tough was she? She survived seven years after being diagnosed with pancreatic cancer. So remarkably tough doctors used her as an inspiration to other sick folks!

And I still pray regularly to "Big God" because farm neighbor of my youth, Mommie Gower, always called Him that.

I've never had a real job since I stepped out of the cotton patch into my first newspaper office as a cub reporter, one of the nicer names the gnarly-seasoned and -tough old editors often called us.

"Whittle, if you love what you do, it ain't work," instructed salty editor Bob York, who typed in a blur with only two fingers. "And Whittle, when you 'assume' something in a news story, you'll generally make an 'ass' out of 'u' and 'me.'"

Since those early hot cotton-picking days, I've had the best job in America. A craft I'm still honored to do as I enter my 7th decade of life as a newspaperman.

What other job would literally pay me to travel while interviewing some of the most interesting people on the planet?

Probably the smartest person I've interviewed was the late great radio commentator Paul Harvey.

I loved it the day I heard Mr. Harvey recite the words to "So, God Made A Farmer" on local radio stations such as WGNS and WBRY in Murfreesboro and Woodbury respectively.

"And on the 8th day God looked down on his planned paradise and said, 'I need a caretaker!' So, God made a farmer."

Upon hearing those fateful words in Mr. Harvey's unique cadence and delivery, I thought reflectively back to my own farm mother, a true caretaker of God's Mother Earth.

Mr. Harvey's recitation inspired me so much, I copied the words and passed them to country music

star Marty Stuart for a possible future song.

Upon hearing "So, God Made A Farmer," I thought of Tennessee mule farmers I'm honored today to have as friends, including

newly-weds Jeff and Cindy (Haley) Odle, Buddy Black, Jimmy Simpson, Danny Fraley and the late great Bill Smith, who was about age 10, when his farm daddy first trusted him with a team of powerful work mules back on their Cannon County farm.

"I need somebody that can shape an ax handle, shoe a horse ... 'So, God made a farmer,'" Mr. Harvey continued on the radio.

At the other end of my not-so-famous people trail of newspapering, I've interviewed colorful and yes, wholesome God-fearing people on earth, such as the late C.L. Vickers.

It was one of life's highest honors when I was asked by C.L.'s family to eulogize his life at the Smith Funeral Home.

It had been an even higher honor when C.L. and wife, Sandy, issued a special invitation for Pat and me to be in attendance the Sunday night C.L. was baptized at his local country church.

You could see the galluses on C.L.'s newest Liberty brand overalls swell with humility and joy when he popped out of that holy water. Amen!

In my heart-felt eulogy I described C.L. as one of life's bona fide best friends while the late great Woodbury physician, Dr. Leon Reuhland and his legions of farm neighbors, such as mule man Grady George, knew C.L. as a locally-famous vegetable garden-growing farmer.

"And I loved C.L.'s sense of humor," I eulogized. "I was there when one of C.L.'s neighbors asked him for 10 pounds of his new-dug potatoes: 'I ain't cutting up one of my taters, for a mere 10 pounds,'" C.L. boasted with an impish grin.

I broke out in a heart guffaw, when C.L. told another farm friend his corn crop that year, had yielded about 35 gallons per acre. I think C.L. was "just joshen."

When C.L. and I first became acquainted, the regional newspaper I worked for at the time had about 110 paid subscribers in his native Cannon County.

After a few of my newspaper columns focused on C.L. Vickers, our circulation exploded from 110 to more than 1,250 faithful readers, due to C.L.'s popularity among his legions of loyal farm friends.

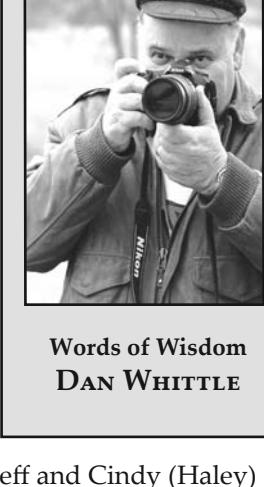
The pristine-kept Thyatira Cemetery was the righteous appropriate final resting place for C.L., who took great pride in life as the professional caretaker of his beloved Thyatira Cemetery near downtown Bradyville.

Woodbury Mayor Harold Patrick was present during the last newspaper interview I did with C.L. about his regionally-famous weather prognosticating about when to plant his garden.

"C.L., is this weather forecasting by the signs of Mother Nature a bunch of BS?" I inquired as I laid my pencil and note pad down on Mayor Patrick's desk.

"Mr. Whittle, I only do my BS (weather forecasting) one day a year. You do it (BS) every day in your newspaper columns."

As the late great Paul Harvey would say: "That's the rest of the story."



Words of Wisdom

DAN WHITTLE

News from the Mountain

BY CAROL GUNTER

Hi and hope everything is okay with you and your family.

With the wind blowing pretty good, seems like the downpours of rain are coming at me from every direction since retreating to our patio. Having to move the radio that is playing some good gospel music from the patio table so it won't get soaked. Getting outside all worth it as it is so pleasant today around 82 degrees and cloudy with on and off rain showers. Tomorrow the sun may be beaming so hot again and I want to take advantage of a good day like this when I can. Sweeping off our patio, spray painting anything I think needs a new coat of paint, spaying hot shot (I can't stand spiders) as there's no room out here for them and me, too! Also, been moving things around like we girls do to make the place more attractive. Pulling weeds out of the back drive becoming a chore as soon as I'm out there the sun pops out so I retreat to the patio, then the sun goes away and I start back out as the sky gets cloudy and wouldn't you just know it the rain goes to falling pretty heavy so back to the patio I scamper! Can't win for losing. This is getting to be too much like phone tage only it's the weather causing the delay.

Opened a can of tuna today

and checked the expiration date as that is something I always do. I think the tuna was good til 2020. Since this is July 2016, I'm thinking this stuff is gonna last for a few more years. You know I have told you I do stock up on tuna before winter gets here. Got to doing some really strenuous thinking on my part about the preservatives that are in that can of tuna. If a can of turn can last a few years and I'm putting the tune in my body, don't you imagine this is gonna preserve me longer, too?

Adding a few more years to me sounds like a winner and the more tuna I eat the more likely I could possibly live to my goal of 100 years old. I get the tuna in water so that might be a plus also. Starting to stock the pantry today with my supply of tuna for the winter that will be here in a few months. Who really know how much longer our lives could be lengthened by eating Starkist or even a generic brand of tuna? They say tuna is good for you. Maybe we just didn't realize how true a statement that is in more ways than one.

After seeing my first deer a couple of weeks ago, I have been on the lookout for more deer. Not a hunter myself, I just think they are beautiful animals. There are, of course, plenty of hunters to go around here on the mountain that

are just itching for the hunting season to arrive. Neighbors make sure I get to cabbage in on the spoils of a deer killed by bringing me some of that delicious meat they have prepared. Naturally, fried potatoes, biscuits, and etc complete the wonderful meal. You couldn't ask for more could you? I am blessed.

Moles are back and on the move trying to no less do in my dahlias and other flowers. Wondered if they have little helmets on their heads as with all that tunneling they do they I would assume, get gigantic headaches? I've put the bubblegum to the test again and gave them a double dose in the holes where they have been disturbing the ground. It worked last years so maybe it'll do the trick again on them. Still have some of those pesky Japanese Beetles and the junebugs hanging around. They need to go home as they serve no purpose except to annoy us and harm our plants and bushes.

The little green men are supposedly very calm most of the time and wouldn't hurt a thing I have been told. I've not set down with one of them lately and talked to it so I cannot verify if this is true or not. This is only heresay on my part.

Please keep in prayer: the



family of Floyd Young, Carlong and Mai Nell melton, Ruth Brown, Eith Miller, Fay Pitts, and Denise Stanton.

If you have any news for the column, just give me a call at 615-563-4429. Have a great day.

If ye have faith as a grain of mustard seed, nothing shall be impossible unto you. Matthew 17:20

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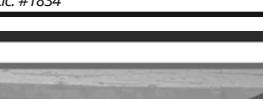
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tickets are available at each house during Parade hours, which are Saturday, August 20 from 10-5, and Sunday, August 21 from 12-5. Advance tickets are \$5, and can be purchased at any First National Bank or at HomeCORR on Broad Street in Cookeville, or online at www.uchba.com.

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Newly-constructed homes offer outstanding benefits, including energy-efficient features to increase comfort and save significant money over the long term. New home floor plans are designed with modern lifestyles in mind, with open layouts, high ceilings, walk-in closets and conveniently-located laundry and home office accommodations. The home is central to American life. It is where dreams thrive and the future takes shape. It is where children are nurtured, and families make lifelong memories. Owning a home is a cherished ideal for most families.

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or want to upgrade your current residence, you'll find plenty of inspiration, regardless of your budget. Admission is \$10, and

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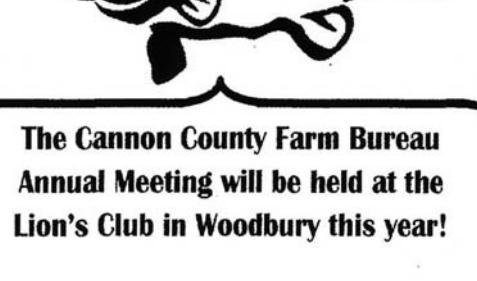
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FISH FRY



The Cannon County Farm Bureau Annual Meeting will be held at the Lion's Club in Woodbury this year!

Please come and join us for a Fish Fry, Fun and Fellowship!

**Farm
Bureau**

Tennessee

**AUGUST
20 2016
5:30 pm**

RSVP by

August 15th

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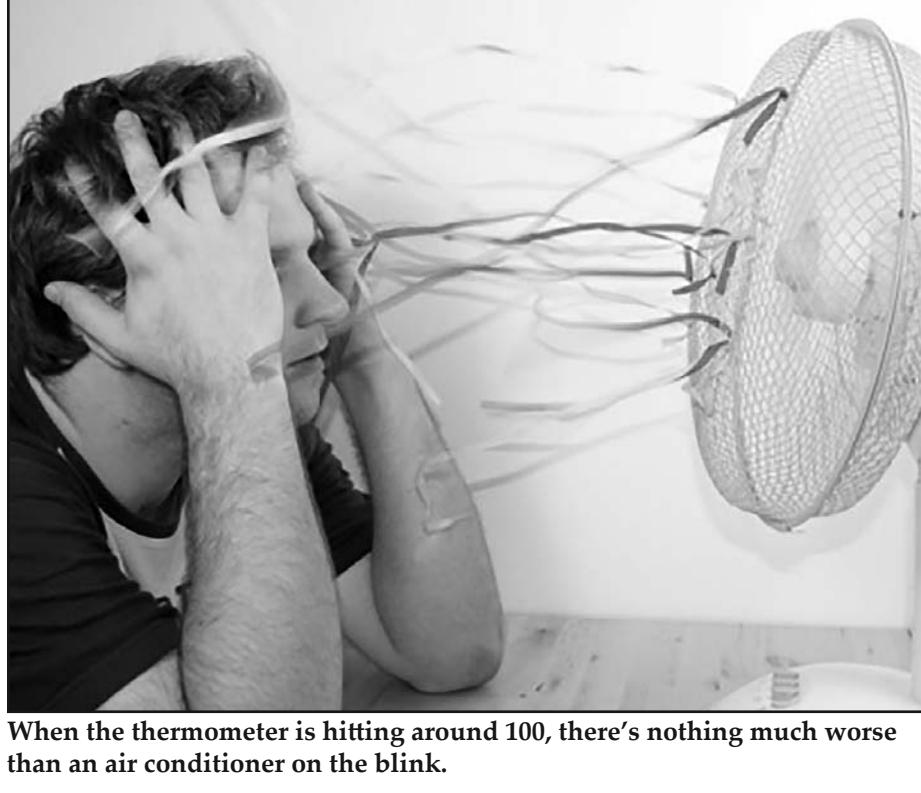
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When the thermometer is hitting around 100, there's nothing much worse than an air conditioner on the blink.

A Shot of Wry

LARRY WOODY



Hot air certainly poses perils

Awhile back, on the hottest day so far this summer, my air conditioner went kaput.

One minute it was blowing out icy blasts, and the next minute it was huffing out air so hot it could have run for political office. Or roasted a turkey.

In this case, I was the turkey.

I called a local air-conditioning service, Mr. Cool, and the friendly receptionist on the other end asked if she could help me.

Yes, I gasped, my air conditioner had expired. And I wasn't far behind.

She said to remain cool (witty young lady, she was); help was on the way.

In a couple of hours help arrived in the form of a brawny young man with a bristling beard. We'll call him Hank, since that was the name on his shirt.

Hank shook my hand, expressed his condolences, and asked to see the patient.

