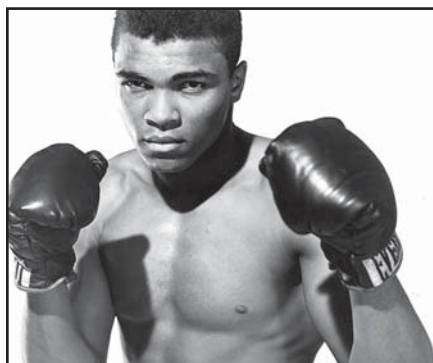


Melton family awakens to their home burning

See **Auburntown News**, Page 10



'Fluke' results in column on Ali

See **Column**, Page 6

CANNON COURIER

Home of **RICHARD BLAIR**

131st YEAR - NO. 50

Wednesday, June 22, 2016

TWO SECTIONS - 50¢ PER COPY

Cash, drugs seized

TBI leads multi-county investigation

An investigation by Special Agents with the Drug Investigation Division with Tennessee Bureau of Investigation, the DEA, the Metropolitan Nashville Police Department and multiple Middle Tennessee law enforcement agencies has resulted in the arrest of 11 individuals and the seizure of hundreds of plants and more than \$100,000 in cash.

The two-year investigation focused on an organized drug trafficking operation involved in the cultivation and distribution of high-grade marijuana in Middle Tennessee. The investigation culminated in the execution of more than a dozen search warrants executed simultaneously the morning of Wednesday, June 15. Six searches were conducted in Davidson County, and others were executed in Cannon, Lewis, Sumner, Macon, Bedford, Putnam, DeKalb and White Counties. Among the agencies involved in the drug investigation and search warrant executions were Metro Nashville Police Department, the Drug Enforcement Administration, Drug Task Forces with the 15th, 16th, 17th, 21st and 22nd Judicial Districts, the Bedford County Sheriff's Office, the Cannon County Sheriff's Department and the Governor's Task Force on Marijuana Eradication.

Active indoor grow operations were found in Lewis, Macon, DeKalb and White Counties. A total of 320 plants were recovered

See **CASH**, Page 9



A group of riders rest and water their horses and mules at Nolan Travis's farm on the Memorial Day Ride up Short Mountain.

CINDY HALEY photos

The Ride: Book covers Cannon families' trails

DAN WHITTLE
The Cannon Courier

Sixty-plus years later, "The Ride" has never reached the end of the trail.

From 1940 to this new century, "The Ride" has included multiple generations of entire families.

And if dedicated Cannon County Walking Horse Association members have their way, The Ride's destination will always be over the next horizon, moving slowly over the next meandering trail to the next smoldering smoky camp fire ...

The CCWHA has recently published "The Ride" and its trail-blazing history in a well-done coffee-table sized book, thanks to the main sponsorship of the Farmers Co-Op and its stores in Woodbury, Murfreesboro, Eagleville and Smithville.

It's taken "four years" for volunteers to complete the publication that can be purchased for \$100 at the

Woodbury Farmer's Co-Op, located at 400 McMinnville Highway.

The Co-Op goes nearly as far back (1945) as that first community-wide ride!

Points of interest covered in 66 consecutive years, The (annual Spring) Ride has taken enthusiasts in and around such places as a cave, known as the "Blow Hole," up around Short Mountain, in front of old Parton's Grocery, down Parch Corn Branch to River Road and eventually back to Woodbury.

Annals in the historic Cannon Courier confirm the first "Ride" took place on May 30, 1940, when the route included up to Rockhouse to Sugartree Knob, then to Short Mountain where lunch, prepared by the Rideathon Committee, was served at a big spring. After lunch, the group returned to Woodbury down the Stone's River Road.

"The Ride was such an overwhelming success with 83 riders participat-



Grand marshals for this year's Ride were Mr. Robinson and Donald Barrett.

ing, that the founders began meeting at the (Cannon County) Courthouse in April, 1941, to plan the second rideathon," the Courier's archives confirm, courtesy of present-day Courier Publisher Ron Fryar.