I took him around back where the cooling unit is located, and Hank unscrewed a metal covering.

"Well," he said, pointing to a tangle of wires and metal coils, "there's your problem."

I peered inside, expecting to see a rabid badger, but all I saw was a tangle of colored wires and metal coils.

Hank explained that the turbo-condenser gage had malfunctioned, causing the spitzoid conductor valve to overheat and rupture the F14-transporter coil, allowing Freon to escape.

I assumed Freon was the name of a gang member who had been hiding in my air conditioner unit.

I asked if he could be re-captured.

Nope, Hank said. Freon's a goner, just like my air conditioner.

I asked if the leak could be

repaired.

"Wellllllll...." said Hank. "We coulddddpatch it. But there's no guarantee how long it will last."

I asked for his best guess, as a licensed and trained air conditioner-repair professional.

He said he was fairly sure it would last until he backed out of my driveway. At that point the warranty expired.

Plus, he said, once the coil was patched, the Freon had to be replaced. The stuff is imported from the distant plant Freon and costs \$788 a drop.

Hank advised buying a new air conditioner.

I asked how much it cost. Hank said he'd have to check with the manager. (The salesman who sold me my car said the same thing; he and Hank must be related.)

He made a call and said he had some good news. He could get me a new air conditioner for a mere \$5,500, plus my first-born child. However, all the news wasn't so cheerful: he was running behind and couldn't install the new unit for a couple of weeks.

So here I sit, sweating and wheezing and getting in touch with my inner-pioneer. Most log cabins didn't have air conditioning, and until you've gone without it during the sweltering summer months you can't appreciate what our frontier forefathers endured. (Keep in mind, under-arm deodorant had not yet been invited.)

I'm making do with an electric fan. But I still sweat like a pig on National Barbecue Day.

Every day I call Hank to ask how close he is to getting my new air conditioner installed. He says he's working as fast as he can, and tells me keep my pants on.

I can't. It's too hot for pants.

41 arrested in human trafficking round up

NASHVILLE - A three-day operation by Special Agents with the Tennessee Bureau of Investigation and partner agencies to combat human trafficking in Nashville has resulted in the arrest of 41 individuals

on prostitution-related charges; 34 men, six women and one juvenile.

More than half of the men responding to ads tried to buy sex from a minor. The Nashville anti-trafficking operation,

called "Operation Someone Like Me", is the sixth of its kind

in the state between the TBI and partner agencies to help identify, investigate and prosecute trafficking.

Missing!

\$100 reward

Missing since July 19 from upper Parchcorn Road

2 older beagles:

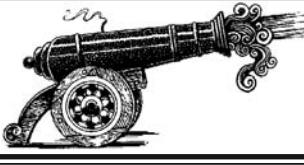
1 male, 1 female

Had orange collars with photo, numbers and name tags.

Call Bob or Sue at 615-563-2874

and rescue victims. Those arrested include a high school teacher, a college football player, a truck driver, a student and a state IT Specialist.

Along with detectives with the Metro Nashville Police Department, Homeland Security Investigations and the FBI, and the nonprofit End Slavery Tennessee, TBI Special Agents and intelligence analysts conducted the undercover operation to identify potential victims of trafficking and arrest those seeking to purchase illicit sex from a juvenile. During the three-day operation, undercover Agents posted ads on Backpage.com, and 485 men responded to those ads posted. More than 5,300 contacts were made to those ads, through texts or phone calls. In some ads, undercover Agents posed as a juvenile.



THE CANNON BLAST

You can submit items for The Blast by email at news@cannoncourier.com

Farmers Market Saturdays 7 a.m. - 12 p.m.

Farmers Market open every Saturday 7 a.m. until 12 noon, located at the Farmers Market Pavilion in the parking area of The Arts Center on John Bragg Hwy. Contact Bruce Steelman at 615-563-2554 for information.

Alcoholics Anonymous

If you drink a lot that's your business. If you want to stop that's ours. Call 615-653-7914.

Celebrate Recovery

Celebrate Recovery from hurts, habits and hang-ups meets every Tuesday at 6:30 p.m. at First Baptist Church.

Flags for Sale

The American Legion Post 279 in Woodbury is selling flags and accessories. The monies raised from the sale of these flags goes 100% back to our Community, our Youth and our Veterans, in Cannon County. This is an on-going project. We have available an assortment of all sizes and all types of flags - United States Flags, State Flags, Military Service Flags; and all sizes of flag poles.

The United States Flag 3'x 5' nylon is \$25 (best price anywhere). This is our most popular flag. The United States Flag 4"x 6" is .50 each or \$5 a dozen for special occasions. The military services/branches flags are \$30 each. For that special display. We can get you any State Flag, different size flags and different size flag poles, (small house flag poles to large business flag poles.) WE ALSO HAVE INDOOR FLAG SETS. FLAGS FOR ALL OCASSIONS. If you need to make a special order, call and we have a catalogue available to make your selections.

CONTACT A MEMBER OF AMERICAN LEGION POST 279 OR CALL CHARLIE HARRELL 615-542-1289, OR JIM STONE 615-563-6111, OR BRENT BUSH 615-563-2691, OR BRITT KNOX 615-904-5644, OR PENNY DANIELS 615-563-6729.

We will be glad to take your order, deliver your order, and all with a smile and a big thank you, for Supporting the American Legion Post 279, AND OUR YOUTH, OUR COMMUNITY, AND OUR VETERANS, OF CANNON COUNTY.

Music Night on Thursdays

The Pocahontas Community Center, located near Ivy Bluff, will be having a music night every Thursday at 5 p.m. We welcome all musicians who would like to come and play with our group, beginners or pros. If you like to sing our band will play your song and let you sing along! Spectators and dancers are welcome. For more info call Ray, 615-765-7835

NOTICE OF HOME SCHOOL

Any parents/legal guardians who intend to conduct an Independent Home School, grades K-12, or a Church-Related Home School, grades K-12, for their own children, during the 2016-2017 school year must provide annual notice to their local public school Director's office each new school year. This requirement applies to previous home school parents and new ones alike.

Home School registration forms for the 2016-2017 school year are available at the Cannon County School Director's office and online at the Cannon County Schools page (<http://www.ccstn.net/> under the homeschool department tab) or the Tennessee State Department of Education Home School page (<http://www.tn.gov/education/schools/homeschool.shtml>). Upon completion, forms should be returned to the Director of School's office at 301 West Main Street, Woodbury, TN 37190 by August 1, 2016. Any parent/legal guardian wishing to conduct an Independent Home School for grades K-12 must provide 1) proof of legal custody or guardianship by a copy of child's birth certificate or court order, and 2) copy of a high school diploma or GED, and 3) the student's immunization record.

If you have any questions regarding home schools, please call 563-5752 or 563-5029 between the hours of 8 a.m. and 3 p.m.

Open House Cannon County Health Department

Friday, August 12 @ 1 to 3 p.m.

301 West Main St - Suite 200. Now offering full-time primary care. Come meet the Health Department's team, take a tour of the facility. Refreshments will be served. For more information, please call 615-563-4243.

George and Tate Family Reunion

Saturday, August 13

Gassaway Community Center

Hours are 10:30 - Until. A potluck meal will be served at noon. Sharing of family pictures and information will be appreciated. In the beginning, John B. (J.B.) Tate married Sarah Elizabeth Blair on March 7, 1893. Their child, Jennie B. Tate married Sammie George on April 4, 1914. For more information call David George at 615-765-5249, Frelan George at 931-728-1029 or Gerald Tate at 615-563-5910.

Daniel Reunion

Saturday, August 13

On Saturday, August 13, the descendants of Robert (Bob) Jasper and Josephine (Josie) Wood Daniel will meet at the Cannon County Senior Center in Woodbury. The reunion begins with donuts and coffee at 10 a.m. with lunch served at noon. Bring a dish(es) for yourself and family, plus one. Drinks, paper plates, napkins and plastic ware will be provided.

Liberty Dance

Saturday, August 13 from 7 to 10 p.m.

Featuring Uptown Country. Come enjoy the music and dance. Call 615-563-2792 or 615-464-8110 for more information.

Rock of Ages

August 12-22

Arts Center of Cannon County

Directed by Brittany Goodwin, Rock of Ages is rated PG-13 for thematic elements including language and adult content.

German developers have plans to turn Hollywood's Sunset Strip into another strip mall. Can Drew, Sherri and the gang save the strip—and themselves—before it's too late? Only the music of hit bands Styx, Journey, Bon Jovi, Whitesnake and more hold the answer.

Performances run August 12, 13, 19, 20, 26 & 27 at 7:30 p.m.

and August 14 & 21 at 2 p.m.

United States Senator BOB CORKER

will be at the Woodbury Senior Center

on Thursday, August 18 at 2 p.m. to meet Cannon County residents.

"Please come and greet him."

Senior Center

Music Night

Friday, August 19

The Cripple Creek Review Band will perform at 7 p.m. Doors open at 6 p.m. Admission is \$5.

Liberty Dance

Saturday, August 20 from 7 to 10 p.m.

Featuring Six String Revolver. Come enjoy the music and dance. Call 615-563-2792 or 615-464-8110 for more information.

Jeff Black in concert

August 20 @ 7:30 p.m. - 10 p.m.

Bird Song Studio located on High Street in Woodbury will showcase Jeff Black in concert beginning at 7:30. Contact Robyn Taylor at robynjoytaylor@gmail.com or visit www.thebirdsongstudio.com for information.

Homecoming at Plainview Baptist Church

August 22-26

Homecoming at Plainview Baptist Church is set for August 22-26 with services nightly at 7 p.m. The church is located at 6088 Jim Cummings Highway (Highway 53S)

Cruise-In On the Square

Saturday, August 27

Cruise-In On the Square in Woodbury, 4 to 7:30 pm, all cars, trucks & motorcycles welcome, free admission to everyone. Enjoy, music, 50/50 drawings, door prizes, concession and more. Driver of the month is sponsored by Purrfectly Pawlished Pet Salon owned by award winning pet groomer, Angela Tate Mullinax. Contact John Barker at 615-542-4065 or Carolyn Motley at 615-563-2222 for info.

Hunter Education Classroom Course

LOCATION & SCHEDULE

Meeting On:

08/22/2016 6 - 9 p.m.,

08/23/2016 6 - 9 p.m.,

08/25/2016 6 - 9 p.m.,

08/26/2016 6 - 9 p.m.

Classes will be held at Woodbury Lions Club Building. Special instructions for all students: Call Mark Vance at 615-203-4688 with questions..

Do not bring guns to course, need only pen or pencil.

Instructed by: MARK VANCE

Liberty Dance

Saturday, August 27 from 7 to 10 p.m.

Featuring One-Eyed Dog Band. Come enjoy the music and dance. Call 615-563-2792 or 615-464-8110 for more information.

Short Mountain Disc Jam.

August 26-28

It takes place at the Little Short Mountain Farm and Short Mountain Distillery. This is our third annual three-day event, taking place August 26-28. We will be having roughly 150 attendees. It is a Professional Disc Golf Association C-Tier tournament. Most of these will be locals from the area, Murfreesboro and Nashville, but we also will be hosting out-of-towners from surrounding states.

Also, part of the proceeds of this event will be going to Limbs For Life.

The Limbs for Life Foundation is a global nonprofit organization dedicated to providing fully-functional prosthetic care for individuals who cannot otherwise afford it and raising awareness of the challenges facing amputees. Fortunately, high tech prosthetic devices that restore a person's basic skills and independence are available. Unfortunately, many amputees lack the financial resources to obtain adequate prosthetic care. This is where Limbs For Life steps in. As you can imagine, this organization helps many veterans in our country, whose lives have been permanently changed by warfare.

Liberty Dance

Saturday, September 3 from 7 to 10 p.m.

Featuring Steve Page and the Troubadors. Come enjoy the music and dance. Call 615-563-2792 or 615-464-8110 for more information.

Auburntown Lions Club Fish Fry

September 3 @ 12 noon - 7 p.m.

At the Community Center in Auburntown.

Senior Center

Music Night

Friday, September 9

Rode West will perform at 7 p.m. Doors open at 6 p.m. Admission is \$5.

What's Happening in Cannon County Schools

August 9—Students' first full day of school Board meeting workshop, 6:30 p.m. at the CO Boardroom

August 11—School Board meeting, 6:30 p.m. at WGS cafeteria

August 12-13—SCORE educational summit, Nashville

August 13—Girls' Soccer game at DeKalb (Play day)

August 16—Principals' meeting, 8:30 a.m. at the CO

August 18—Safe and Accountable Schools Conference, 8 a.m.-3 p.m., TTU

Cannon County School System is currently looking for applicants for the following positions:

CCHS Credit Recovery teacher

CCHS Spanish teacher

CCHS Special Ed. Assistant

CCHS Receptionist

East Side Elementary teacher

WGS Elementary teacher

SPED/Title I teacher at Auburn

Arm Numbness, Leg Swelling, and Low Back Pain Helped with Chiropractic

The Journal of Pediatric, Maternal & Family Health published a case study on July 15, 2015, with the title, "Resolution of Peripheral Neuropathy, Lower Extremity Edema, and Low Back Pain in a Pregnant Female Undergoing Chiropractic Care."