Organizing founders of The Ride reads like the

"who's who" of Cannon County history, with such notable names of Chairman Charles Hawkins, vice chair J.H. Cummings, secretary/treasurer Mrs. J.H. Cummings, publicity directors Hayden Smith and Alfred Roach, along with trailblazer R.W. Haw-

See **RIDE**, Page 9

Cannon receives art grant

\$5,000 for new sculpture

NASHVILLE — The Arts Center in Cannon County, Inc., along with 12 other recipients that include nonprofit organizations, cities and local governments, has been awarded a FY 2017 Creative Placemaking grant distributed by the Tennessee Arts Commission.

The Arts Center of Cannon County will use the \$5,000 award to commission and install an environmentally themed sculpture at the intersection of Doolittle Road and Water Street in Woodbury. This outdoor sculpture is designed to complement the town's recent trend of arts development and encourage further investment.

"The sculpture that will be installed at Woodbury's busiest intersection will bring distinction to a block that has been under utilized," said Senator Mae Beavers. "It will encourage additional development in the area which will drive economic and community development."

The Creative Placemaking grants competition was designed to help build stronger communities through the arts to enhance the distinctive character of local Tennessee places for positive economic and community outcomes. Creative placemaking animates public and private spaces, rejuvenates structures and streetscapes, improves local business visibility and public safety, increases tourism and brings diverse people together to build shared understanding of culture and com-

See **GRANT**, Page 9

Construction begins on 'Greatness Factory'

Construction is underway on Coach Micheal Burt's new "Greatness Factory" on Main Street.

"To all my friends in my hometown of Woodbury, I have finalized and approved the start to renovating the old Curves building to my new Greatness Factory," Burt said.

Once work is complete, the building will be a multi-use facility, he said.

The Greatness Factory will include "a gym for full body workouts and other classes for your physical body."

The center will also feature activities for kids

which could include gymnastics or other activities for growth of the mind and body, he said.

Rental space for meetings, family reunions, church events or other activities is planned.

Burt and his team will also teach classes on personal growth, business growth and leadership at the facility.

Phase 2 of the plan calls for space to overlook the city on the roof-top.

"On the left side Adoration Home Health Care agency will be our new tenant with all new offices," Burt said.

See **FACTORY**, Page 9



Despite hot temps, Rodeo big success

The Fifth Annual Fishing Rodeo was a red hot success, literally. It was a hot day but a fantastic day for fishing. Lots fish were caught, many hotdogs and drinks were consumed and fun was had by all.

There were 98 kids in attendance with another 80 or so adults, said Mark Vance, Cannon County Wildlife Officer.

"There are some folks that need a word of thanks for their efforts the day of the event. The Cannon County Sheriff's Department cleaned the grounds and set up picnic tables for all to use. Cannon County EMS was at the event to aid in a medical emergencies that might arise but thankfully only handed out cold water," Vance said.

Mike Alexander came and cooked the hotdogs for everybody. American Legion Post 279 Ladies' Auxiliary handed all the goodie bags to the participants. Lee Wayne Nichols' golf cart was used transporting those that needed help. Woodbury Co-Op provided worms to those that needed fish bait, Vance said.

The American Fisheries Society, Brothers Bonding Company, Moonlight Drive-in, Quick-Stop Market and Reed's Building Supply all helped provide items for the goodie

See **RODEO**, Page 9

See Cannon Blast on Page 7



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OBITUARIES



Bobbie Ann King

Bobbie Ann King Whited, age 33, of Auburntown, passed away Tuesday, June 14, 2016, surrounded by her loving family, after a lengthy and courageous struggle with cancer.

Funeral services will be 11 AM Friday, June 17, 2016, at Feldhaus Memorial Chapel. Brother Mike Hannah and Brother Franklin Brown will officiate, with burial to follow in Willow Mount Cemetery.

The family will receive visitors 4-8 PM Thursday at the funeral home.

She was born May 6, 1983, in Murfreesboro, to Patricia Faulk Hartman and the late Floyd King. She was a homemaker.

In addition to her father, she was preceded in death by grandparents, Sam H. Faulk and Edna V. Bolton.