In this case, a woman presented herself for chiropractic at 33 weeks of her pregnancy. She was experiencing numbness and tingling in the second through fourth fingers of her right hand. This problem was made worse by her employment, as she was a church organist. She also suffered from low back pain and swelling in her right leg.

She had a history of endometriosis and ovarian cysts, and had previously suffered two miscarriages. She was using homeopathic remedies and a change in diet to manage the pain and issues associated with her menstrual cycle and endometriosis.

A chiropractic examination revealed multiple subluxations in various areas of the woman's spine. Based on the findings, specific adjustments were begun to correct the subluxations.

By the fourth visit, the woman reported that the swelling in her leg had almost totally gone away. However, the leg swelling did return as her pregnancy progressed. By her 9th visit, the woman reported that the tingling in her hand had been resolved. Shortly after her ninth visit, the woman went into labor and delivered a 5 pound, 10 ounce boy via a water birth.

*from the desk of
Dr. Trea Wessel*



The prenatal care and birth process were assisted by a midwife in conjunction with the chiropractic care. The study authors noted in their discussion that this co-professional relationship between midwives and chiropractors is common for the care of pregnant women. "In a survey of nurse-midwives' knowledge and views about chiropractic, found their responders were aware that chiropractors worked with 'birthing professionals' and attended to patients with both musculoskeletal and nonmusculoskeletal disorders."

The authors highlighted the professional relationship midwives utilize with chiropractors by stating, "A vast majority indicated a positive personal and professional clinical experience with chiropractic and that chiropractic was safe for pregnant patients and children. There is great awareness of and positive personal and professional experience with chiropractic on the part of midwives."

"For more information on Chiropractic care contact:

Cannon County Chiropractic
Dr. Trea Wessel
824 McMinnville Hwy.
Woodbury, TN 37190
615-563-3320

IVY BLUFF NEWS

By Bonnie Stacy

The Tucker Sissom annual family Reunion was held at Woodland School on Saturday. Seventy three people attended from out of State and surrounding counties. All enjoyed good food and just being together again. All hope to get together next year.

The Mears - Stacy family Reunion was held on Saturday at the Pocohontus Community Center on Saturday. Sixty eight attended. Some were unable to attend; others attended that had not been able to attend in many years for many reasons.

They came from out of state and surrounding counties. All enjoyed good food and just being

VIRUS FATAL TO HORSES AND HUMANS DETECTED IN TENNESSEE

~ Departments of Agriculture and Health Issue Advisory ~

A horse in West Tennessee has tested positive for Eastern Equine Encephalitis (EEE), a virus that can be fatal for horses and humans.

The Tennessee departments of Agriculture and Health are advising citizens to take precautions to protect themselves and their livestock.

Mosquitoes transmit EEE. Humans cannot contract these viral infections directly from infected horses. However, mosquito-borne diseases do pose a public health risk.

"Although Tennessee has never had a documented human case of EEE, it is important for the public to remember mosquito-borne diseases including EEE and West Nile virus can occur each summer," medical entomologist Dr. Abelardo Moncayo said. "Fortunately, the prevention measures are similar for EEE and other mosquito-borne diseases."

EEE kills up to 90 percent of the horses infected. The horse in Madison County did not survive. Although there is no vaccine for

humans, the EEE vaccine for horses is particularly effective to protect horses against the virus.

"Horse owners should vaccinate their livestock annually and always watch for signs of illness," state veterinarian Dr. Charles Hatcher said. "If your horse is lethargic, loses eyesight or is unable to swallow, contact your veterinarian immediately."

Standing water provides an ideal location for mosquitoes to breed. Mosquito control should include "tip and toss" and "drain and cover" to eliminate standing water around the barn and home, and use of mosquito "dunks" to eliminate larvae in water troughs and ponds. TDH recommends the following to protect people from mosquito bites:

* Apply repellants to skin often. These can include lotions, liquids or sprays.

TDH and the Centers for Disease Control recommend the use of repellants which contain DEET, Picaridin, oil of lemon eucalyptus or para-menthane 3, 8-diol and IR3535. Duration of protection varies by

repellent. Read labels on products to determine when reapplications are necessary for optimal protection. To learn more about insect repellants, visit <http://cfpub.epa.gov/opppref/insect/>.

* Wear long, loose and light-colored shirts and pants and wear socks. Tucking shirts in pants and tucking pants into socks will help form a barrier. Wear closed shoes or boots instead of sandals.

* Treat clothing with permethrin or purchase clothing pretreated with permethrin.

* In remote locations lacking window screens and/or air conditioning, the use of bed nets is advised. These should reach the floor or be tucked under the mattress.

* Avoid perfumes, colognes and products with fragrances that might attract mosquitoes.

We encourage Tennesseans to use preventive measures to avoid mosquito-borne diseases," Tennessee Department of Health Deputy State Epidemiologist John Dunn, DVM, PhD said. "With ongoing threats

like EEE and West Nile virus, and new diseases like Zika virus, it's important to protect yourself and your family."

The state veterinarian is responsible for monitoring for and preventing the spread of animal disease, as well as promoting animal health in Tennessee. The office works with private veterinarians, animal pathologists and disease diagnostic laboratories to identify diseases and determine the cause of animal deaths.

The Tennessee One Health Committee seeks to promote, improve, and defend the health of humans and animal species by enhancing the cooperation and the collaboration among the Tennessee Department of Health, Tennessee Wildlife Resources Agency, Tennessee Emergency Management Agency and Tennessee Department of Agriculture. See more at <http://tn.gov/health/article/one-health-committee#sthash.wiJqCIZs.dpuf>.

Oaklands Mansion Offers "FREE DAY"

August 20, 2016

FREE! It's not often that we can offer free admission to this elegant mansion. Mark your calendars now to spend Saturday, August 20th at Oaklands Mansion for "Free Day."

Dr. James Maney and his wife Sallie Hardy Murfree began their plantation with the construction of a modest two-room cabin, circa 1818. By 1860, their home had been

drastically enlarged and was the center of a nearly 1,500-acre plantation, and one of the most elegant mansions in Tennessee. After the Maneys sold Oaklands in 1884, it passed through a succession of owners. When the last resident left in 1954, the mansion sat vacant and vandalized for five years before being scheduled for demolition. Fortunately, a group of concerned local women mobilized to save the mansion and formed Oaklands Association, a non-profit educational organization, in 1959. The mansion was opened to the public within a year.

Step into the past as you experience military demonstrations on the grounds from the 9th KY Volunteer Infantry. Demonstrations will take place from 10:00 a.m. until 3:00 p.m. at the historic site, located at 900 North Maney Avenue in Murfreesboro. They tell the story of what Union occupation forces would have been doing in and around our town during the Civil War. Visitors will be able to view the campsite and watch the soldiers practice drills as well as play period games on the lawn.

This is a great opportunity for all of our residents and visitors to discover Oaklands," says Oaklands

executive director, James Manning. Oaklands Mansion will be open for FREE. The military demonstrations on the lawn are free and open to the public. Parking for the event is located on Roberts Street with event entrance at the pavilion.

Oaklands Mansion is nestled in Oaklands Park, a native tree arboretum and natural wetlands, which includes Maney Spring as well as heritage and native gardens. Oaklands Visitors Center houses a gift shop and Maney Reception Hall for special events and temporary exhibitions. Oaklands Mansion is open to the public Tuesday through Saturday from 10:00AM - 4:00PM and Sundays 1:00PM - 4:00PM. Tours begin on the hour and a short video is offered on the half hour. Plan your trip today! General admission is \$15.00 for adults, \$12 for seniors and AAA, \$6.00 for children and students, call for group rates; however on August 20, 2016, enjoy Oaklands Mansion for FREE.

For more information visit www.OaklandsMansion.org, find Oaklands Mansion on Facebook, Twitter and Instagram.

Roberts Veterinary Service

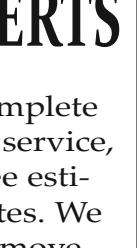
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615-427-8128

Mark Roberts, DVM



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impossible
ones.

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931-212-6136 (cell)

thru Oct. 29-P

PRATER'S BAR-B-QUE & CATERING

\$5 OFF \$25 Dine In or Take Out

NEW LOCATION - 620 Woodbury

Highway, Manchester 931-954-5377

9516 Manchester Hwy., Morrison

931-635-2259

Woodbury Livestock

8/2/16

* w/v = wean/vaccinated

Hfrs	295	128.00-135.50
Hfrs	380	124.00
Hfrs	526-529	115.00-117.50
Hfrs	575-578	107.00
Hfrs	602-629	136.50
Hfrs	750	117.00-125.00
Bulls	461	106.00-111.0
Bulls	553	135.50
Strs	470-528	137.50
Strs	498-519	123.00-125.50
Strs	558-588	126.50-128.50w/v
Strs	620	
Strs	652-660	
Strs	735	
COWS	Lean	64.00-66.00
COWS	Boner	70.00
COWS	Breaker	63.50
BULLS		92.00-97.00
BULLS	High Dressing	



"This is a great opportunity for all of our residents and visitors to discover Oaklands," says Oaklands

LifeFlight expanding to Cookeville

In partnership with Cookeville Regional Medical Center, Vanderbilt University Medical Center and Vanderbilt LifeFlight will soon be expanding its footprint to serve the Upper Cumberland region by adding an emergency helicopter base in Cookeville.

The helicopter will have a 120-mile response area from Cookeville, and it will transport patients who require advanced medical and surgical care from prehospital scenes and hospitals in the region back to CRMC.

Asiteforthenebase, expected to open this summer, will be announced at a later date. Since 1984, Vanderbilt LifeFlight has flown more than 38,000 patients. LifeFlight transports to any medically appropriate hospital and has immediate access to the region's only Level I Trauma Center, Burn Center and Children's Hospital, all at VUMC.

Vanderbilt LifeFlight provides hospital-based emergency air medical transport services throughout Tennessee and Southern Kentucky, with remote helicopter bases in Lebanon, Tullahoma, Clarksville, Murfreesboro, Mt. Pleasant and Henry County, Tenn. LifeFlight also operates an airplane base at Nashville International Airport and has five ground ambulances as well as an event medicine division.

Air Methods Corporation provides aviation, fuel, maintenance, aircraft, dispatch, billing and EMS licensure while VUMC provides all medical staffing, patient care and clinical services for Vanderbilt LifeFlight.

For more info, go online to: vanderbilthealth.com/lifeflight/



Standing beside a Cannon County Rescue Squad truck, Tim Bell recently notched his 25th anniversary as a member of the squad which he joined at the beginning of his senior year at Cannon County High School. Bell also serves as chairman of the Cannon County Homeland Security Committee.

Photo by Ken Beck

ANGELS...

2005.

"In 1997, when they put in LifeFlight 2, they started substations all around. Now we've got six bases and are opening a seventh in Cookeville and have an airplane base. The airplane base is much more critical-care transportation of patients from other large hospitals to Vanderbilt to receive specialty care," he added.

Most of the time Bell works from the Tullahoma base, which has a core group of about 10 nurses and paramedics. Occasionally he will work on the airplane, which is based at Nashville International Airport.

His work schedule fluctuates between 24- and 12-hour shifts. On an average day, he may make two to three flights, but some days there may be none or as many as six or seven.

The three helipads at Vanderbilt receive about 8,000 helicopters a year from a variety of providers. The helicopter division transports around 3,000 patients a year. Aboard each LifeFlight copter will be the pilot, a registered nurse and a paramedic.

Bell estimated that his missions of mercy transport 80 percent of their trauma cases to Vanderbilt and about 20 percent to Erlanger. Once the Cookeville base is in operation, there will be some transports to Knoxville Hospital & Clinics.

All copter calls are either emergencies or critical-care cases. A fair mixture of those are pediatric critical-care patients.

Each helicopter base occupies a hangar at the airport. Crew members are not simply sitting around waiting but spend hours in medical and aviation training, much of that done on the Internet.

The medical workers collaborate with the pilot, who has the final decision whether to make the flight or not. (Pilots are employed by Air Methods.)

Once a dispatch center receives an emergency call, the pilot is informed by radio. The pilot looks at the weather, calculates the distance and fuel load and studies the patient info and then decides if they should fly. One of the biggest reasons a pilot may decline a flight is nasty weather. Poor flying conditions prevent LifeFlight from making about 1,500 flights a year.

The copter flies to the distress scene at 1,500 to 2,500 feet above the ground. If leaving from the Tullahoma base it typically takes 15 to 20 minutes to reach the Woodbury area and then about 25 minutes to transport a patient to Nashville.

Bell describes the routine he and his medical partner

will follow when the call comes.

"We pack up our blood, two units of red blood cells, and we'll do a walk around, making sure all is good. We get our seatbelts on. Dispatch gives us a compass heading and distance from base," he said.

"We'll be thinking about what kind of mixture of medicine to give the patient and if we'll need to put in breathing tube or put them on ventilator. We like to find out if it is an adult or pediatric patient."

"About 10 miles from the scene, we'll radio ground EMS and get patient info, and they'll tell us about the landing zone.

"Once we land, we'll assess the patient and do critical intervention and load them up in the aircraft. With the aircraft moving at up to 130 miles per hour, we'll do whatever other intervention needs to be done en route to the hospital. We may put the patient on the breathing machine or give them blood. If they have a collapsed lung, we'll do a surgical incision to put in tubes to help their lungs inflate and stop all bleeding."

"We unload them and take them to ER. We get them in there and give report to the trauma team. Then it's kind of a time to catch your breath and then get the aircraft ready for the next patient."

Bell pointed out that his work as a member of the Cannon County Rescue Squad served as his launching pad to the role he performs today. Still a member of the squad, he marked his 25th anniversary with the group last month.

"I truly enjoy volunteering for the rescue squad," said Bell, who also serves his native county as a medical investigator, deputy coroner and chairman of Homeland Security.

It's certainly not all roses and lollipops in the tasks that he performs. Over the years, he has observed plenty of people dead or dying.

How does he deal with such tragedy emotionally?

"All medical practitioners process it differently. For me, if I feel like I've done my best, then generally, I don't carry it with me," he said.

"There's some that get into this and don't last too long if they can't compartmentalize that out."

If you're a nurse or physician or in the ER or a paramedic on a copter, if you don't learn to just set that down, then generally you don't last long in an emergency environment.

"I don't know what other folks do, but I go fishing," said the man, who, with his colleagues, has brought many souls back from the brink of death.

Election Date: 8/4/2016

Election Summary Report

EMS

Cannon County, Tennessee

2016 State Primary and County General

TNCANPG6

8/4/2016

E - # OF Election Day Votes	1220	NUMBER OF PRECINCTS:	9
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A - # OF Absentee and Early Votes	630	# OF PRECINCTS REPORTED:	9
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P - # OF Provisional Votes	0	# OF PRECINCTS NOT REPORTED:	0
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PUBLIC COUNT:	1850	# OF PRECINCTS INCOMPLETE:	0
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VOTER TURNOUT:	0.00%		
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----- VOTES -----

E	A	P	TOTAL	%
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VOTE FOR 1				
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(R) US House 6th District				
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Diane Black
Joe S. Carr
Tommy N. Hay
Donald Strong
Write-In

VOTE FOR 1				
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(R) TN House 46th District				
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Mark Pody
Write-In

VOTE FOR 1				
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(D) US House 6th District				
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David W. Kent
Flo Matheson
Write-In

VOTE FOR 1				
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(D) TN House 46th District				
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Amelia Morrison Hippis
Write-In

VOTE FOR 1				
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Assessor of Property				
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(I) John U. Basinger
(I) Ms. Anna Pittman
(I) Angela Schwartz
(I) Michael R. Underhill
Write-In

VOTE FOR 1				
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Road Commissioner Zone 1				
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(I) Terry L. Horn
Write-In

E A P TOTAL %				
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VOTE FOR 1				
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Road Commissioner Zone 2				
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(I) Doyle Duke
Write-In

VOTE FOR 1				
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Road Commissioner Zone 3				
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(I) James E. Hancock
Write-In

VOTE FOR 1				
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School Board District 1				
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(I) Michael Keith Jones
(I) Nathan A. Sanders
Write-In

VOTE FOR 1				
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School Board District 2				
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(I) Tim Powers
Write-In

VOTE FOR 1				
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School Board District 3				
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(I) Bruce A. Daniel
Write-In

VOTE FOR 1				
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School Board District 4				
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(I) Javin Fann
Write-In

VOTE FOR 1				
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Supreme Court At Lg - Bivins				
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Retain
Replace

VOTE FOR 1				
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Supreme Court At Lg - Kirby				
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Replace

VOTE FOR 1				
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Supreme Court At Lg - Page				
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VOTE FOR 1				
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Ct of Appeals - Armstrong				
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VOTE FOR 1				
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Ct of Appeals - Gibson				
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VOTE FOR 1				
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Ct of Appeals - Goldin				
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Retain
Replace

VOTE FOR 1				
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Ct of Crim Appeals - Montgomery				
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Retain
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VOTE FOR 1				
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Ct of Crim Appeals - Easter				
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Ct of Crim Appeals - Holloway				
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VOTE FOR 1				
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Ct of Crim Appeals - Dyer				
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P-Pa celebrates 74th Birthday

It's been a busy week here in Auburntown with Red Apple Days getting cranked up and school beginning. Teachers are back in in-service and buses are getting ready for the drivers. More on Red Apple Days in the next column but asking for prayers of safety for all students, teachers and school personnel as we enter into the 2016-2017 year!

It's been busy around our house. P-pa's 74th birthday was the 31st so we began his favorite pastime Saturday when

we took off to eat at The Loveless Café. Sunday after church it was to Cracker Barrel in Murfreesboro.

Rylon and Amaieah Morrison spent Sunday night with Janna and Ryan Womack. Parents, Sam and Bethany, were on a work-related trip. Rylon spent Monday night with Alayna Reed and played with William and Grant Buterbaugh while Amaieah spent Monday at our house playing with Gracie, Kullon and Shiloh Patrick and Kylie Vaughn joined this crew Wednesday for a day of swimming and playing.

Oh and Case Isenhart showed up. Whew!

Prosperity Baptist Church enjoyed their 5th

night in the hospital for observation due to being very sick. Needless to say, the last several days of her

this week.

Jordan Turney hits his 21st year on the 10th the same day Denise Crowell celebrates her day. Another one hitting the 21 mark is Kayla Kennedy on the 11th. Barbara Tenpenny and Ben Brown have birthdays the 12th. The 13th belongs to Betty Hedgecoth. It's a busy day for Sam Morrison when he turns 32 on the 14th, the same day Tommy Griffith hits 22 and Kirtsen Garrison turns 18. Melissa Melton and Regan Vaughn celebrate the 15th with Caitlyn McCrary and Freda Henson finishing up the

week on the 16th. Happy birthday you all.

Sara Drue Nichols became the bride of Chris Zimmer the 10th. David and Brenda Dodd will see their 39th year of wedded bliss on the 15th. Tommy and Betty Sue Hayes have their 53rd on the 16th. It's the 37th for Curtis and Kathy Davenport on the 17th. Happy anniversary to all couples.

If you have news for this column, please e-mail me at apatrick@dtccom.net, or call 464-4310 and leave a message.

Auburntown News

By ANNA PATRICK

Sunday night singing with members bringing the music.

As reported last week, the Junkers, Tiffany, Hannah and Nate are home but not after Tiffany was taken to ER and spent the

vacation was not something to write home about. Glad she is feeling better.

Well I either didn't make notes of any more news or forgot it one so here are the birthday and anniversary lists for

Woodbury native helps Lithuanian naming ceremony

The soldiers of 3rd Battalion, 69th Armor Regiment, raised the national flags of the U.S., Lithuania, Estonia, and Latvia during a re-naming ceremony, July 22, 2016. Vasingtono Aikste, center of Vilnius, the capital of Lithuania, was re-named Washington Square after the United States political seat of power, honoring the nations' alliance.

In attendance were many U.S. government representatives including U.S. Congressman Jason Chaffetz and Debra A. McCarthy, U.S. Ambassador to Lithuania. The Lithuanian Minister of Foreign Affairs was also there with Vilnius Mayor Remigijus Simasius and Parliament member

Emanuelis Zingeris

Government officials from Lithuania and the U.S. delivered speeches during the celebration including Remigijus Simasius, mayor of Vilnius. Professor Vytautas Landsbergis, Chairman of the Supreme Council of Lithuania, also made an appearance. Landsbergis, the first head of state of Lithuania after its independence declaration from the Soviet Union, served as the Head of the Lithuanian Seimas, or parliament.

"I think it is great that our two nations have a mutual respect where the Lithuanians would like for us to participate in their ceremony," said U.S. Army 1st Lt. Cliff Bowman,

native of Woodbury, TN, Liaison Officer to the U.S. Embassy in Lithuania, assigned to 3rd Bn., 69th Arm. Rgmt., "It just goes to show that our alliance in NATO is strong, and we are building relationships with our allies, particularly in Lithuania. I felt very proud to see our U.S. Soldiers raising the American flag and representing our nation."

Food and music played a role in the event. Traditional American dishes such as pizza and hamburgers were served to those in attendance. Virgis Stakenas, a local Lithuanian vocalist, sang to the crowds gathered there.

"It makes me feel very proud that the mayor

would choose Washington as the new name for their city center," said Bowman. "Our influence in this region seems to be a positive one, and I am glad to be a part of it. I hope our two countries will continue to work together to promote stability."

The soldiers of 3rd Bn., 69th Arm. Rgmt., are training with their Baltic allies in support of Operation Atlantic Resolve, a U.S. lead effort being conducted in Eastern Europe to demonstrate U.S. commitment to the collective security of NATO and dedication to enduring peace and stability in the region.

Back to School for Grown-ups: WGU Announces \$200,000 in Scholarships

Competency-based university to award 100 scholarships to working adults going back to school

It's back-to-school time across the country, and as kids and young adults are returning to the classroom, many adult students are thinking about going back to school as well. To help busy adults take the leap in 2016, Western Governors University (WGU) – parent university of WGU Tennessee – is offering 100 Back-to-School Scholarships.

The scholarships, worth up to \$2,000 each, will be awarded to 100 new students who are accepted to WGU by the end of the year. To be considered, prospective students must have previously completed at least 20 college credits, be admitted to WGU, and submit a scholarship application by Dec. 31. Applicants must also complete an essay explaining their motivation for returning to college and participate in an interview with a scholarship counselor. Students may apply for the scholarship here.

Many adults need a degree to improve their employment situation, as was the case for J.J. Powell from Brentwood, Tenn. Powell achieved early career success as an information technology and cybersecurity consultant, but he knew that he would need an advanced degree to secure an upper management position in IT. He earned WGU's MBA degree with a focus in IT management and today works as chief information security officer at Five Iron Technologies in

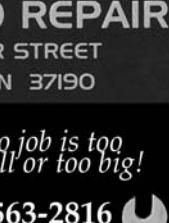
Franklin.

WGU Tennessee's competency-based education model is designed to meet the needs of adult learners and allows students to take advantage of their knowledge and experience to move quickly through material they already know so they can focus on what they still need to learn. Faculty members work one-on-one with students as mentors, offering guidance, support, and individualized instruction. While WGU Tennessee's degree programs are rigorous and challenging, competency-based learning makes it possible for students to accelerate their programs, saving both time and money.

The Back-to-School Scholarship is a competitive program and is for any of WGU Tennessee's more than 50 bachelor's and master's degree programs in business, information technology, teacher education, and health professions, including nursing. Scholarships will be awarded based on the student's academic record, previous college experience, readiness for online study, and current competency, as well as other considerations. The application deadline is Dec. 31, 2016. The scholarship will be applied at the rate of \$500 per six-month term, renewable for up to four terms, toward WGU Tennessee's already-low tuition of about \$3,000 per term for most programs.

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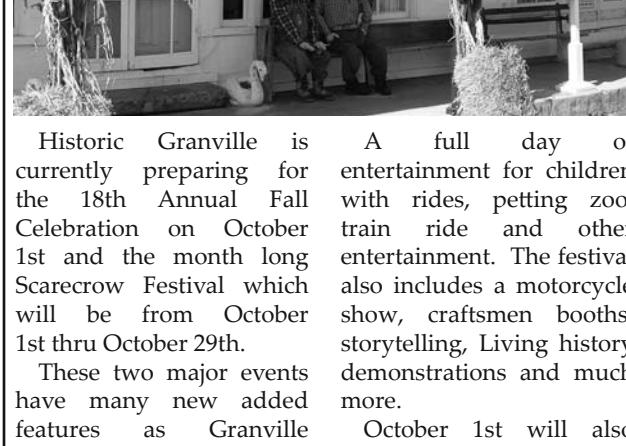
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Historic Granville Announces Fall Schedule to Include 18th Annual Fall Celebration and Month Long 4th Scarecrow Festival



Historic Granville is currently preparing for the 18th Annual Fall Celebration on October 1st and the month long Scarecrow Festival which will be from October 1st thru October 29th.

These two major events have many new added features as Granville continues the 1930's year long celebration entitled Memories of the 1930's. The Fall Celebration will

feature the annual Quilt Festival which will have new features this year as a Granville Historic Home Porches & Quilts Tour has been added in addition to the 1930's

Friendship Quilt display at Granville Museum. The annual Jazz on the Cumberland will occur at Granville Veterans Park with a full day of the best in Jazz Music.

Granville Pioneers Village will have the theme of "Days of Yesteryear" at it expands craftsmen as well as Pioneer living of the 1860's. As you go back in the Days of Yesteryear

You will see sorghum making, cider making, grist mill operating, pioneer cooking, weaving, broom making, and much more as the village operates like it would have in times past.

A great schedule of musical entertainment will be occurring at the Pruitt Stage including gospel, country, bluegrass and music of the 1960's. The festival will also include

A full day of entertainment for children with rides, petting zoo, train ride and other entertainment. The festival also includes a motorcycle show, craftsmen booths, storytelling, Living history demonstrations and much more.

October 1st will also be the grand opening of the 4th Annual Scarecrow Festival which will be open Wednesday thru Saturday thru October 29th. Tennessee largest scarecrow Festival will have over 300 scarecrows with 100 of those being life size real looking scarecrows.

You will be given a guide that tells you the history of each scarecrow. A great new feature this year will be the Wizard of Oz section where you will walk down the yellow brick road and see scarecrows of Wizard of Oz that have been created.

And a special new feature on Memories of the 1930's. This festival is a great event for all ages and Sutton General Store will feature a special fall lunch each day.

The Sutton Homestead will also have a special guided tour of Scarecrows of our Past, Antique Car Museum will feature Automobiles of the 1930's and the Pioneer Village

Will feature a special Scarecrow feature. Groups are encouraged to make reservations by calling 931-563-4151 and more information is available at granvilletn.com.



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Congressman Jason Chaffetz, native of Los Gatos, CA, member of the U.S. House of Representatives from Utah's 3rd District, delivers a speech during a re-naming ceremony in Vilnius, Lithuania, July 22, 2016. Vasingtono Aikste, center of Vilnius, the capital of Lithuania, was renamed Washington Square after the United States political seat of power, honoring the nations' alliance. Participating in the ceremony were soldiers from 3rd Battalion, 69th Armor Regiment. These soldiers are training with their Baltic allies in support of Operation Atlantic Resolve, a U.S. lead effort in Eastern Europe that demonstrates U.S. commitment to the collective security of NATO and dedication to enduring peace and stability in the region.

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Column: Changes coming to CC athletics

DAVID HUNTER
Courier Sports Writer

Changes are coming to Tennessee high school athletics, which affects every school in the state, including Cannon County.

The TSSAA Board of Control met along with many of the high school athletic directors, including CCHS AD Matt Rigsby on July 27 to finalize those changes. Some of them were positive ones, while others were negative ones for the Lions and Lionettes in most sports.

"They were faced with a lot of tough decisions," Rigsby said on Aug. 1. "Some I agree with, some I did not. It was great to see soccer

go to three classifications that had to happen. Soccer is a great sport, and in the state of Tennessee it is an up and coming sport. To the credit of a lot of school systems, there has been so many more programs being added, so with the addition of all of those things, we need more soccer classifications."

At the same time, he was

disappointed with the changes with basketball as there will only be three classes unlike football, which expanded to six Division I and now three Division II state champions coming up in December. In the meantime, he does not want to turn this into a football versus basketball argument.

"In terms of baseball, softball and basketball their decision to stay three classifications, personally I disagree with," he said. "It is hard to put my mind around, we have less schools in the state of

Tennessee that play football, but we have six classes in Division I and three classes in Division II, so we will have nine state titles in football, but we have more schools playing basketball, and we will only have three state titles in Division I, and two in Division II. I do not necessarily understand that."

While, I do not believe in high school athletics that everyone should get a participation trophy for competing. At the same time, if they are going to have six champions in football all of the other sports should be the same across the board.

The next important TSSAA

meeting will be in November when the new classifications come out, and there might be a huge change for CCHS coming up in the near future.

"The biggest implication is it is going to be a waiting game on where we get slotted come district play," Rigsby said. "There is a slight possibility we could become Class A. It all hinges on how many Division I private schools go to Division II. There are going to be major changes."

I would like to see a more even playing field for everybody around the state, regardless of their location.

Collecting Bones in Puerto Rico

Softball trio heads South for training

DAVID HUNTER
Courier Sports

A trio of Lionette seniors collected valuable experience heading into the spring season as Raquel Novoa, and Joie and Kallie McCrary traveled to Puerto Rico as part of the Bone Collectors travel softball team for a week of intense training and playing nine softball games in three days against some tough competition.

"We were worn out at first, but when it came down to it, they dug deep and pulled it out," Senior Kallie McCrary said. "They worked really hard to get where we were. We stuck it out in the long run, and we worked hard."

One of the teams, the Bone Collectors trained with and competed against was the Puerto Rico U19 national team headed by Jerry Flores. He coaches several teams there in many age divisions, so the trio agreed they were able to learn a lot in order to become better softball players individually and help the Lionettes this spring under a new head softball coach, which will be announced in the near future.

"They definitely pushed us to our limits every chance they got," Joie McCrary said. "We found out what real competition was over there, and we found out we had some new competition playing them. We worked harder than ever playing them. It was hard, but it was definitely fun. We found our new love for the game playing over there."

Another familiar face from the area was on the trip with the trio, the McCrary's father and head coach of Bone Collectors, Kevin McCrary. It was a plus for the three McCrary's to be together as Kevin continued to pass on his knowledge of softball not only to his daughters and the rest of the team.

"Playing for my dad can

be frustrating, because he knows how hard we work and how hard we try," Kallie said. "He knows when we are being lazy, but he knows our limits, and he pushes us to those every single day. I am very thankful for that, because he makes us the ballplayers we are today."

Joie added, "I love playing for my dad more than I love anything. It is nice having someone supporting you and coaching you the way you need to be coached."

Besides the softball, the players got to have fun, too, while the United States territory. It is not every day, you play softball and then go to the beach to relax and wind down. The Bone Collectors got to do it along with visiting the other sites around the territory, which is about 1,000 miles southeast of Florida.

"We did a lot of things together as a team, and it was super exciting, even off the field," Novoa said. "It was a new experience in a new place."

The team also visited the rain forest and some castles inside the country, while tasting some of the local food.

The capital is San Juan, and they are United States citizens. So, you can go without a passport, but they cannot vote in the upcoming Presidential election. However, they do not have to pay federal income taxes.

The climate throughout the year is pretty comfortable, too, as highs are usually in the eighties every day, and at night in the seventies regardless of the season, and it never snows or frost. Puerto Rico was founded in 1493 by Christopher Columbus for Spain. The US got it in 1898 during the Spanish-American War, and it became a commonwealth in 1952.

As for the trio, who was very close before the trip, this event gave them a chance to grow in their friendship, while learning



DAVID HUNTER photo

Twin sisters Joie (left) and Kallie McCrary were joined by Raquel Novoa in the Bone Collectors travel softball team in a visit to Puerto Rico for intense training and playing.

new lessons and skills, which they will carry over to the Lionettes softball season this spring.

"It was way more fun with them," Kallie McCrary said. "We had a bond going into it, and us being on the field made it so much more fun, because we could actually talk and bond on the field. It made us grow stronger and being able to share that connection and grow as a team with everybody else. With us being seniors this year, I think it is going to help us lead the team better, and help us train harder this year. With us leading the team, and knowing how they train down there. It is going to help us grow better as a team."

Novoa added, "The training helped a lot, it helped me personally gain a lot of new skills and it taught us a lot of new things. I hope to keep working on those things and use it in our softball season."



RONNY BURKS photos

Cannon County's Bradley Vickers and Luke Jakes hit the links versus Macon County.



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MARK YOUR CALENDARS:

The Summer Reading Program has come to an end and the names of the grand prize winners were drawn at the pool party. The happy winners are: Marcus Travis in the Adult division with a \$50.00 gift card to Barnes & Noble; Maddox Reed in the Children's division with a 4GB Leap pad; Michael Boe in the Preteen division with a \$50.00 gift card to Barnes & Noble; and Vada Moss in the Teen division with a \$50.00 gift card to Barnes & Noble.

Congratulations to all our winners and participants. We all had a great year and look forward to next summer when we'll have another exciting Summer Reading Program!

With the end of the Summer Reading Program, **Story Time resumes at 10:30 am on Thursdays at Adams Memorial Library.** Please bring your children to the library for reading fun with a story and a craft to start them on a lifetime of enjoying books and reading. **Also, on Saturday, September 17, at 1:00 pm, Tom Mason and the Blue Buccaneers will return to present another entertaining concert of pirate music and fun for all ages.**

James Purvis Weds Hannah Pate July 23 2016 in a Garden Wedding



James Purvis and Hannah Pate were united in Marriage on July 23 2016, in the Garden at his Grandparents Harold & Gail Purvis farm on Locke Creek in Woodbury, TN. Reverent Jonathan Womack performed the ceremony. The Bride was escorted across the Bridge over Locke Creek by her future Father-in-Law, Mitch Purvis. She was given in Marriage by her Mother and Father, Jesse & Margaret Pate of Woodbury. The Bride wore Marlee Owen and Tessa Owen, nieces of the

Groom. James is the son of Mitch and Virginia Purvis of Bradyville. He is also the Grandson of Elizabeth Simpson of Bradyville and the late Robert Simpson. Hannah's Grandmother is Geraldine Pate of Nashville and the late Jesse Pate II.

Guests feasted on Chicken Salad Crouissants, Pasta Salad, Barbeque Ribs, Vegetables and Fruit Tray. The Wedding Cake was adorned with the ornament of the Bride and Groom from his Grandparents Wedding Cake 60 years ago. The Grooms Cake was Chocolate with Strawberries, all designed and made by Karen DiNovo. The Photographer was the Brides Aunt Wanda Roberts.

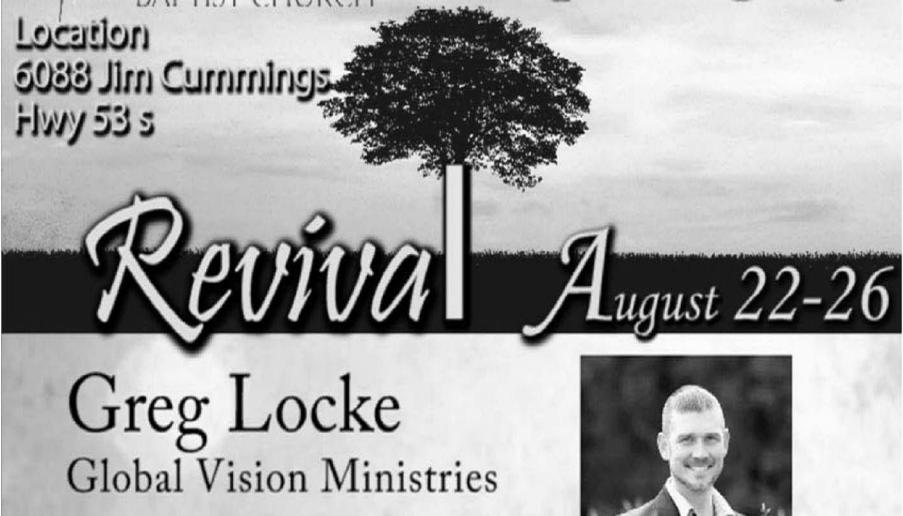
James is commissioned into the United States Army and will leave for Boot Camp August 8th. Hannah will join James after he completes this phase of his enlistment.

SAINT THOMAS HEALTH NAMES NEW CHIEF OPERATING OFFICER

Saint Thomas Health Ascension's Tennessee ministry, has announced that Paul E. Cleckner will be joining the nine-hospital system as Chief Operating Officer. Cleckner, who comes to Saint Thomas Health from LifePoint Health, will begin his new role August 8, 2016.

Cleckner has significant experience in the financial services industry, serving in executive roles for Standard and Poor's, Deloitte and Touche, and Investment Scorecard where he served as President and COO. He began his healthcare career in 2006 when he was named Senior Vice President for Operational and Professional Services for Emdeon, the nation's largest healthcare revenue cycle solutions provider. This was followed by executive positions at North Highland Consulting and Medical Reimbursements of America before he joined LifePoint.

Cleckner holds a Bachelor of Arts degree from Trevecca Nazarene University and received his Doctor of Jurisprudence from the University of Tennessee College of Law.



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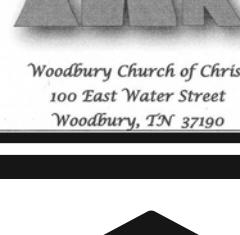
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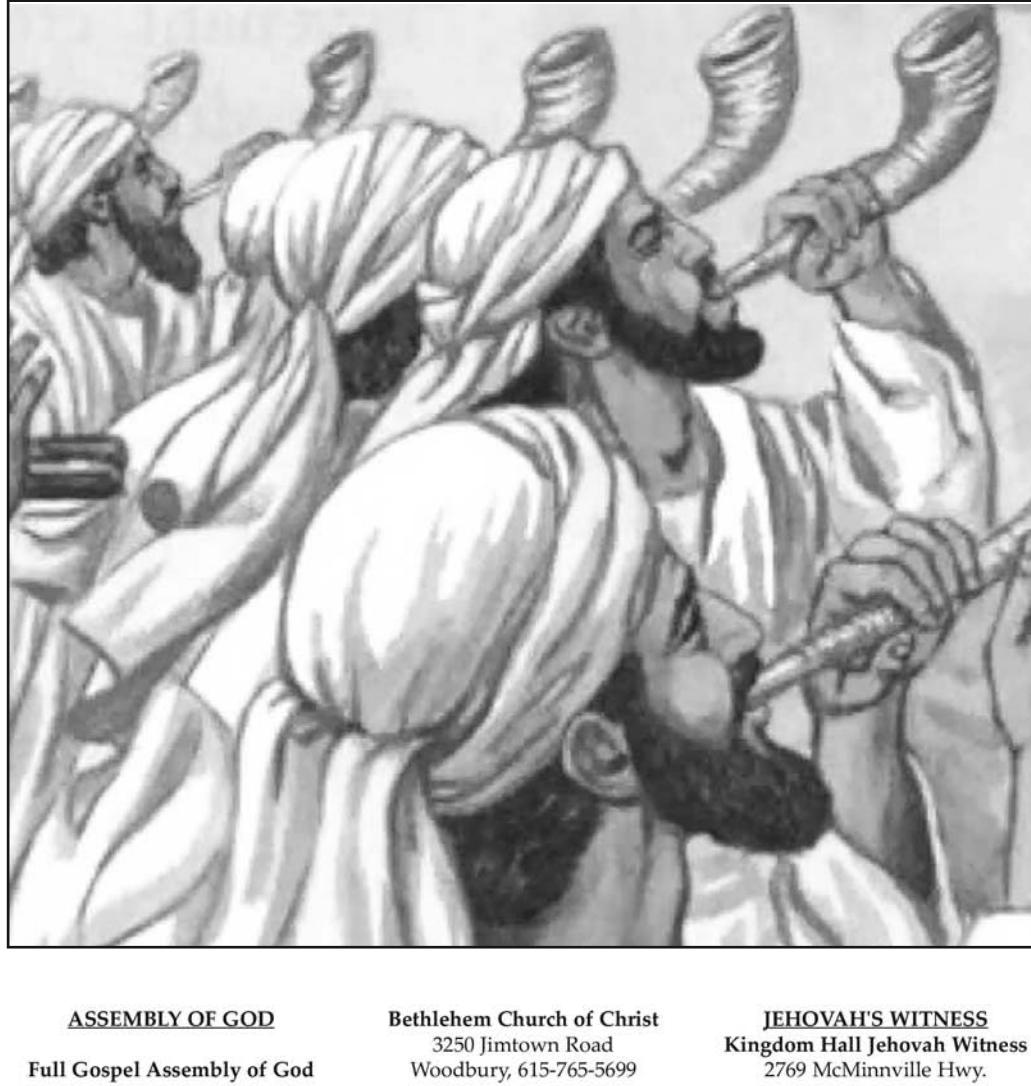
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Woodbury Church of Christ
100 E. Water St.
Woodbury, 615-563-2119

CHURCH OF GOD
Short Mountain Church of God
6621 Short Mountain Road
Woodbury 931-273-3316

JEHOVAH'S WITNESS
Kingdom Hall Jehovah Witness

2769 McMinnville Hwy.
Woodbury, 615-563-8261

METHODIST

Clear Fork United Methodist
1720 Big Hill Road
Gassaway Community
615-563-1415

Ivy Bluff United Methodist
7985 Ivy Bluff Road
Morrison, TN 37357
931-409-8244

New Short Mtn. United Methodist
7312 Short Mountain Rd.
Woodbury, 615-563-1444

Simmons Chapel Free Methodist
3295 Hollow Springs Rd.
Bradyville, 615-765-5589

Woodbury United Methodist
502 W High St.
Woodbury, 615-563-2135

PENTECOSTAL
Woodbury Pentecostals

1305 Jim Cummings Hwy.
Woodbury, 615-563-4480

SEVENTH-DAY ADVENTIST
Seventh Day Adventist

303 W. Colonial St.

Woodbury, 615-563-2139

OTHER

Cannon Community Church
209 Murfreesboro Rd.
Woodbury, 615-563-8606

Cornerstone Community Church

50 Locke Creek Rd.

Woodbury, 615-563-5657

Dillon Street Independent

216 S. Dillon St.

Woodbury, 615-563-2029

Hollow Springs Community

6396 Hollow Springs Rd.

Bradyville, 615-765-7022

H.O.P.E. Fellowship Church

725 West Main Street

Woodbury, TN 37190

615-278-6016

Spirit of Life Ministries

931-952-9076

Kelly J. Ferrell

Living Springs Church

7804 Hollow Springs Rd.

Bradyville, 615-765-5181

Love Fellowship Ministry, Inc.

66 Peeler Hill Road

Woodbury, 615-765-2239

Worship Technologies

871 Kennedy Creek Rd.

Auburntown, 615-464-4486

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Holly Blankenship, D.O. Woodbury, TN 37190

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Night 939-2644

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PUBLIC NOTICES

**NOTICE TO CREDITORS**

CHANCERY COURT OF
CANNON COUNTY,
TENNESSEE

Estate of Minnie R Davis.

Notice is hereby given that on the 25th day of July, 2016, letters of testamentary or letters of administration with respect to the estate of Minnie R Davis deceased were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons, resident and non-residents, having claims, matured and unmatured against the estate are required to file same with the Clerk of the Chancery Court on or before the earlier of the dates prescribed in (1) or (2), otherwise claims will be forever barred:

(1) (A) Four (4) months from the date of the first publication (or posting, as the case may be) of this Notice if the creditor received an actual copy of the Notice to Creditors at least sixty (60) before the date that is four (4) months from the date of the first publication (or posted); or (B) Sixty (60) days from

the date of the creditor receiving an actual copy of the Notice to Creditors, if the creditor received the copy of the Notice less than sixty (60) days prior to the date that is four (4) months from the date of the first publication (or posting) as described in (1)(A); or (2) Twelve (12) months from the decedent's date of death.

This 25th day of July, 2016.

Christina Henley Duncan, Es1, Administratrix of the Estate of Minnie R Davis deceased.

NATHAN S NICHOLS
CLERK & MASTER

CHRISTINA HENLEY
DUNCAN
ATTORNEY FOR THE
ESTATE

testamentary or letters of administration with respect to the estate of Jane M Waggoner deceased were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons, resident and non-residents, having claims, matured and unmatured against the estate are required to file same with the Clerk of the Chancery Court on or before the earlier of the dates prescribed in (1) or (2), otherwise claims will be forever barred:

(1) (A) Four (4) months from the date of the first publication (or posting, as the case may be) of this Notice if the creditor received an actual copy of the Notice to Creditors at least sixty (60) before the date that is four (4) months from the date of the first publication (or posted); or

(B) Sixty (60) days from the date of the creditor receiving an actual copy of the Notice to Creditors, if the creditor received the copy of the Notice less than sixty (60) days prior to the date that is four (4) months from the date of the first publication (or posting) as described in (1)(A); or (2) Twelve (12) months

from the decedent's date of death.

This 21st day of July, 2016.

David W Vance
Administrator of
the Estate of Jane M
Waggoner deceased.

NATHAN S NICHOLS
CLERK & MASTER

LOREN A SANDERSON
ATTORNEY FOR THE
ESTATE

NOTICE

GEOVANI VASQUEZ
CIRILO HERNANDEZ

The State of Tennessee, Department of Children's Services, has filed a petition against you seeking to terminate forever your parental rights to Shayla Marie Hernandez, Miracle Hope Hernandez and Christian James Hernandez. It appears that ordinary process of law cannot be served upon you because your whereabouts are unknown. You are hereby ORDERED to serve upon Carolyn Jennings, Attorney for the Tennessee Department of Children

Services, 1200 Belmont Drive, McMinnville, TN 37110, (931) 473-0191 an

Answer to the Petition for Termination of Parental Rights filed by the Tennessee Department of Children Services, within thirty (30) days of the last day of publication of this notice, and pursuant to Rule 39(e)(1) of the Tenn. R. Juv. P. you must also appear in the Juvenile Court of Cannon County, Tennessee at Woodbury, Tennessee on the 25th day of October, 2016, at 1:00 P.M. for the Adjudicatory Hearing on the Petition for Termination of Parental Rights filed by the State of Tennessee, Department of Children's Services. If you fail to do so, a default judgment will be taken against you pursuant to Tenn. Code Ann. § 36-1-117(n) and Rule 55 of the Tenn. R. of Civ. P. for the relief demanded in the Petition. You may view and obtain a copy of the Petition and any other subsequently filed legal documents at the Cannon County Juvenile Court Clerk's Office, 200 W. Main St., Woodbury, Tennessee 37190.

NOTICE TO CREDITORS

Estate of Michael Anson Cooper

Notice is hereby given that on the 4th day of August 2016 letters testamentary in respect of the estate of Michael Anson Cooper deceased were issued to the undersigned by the County Probate Court of Cannon County, Tennessee. All persons both resident and non-residents, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This August 4th 2016

Susan Jane Cooper, Executrix of the Estate of Michael Anson Cooper, deceased.

BOBBY SMITH
COUNTY CLERK

PETER V HALL
ATTORNEY

TENNESSEE HIGHWAY PATROL ACCEPTING APPLICATIONS FOR CITIZENS' TROOPER ACADEMY

Fall Session Begins September 16th

The Tennessee Highway Patrol is accepting applications for the 2016 Fall Citizens' Trooper Academy. Classes start the week on September 16th, with Nashville classes held on Tuesdays at The Tennessee Highway Patrol Training Center, and Knoxville classes on Thursdays at Tennessee Highway Patrol (THP) Knoxville District Headquarters. Sessions will run from 6:00 p.m. until 9:00 p.m. weekly.

The academy, which consists of approximately 30 hours of training, runs 10 weeks. It is designed to give citizens a better understanding and awareness of THP and the Tennessee Department of Safety and Homeland Security. Citizens receive

hands-on instruction and training from state troopers and other department personnel. Topics covered include: investigations, special operations, homeland security, and many other areas of the patrol, as well as driver license and handgun permit issuance.

Participants must be at least 21-years-old, available to attend weekly three-hour sessions with no more than one absence, sign required waivers and agreements, and have no criminal history.

Applications are available at www.TN.Gov/safety or may be requested by sending an email to email.safety@tn.gov.

The deadline to register is August 19th, 2016. Applications must be returned by that date for processing.

For more information, contact Sergeant Bill Fitzgerald at 615-743-3907 or Colleen Curtis at 615-615-500-0420; Colleen.Curtis@tn.gov

The Tennessee Department of Safety and Homeland Security's (www.TN.Gov/safety) mission is to serve, secure, and protect the people of Tennessee.

Cannon County Register of Deeds Sandy Hollandsworth reports land sales for July

Rose Mary Burdick Estate to Shane Burdick	\$ 38,000	13th district	
		5.36 acres on Burdick Hollow Road	
Ruth Bethel Estate to W. McAllen Finley	\$ 11,132	11th district	
		4.84 acres on Marshall Creek Road	
George & Deborah Trotter to Tyler & Kathryn Williams	\$ 170,000	6th district	
		House & lot #14, Westfield Subdivision: 43 Rushcreek Court	
Hoyle Cripps Heirs to James T. Higgins, II	\$ 60,000	8th district	
		Tr. #1: Lot #10, Fair Oaks Subdivision Tr. #2: 4.32 acres on Fair Oaks Lane Tr. #3: 11 acres on New Highway 70S	
Ruth Bethel Estate to Robert & Delores Davenport & Pamela Nipper	\$ 160,000	11th district	
		House & 2.74 acres @ 348 Marshall Creek Rd. & Pamela Nipper	
Ruth Bethel Estate to Tim & Tammy McNatt	\$ 72,078	11th district	
		17.58 acres on Marshall Creek Road	
Randal Beam to David & Betty Jo Murphy	\$ 179,900	5th district	
		House & 5.054 acres @ 567 Peeler Hill Rd.	
Pauline Gassaway Witty to Michael Hutchins & Lane Ferrell	\$ 61,000	6th district	
		House & lots #84 - #86, Eastland Heights Addition: 309 McMinnville Hwy.	
Kerry & Denise Foster to Charles & Lisa Stewart	\$ 65,000	2nd district	
		Mobile home & 5.01 acres @ 95 Morgan Ave.	
Claudette Alexander to Jesse & Emily Alexander	\$ 69,800	6th district	
		House & lots #32 & #33, Mason Subdivision: 317 Hayes St.	
Curtis & Esther Lack to Larry & Anita Thomas	\$ 115,000	11th district	
		House & 6.441 acres @ 8065 Auburntown Rd.	
Willie Mae Young Heirs to Michael Johnson	\$ 124,000	6th district	
		House & lot #29, Beaver Dam Estates: 114 Lee Ave.	
Virgil Clark Tenpenny to Harold Christian Meyer	\$ 190,000	1st district	
		House & 54 acres @ 4059 Locke Creek Road House & 0.2559 acre @ 4097 Locke Creek Rd.	
John & Susan Reynolds to Harvey & Janice Taylor	\$ 185,000	6th district	
		House & lot #31, Houston Hills Subdivision: 95 Maple Drive	
Secretary of Housing & Urban Development to Lucas Amelunke	\$ 231,000	3rd district	
		House & lot #7, Taylor Estates, Section I: 4830 John Bragg Hwy.	
Shane & Jessica Hollandsworth to Asha Yokley	\$ 95,000	6th district	
		House & lot #38 & #39, Mason Subdivision: 110 Mason Street	
Ira & Mitzi Hanes to Donald & Lucille Markum	\$ 20,000	5th district	
		2.75 acres @ 11687 Jim Cummings Hwy.	
Rob Todd dba:Todd Construction to Tim & Sheila Geesey	\$ 144,800	8th district	
		House & 1.558 acres @ 5168 McMinnville Hwy.	

CRIME & COURTS

Local Crime taking a Toll on Vehicles -- Stolen Car & Vandalism

Cannon County Sheriff's Office

Stolen Car

A 1992 Pontiac Gran Am was reported stolen August 3 from an address on Poplar Bluff Road. The vehicle has light damage to the front of the hood. A key was stuck in the truck that could not be removed. The vehicle was valued at \$1,000.

Vandalism

A 2013 Toyota was keyed on all four sides of the vehicle.

Accident

Nicholas Hale was charged with driving on an expired license by Deputy K. Wix following a single-car accident on Wilson Hollow Road.

Warrants

Ricky Dewayne Scott, violation of probation.

Richard Dewayne Hodge II, violation of probation with child support attachment.

Donna J. Campbell, violation of community corrections.

April J. Orton, violation of an order of protection, harassment.

Possession of a Firearm

Nathan L. Scott, a convicted felon, was charged with the possession of a .9 mm handgun by Patrolman Dustin Park. A hearing is set for September 13 in General Sessions Court.

Leaving the Scene

Richard Antonio Demling was charged with leaving the scene of an accident, DUI and driving on a revoked license on McMinnville Highway by Patrolman Dustin Park. A hearing is set for September 13 in General Sessions Court.

Drug Possession

Tamra J. Mears was charged with possession of a Schedule II drug (cocaine) and possession of drug paraphernalia by Patrolman John House. A hearing is set for August 9 in General Sessions Court.

Woodbury Police

Theft

Richard Dewayne Hodge II was charged with theft of property valued under \$500 by Patrolman John House. Hodge was accused of taking two pneumatic impact wrenches valued at \$100. A hearing is set for August 9 in General Sessions Court.

Stones River Mall presents Kids Club: **Touch-A-Truck** on Aug. 27



Stones River Mall is pleased to announce the following event:

Kids Club: Touch-A-Truck will be held on Saturday, Aug. 27, from 11 a.m. to 1 p.m. near Chuck E. Cheese's at Stones River Mall

Children of all ages are invited to explore fire trucks, military Humvee, ambulances, and other emergency response vehicles with Murfreesboro Fire Department, National Guard, local EMS crews, and MTSU Athletics. They can also enjoy face painting, balloon art, and crafts during this monthly family-friendly event.

Stones River Mall Kids Club provides engaging and educational events to elementary school-aged children and their families throughout the year. Events are free, and no registration is required. Stones River Mall requires that all children be supervised by an adult during these events.

For information on this and other special events, sales and more, visit www.StonesRiverMall.com.

Tennessee 4-H Roundup



Elizabeth House of Cannon County 4-H was recently recognized as a Level I, 9th grade state winner in the line and design project at Tennessee 4-H Roundup held at the University of Tennessee, Knoxville. Seated from left to right are Elizabeth House, Level I winner from Woodbury; Hannah Freeland, Level I winner from Knoxville; Candace Thompson, Level II winner from Brownsville; and Taylor Vail, Level II winner from Franklin. Standing from left to right are Martha Keel, UT Extension specialist; Carmen Burgos (silver bowl donor); Corrine Gould, Tennessee Department of Agriculture (donor); Ruth Henderson McQueen, Tennessee 4-H Foundation (donor); and Paige Goddard (silver bowl donor). Elizabeth House received a \$500 college scholarship for being a Level I winner. Elizabeth is not only a 4-H Honor Club member but also an All-Star Member. Elizabeth enjoys working with the line and design project and encouraging younger 4-H members to become more involved. Cannon County 4-H is proud of Elizabeth House for her hard work and dedication to the 4-H program.

United Way to Host Business Before Hours in Partnership with Middle Tennessee State University Athletics Business Before Hours set for August 25, 2016.

The United Way of Rutherford and Cannon Counties will host the Rutherford County Chamber of Commerce's Business Before Hours in partnership with Middle Tennessee State University Athletics on Thursday, August 25, 2016 at 7:30 a.m. The event will be held at the Jeff Hendrix Stadium Club at Middle Tennessee State University.

The event will include an opportunity for community members to learn more about the impact of the local United Way. Attendees will also be able to view the Jeff Hendrix Stadium Club and learn more about Middle Tennessee State University Athletics. The cost of the event is \$5 for Chamber members and \$15 for future Chamber members.

For more information, contact the United Way at (615)-893-7303 or visit www.yourlocaluw.org.

CLASSIFIEDS

Classifieds Continues, Page 16

STATEWIDE CLASSIFIEDS

Cable/Satellite TV

DISH TV 190 channels plus Highspeed Internet Only \$49.94/mo! Ask about 3 year price guarantee & Netflix included for 1 year! CALL 1-800-423-6015 (TnScan)

Farm Equipment

OUR HUNTERS WILL PAY Top \$\$\$ To hunt your land. Call for a Free Base Camp Leasing info packet & Quote. 1-866-309-1507, www.BaseCampLeasing.com (TnScan)

Help Wanted

PLEASE CONSIDER

INTERNATIONAL FRIENDSHIPS. You can begin by hosting one of our exchange students for the 2016-2017 school year.

These teens will arrive soon and spots are filling up quickly at your local high school. You select which of our students your family would like to host. Students have their own spending money and medical insurance. You treat them as your son or daughter and provide them with love and support as you would your own teen. The experience will enrich your family's life, as well as give a foreign exchange student the opportunity of a lifetime! By hosting, you learn about other

countries and cultures and see the world through a fresh perspective. Learn a new language and make life-long friends. Empty nesters, retired couples, single parents, families with young or older children all make excellent host families. For more information call toll free at 855-704-3342 or visit our website at www.smokymountains.iseusa.org. (TnScan)

\$1000 WEEKLY!! Mailing Brochures From Home. Helping home workers since 2001. Genuine Opportunity. No Experience Required. Start Immediately www.CentralMailing.NET

(TnScan)

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www.boydandsons.com (TnScan)

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HEADACHES? WE CAN Help! Advertise your job opening in this newspaper + 99 newspapers across the state - One Call/Email for All! Contact our classified dept. or email belliott@tnpress.com (TnScan)

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8/20 only. 10+ Acres with

River Access only \$34,900.

45 Mins to Nashville. Was

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Tennessee newspapers for \$275/wk or 39 Middle

TN newspapers for \$120/wk. Call this newspaper's

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CLASSIFIEDS

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FLEA MARKET
OPEN EVERY
WEEKEND

Woodbury Flea Market open every weekend. If you have too much stuff and not enough space, sell it at the Flea Market. Estate sales welcome. Great place to buy and sell. Rentals by the week or month. Call (615) 563-2159 for booth space or information. Open rain or shine.

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FOR SALE
Tanning Bed
Sun StarZX32T
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\$500
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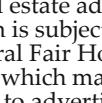
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Enclosed
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Great home for student or young couple. Small 1 bedroom, 1 bath home. Rent includes water, wifi and direct TV. No washer/dryer hook-ups. Home comes furnished or bring your own furniture. No criminal history. Background check required. Approximately 800 square feet. \$150 per week. Call 615-542-6154.



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tfn



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in the Woodbury Area
(work in M'boro)
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Need as soon as possible.
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FOR RENT
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Jim Town Road
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Call John Smith
615-563-4343

FOR RENT
1 Bedroom House
Pelham Road
Older residents preferred
Call John Smith
615-563-4343

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HG Staffing

JOB FAIR

IMMEDIATE OPENINGS for
GREAT Positions

at KASAI North America (M-Tek) in Manchester

- 2nd & 3rd shifts
- Successfully complete background check and drug screen
- NO high school diploma or GED required
- Must be able to stand, stoop, walk during entire shift
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- Excellent Pay and Benefits package: Medical, Dental, Life, Disability

This is an outstanding opportunity to work with a great company.

NO CHARGES FOR DRUG SCREEN
OR BACKGROUND CHECK

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will be hosting a JOB FAIR at the
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609 Lehman St. Woodbury TN
Thursday August 11th,
9 am to noon 931-474-1300

Variable hour positions. We are an equal opportunity employer.

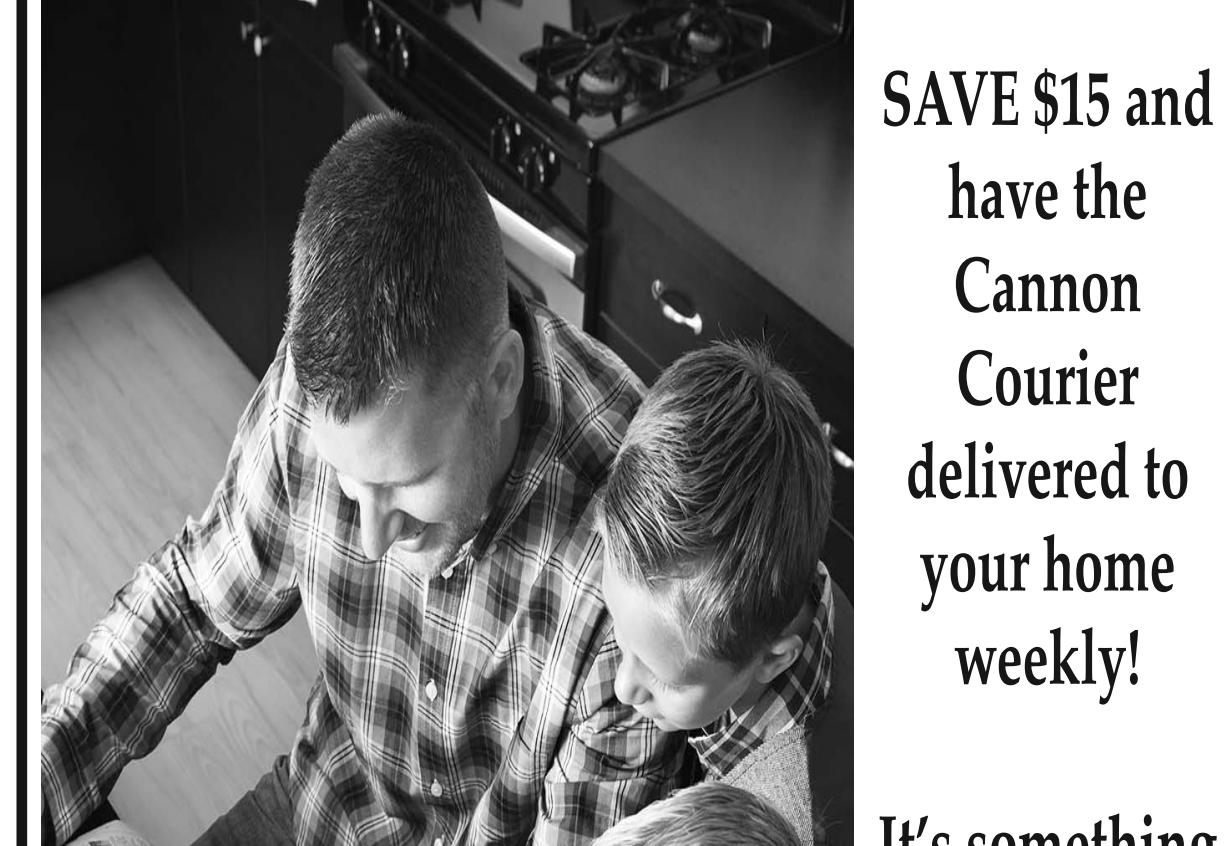
HELP WANTED

Someone to help with house cleaning / house sitting.
Must like animals, just have own car.
Call Ginny for more information
615-563-5162 or 615-427-8654

8/9/16

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Woodbury TN

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NOTICE

NOTICE OF UNCLAIMED VEHICLE

The following vehicles are in our possession and being held by Woodbury Auto Express, 615-563-5320 until amount owed is paid in full. If payment is not made in full by August 19, 2016 the owner/ or lien holder relinquishes all rights to vehicle under T.C.A. 55-16-105

1993 Ford
2FAPP36X1PB203770

1985 Nissan
JN1H21452FX103045

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Will train in all phases of
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TF-

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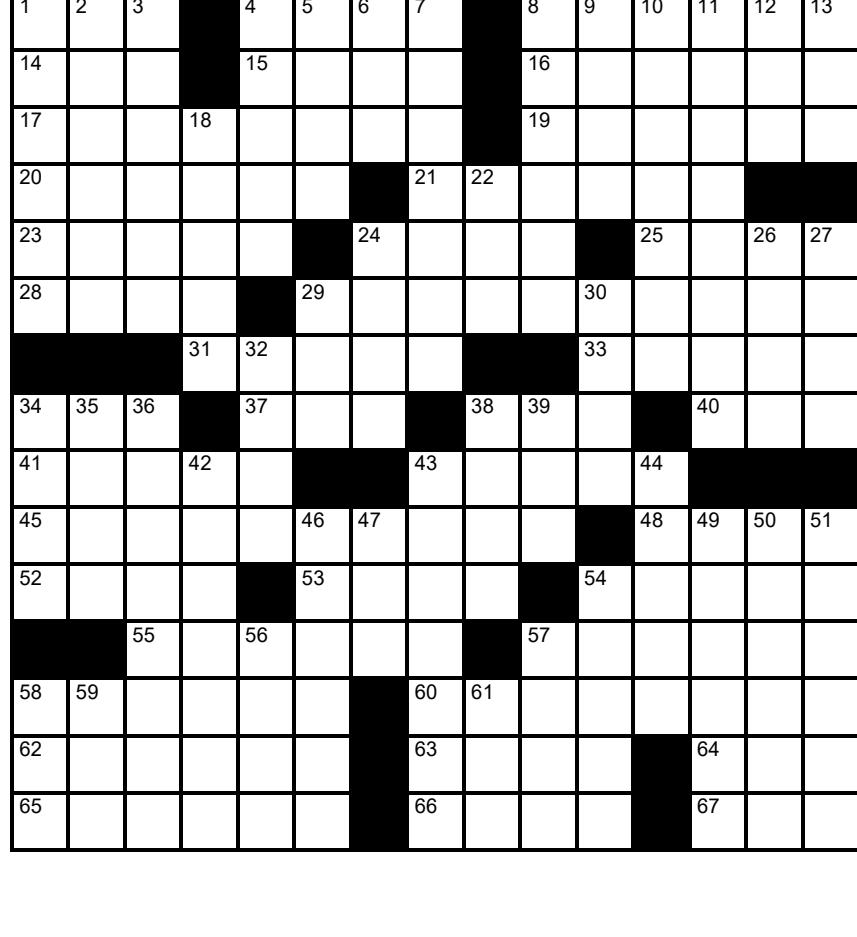
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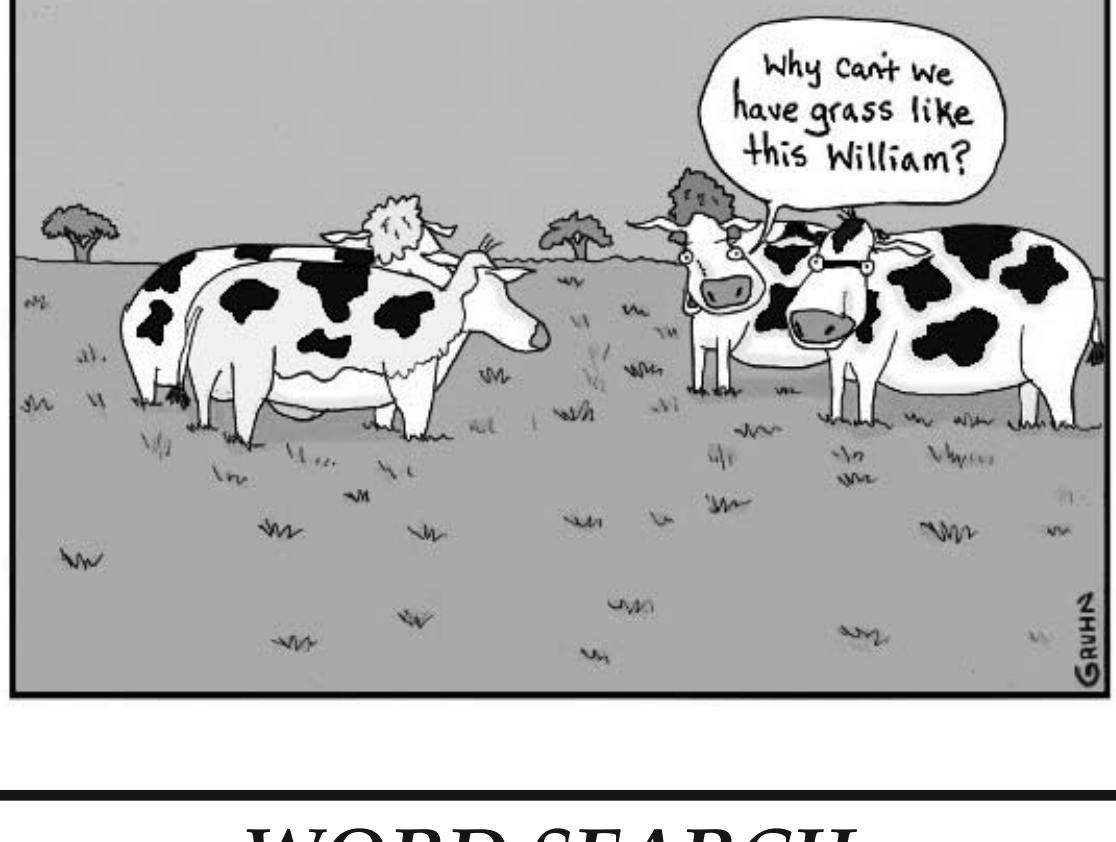
CROSSWORD

- Across**
- Free-for-__
 - Suspend, as curtains
 - Used glue
 - Carnival city
 - Perpetually
 - Women's sportswear line
 - Enthusiastic demanding star?
 - Covered with goo
 - Marks sales prices
 - Character
 - Mountain crest
 - Goods: Abbr.
 - Invitation letters
 - British wheel
 - Keep away outcast?
 - Football coach Don
 - Words of wisdom
 - Promising words
 - Switch settings
 - Quirky
 - Senate vote
 - Recess
 - To the point
 - Accepted brewless brew?
 - With warts and all
 - "The Leaves of Life keep falling one by one" poet
 - Sushi selection
 - Peace offering
 - Venus's sister
 - Cartoonist Will
 - "How things stand..."
 - Created runny cheese?
 - Unflinching folks
 - Victorian
 - Earlier



- Down**
- Dazed
 - Adjusts, as a clock
 - Asian capital
 - Noah's landfall
 - Driver's attire
 - Hang out
 - Shrub border
 - Budget rival
 - AZ neighbor
 - Old-timer
 - Subdued color
 - Rights grp.
 - Mixed in
 - Era
 - Night before
 - Poppa
 - Takes out
 - Wall Street org.
 - Alice's diner
 - Lyra's brightest star
 - Bird of __
 - Bleed
 - Boys
 - Worked the soil
 - Data
 - Geom. line
 - Special event
 - Kind of tradition
 - "What's the __?"
 - Inquisition target
 - Shop holders
 - Analyze syntactically
 - Fancy
 - One billion years
 - Easter __
 - Cooling-off period
 - Homily
 - Model Cheryl
 - Loaded
 - Modify text
 - Nile reptile
 - R followers
 - "My hands __ tied"

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B	U	L	B	A	S	A	U	R	M	M	O	R	D
E	U	U	R	R	A	M	U	A	U	C	U	G	W
R	E	D	N	A	M	R	A	H	C	T	G	A	U
C	Y	S	E	N	S	K	K	D	H	T	R	S	U

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BROCK
PIKACHU
MEW
BULBASAUR
MISTY
ASH
SQUIRTLE
GEODUDE
CHARMANDER
GARY

CROSSWORD



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Savvy Senior

Acupuncture Can Help Treat Pain and Many Other Ailments

Dear Savvy Senior,

Is acupuncture a proven treatment for arthritis pain? I have a lot of back and neck pain and am wondering if it's worth trying. What all can you tell me about acupuncture?

Afraid of Needles

Dear Afraid,

Many well-designed studies over the years – funded by the National Institutes of Health – have found acupuncture to be very effective in easing arthritis pain, and can help with a variety of other ailments too. Here's what you should know.

First used in China more than 2,000 years ago, acupuncture has become increasingly popular in the United States over the past 40 years.

While acupuncture isn't a cure-all treatment, it is a safe, drug-free option for relieving many different types of pain including osteoarthritis, low back pain, neck pain, migraine headaches, fibromyalgia, postoperative pain, tennis elbow, carpal tunnel syndrome, dental pain, menstrual cramps and more. Studies have also shown that it can be helpful in treating asthma, depression, digestive disorders, addictions, menopause symptoms like hot flashes, and nausea caused by chemotherapy or anesthesia.

Exactly how or why acupuncture works is still not fully understood, but it's based on the traditional Eastern theory that vital energy flows through pathways in the body, and when any of these pathways get blocked, pain and illness result. Acupuncture unblocks the pathways to restore health.

However, today most U.S. medical doctors tend to believe that acupuncture works because it stimulates the nerves causing the release of endorphins, which are the body's natural painkiller hormones. It's also shown to increase blood circulation, decrease inflammation and stimulate the immune system.

What to Know

If the thought of getting needles stuck into your body makes you a little uneasy, you'll be happy to know that an acupuncture treatment is nothing like getting a shot. In fact, it's quite relaxing. Here are some additional points you should know:

The needles: They're solid, sterile and disposable (used only once), and as thin as a cat's whisker. The number of needles used for each treatment can vary anywhere from a few, up to a dozen or more. And where the needles are actually stuck depends on the condition being treated, but they are typically inserted about one-quarter to 1-inch deep, and are left in place for about 20 minutes. After placement, the needles are sometimes twirled or manipulated, or stimulated with electricity or heat.

Does it hurt? You may feel a brief, sharp sensation when the needle is inserted, but generally it's not painful. Once the needle is in place, however, you may feel a tingling sensation, numbness, mild pressure or warmth.

Treatments: How many treatments you'll need will depend on the severity of your condition – 12 treatments done weekly or biweekly is very common. It's also important to know that acupuncture can be used in conjunction with other conventional medical treatments, or by itself.

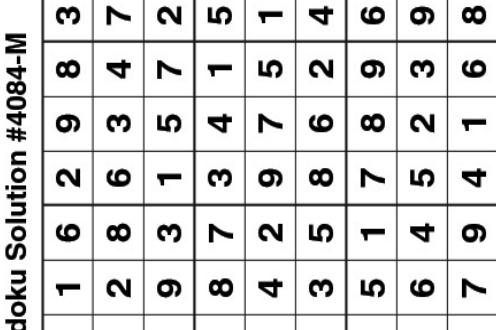
Cost and coverage: The cost per treatment typically runs anywhere from \$50 to \$100 or more. Unfortunately, most private health plans including Medicare, do not cover acupuncture.

To find an acupuncturist in your area ask your doctor for a referral, or you can do a search online at the National Certification Commission for Acupuncture and Oriental Medicine (nccaom.org) and acufinder.com. Both sites provide a national database of certified and/or licensed practitioners. Or visit the American Academy of Medical Acupuncturists (medicalacupuncture.org), which offers a directory of MDs who are certified to practice.

ANSWERS



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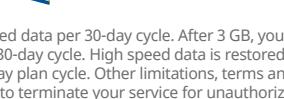
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