Survivors include her mother, Patricia (John) Hartman, of Christiana; husband, Jeremy Whited, of Auburntown; daughter, Emily Whited; sisters, Lynn (Chuck) Hayes and Lisa McLaughlin; a brother, James (Shannon) Storey; step brother, Eric Hartman; grandmother, Marjorie Faulk; brothers in law, John (Angie) Whited, and Jason (Tonya) Whited; nieces, Ashley Gordon, Tabettha Gartung, Audrie Holloway, Hannah Whited, Alyssa Whited, and Alana Whited; nephews, Brett Storey, Austin Holloway, Dallen Garrett, Mason Hayes, Justin Whited, Ethan Whited, Logan Hartman, and Bryson Whited; great nieces, Laelynn Gartung, Hayley Harmon, and Madelyn Holloway; great nephews, Liam Holloway and Braxton Rickles.

Feldhaus Memorial Chapel is assisting the family with arrangements.

*Cannon Courier, June 22, 2016
Woodbury, Tennessee*

Dale McClain Jernigan

Dale McClain Jernigan, 79, passed away on Thursday, June 16, 2016 at Woodbury Health Care. He was a native of Cannon Co., Tn.

He is survived by his son: Gary (Lynn) Jernigan of Murfreesboro; 3 step daughters: Virginia (Mark) Pritchett of Estill Springs, Gloria Annette January of Beech Grove and Angela (Greg) Davis of Dayton; Numerous grandchildren, nieces and nephews also survive.

He is preceded in death by his parents, Clinton J. & Elsie Swanger Jernigan; his daughter, Sharon Jernigan Sims and his brothers, Byrl Jernigan and Marlin Jernigan.

Mr. Jernigan was retired from TVA as a Heavy Equipment Manager.

Funeral Services will be 2 pm Sunday, June 19, 2016 in the Chapel of Woodbury Funeral Home with Bro. Greg Mitchellofficiating. Interment will follow in the Hopewell Cemetery. Visitation with the family will be from 4 to 8 pm Sat., June 18, 2016. Woodbury Funeral Home, 615-563-2311 or www.woodburyfuneralhome.net

*Cannon Courier, June 22, 2016
Woodbury, Tennessee*

Tennessee Craft Supports Artists with more than \$44K in 2016

This year, the nonprofit Tennessee Craft will award artists more than forty-four thousand dollars in awards, honoraria and scholarships to develop their craft and business acumen. Doing so fulfills Tennessee Craft's mission to connect makers with resources and opportunities so they can continue and create the fine craft tradition.

The outdoor spring and fall craft fairs in Centennial Park are the most recognizable work of the organization, with nearly three thousand dollars in cash awards given top artists, including a one thousand dollar Best of Show and scores of two hundred and fifty dollar merit awards. Winners this spring included:

Best of Show, Merit Award Jim McGie, Wood (Athens, TN) Kate Harrold, Photography (Nashville, TN) Best New Exhibitor

Merit Award Harold Miller, Clay (Brandon, MS) Melanie Miller, Jewelry (Brandon, MS) Best Thrown Clay (Talle Johnson Memorial Award) Merit Award Helene Fielder, Clay (Booneville, MS) Dennis Paullus, Wood (Arlington, TN) Nashville Arts Stand Out Award

Merit Award Shadow May, Clay (Chattanooga, TN) Rommel Ricaurte, Sculpture (Lawrenceburg, TN) Nashville Arts Stand Out Award Runner Up

Merit Award Lorri Kelly, Painting (Chattanooga, TN) Sadie Wang, Jewelry (Baxter, TN) Best Emerging Maker Linda Johnson, Sculpture (Pleasant Shade, TN)

An additional one thousand dollar Best of Show will be presented at this fall's indoor Best of Tennessee Craft Exhibition, to be held August 22 - December 2, 2016, at the Reece Museum at East Tennessee State University. Tennessee artists are encouraged to apply. Deadline for entry

is July 5, 2016. Multiple merit winners will also be selected.

Year-round funding is provided to artists for individual learning. Member scholarships, up to two hundred and fifty dollars per award, cover the expense of professional development. Opportunities eligible for funding range from technical, craft-specific courses to general business-related workshops. Current recipients include:

Alice Shepherd, Glass (Hermitage, TN) for Periscope: Artist Entrepreneur Training with Arts & Business Council of Greater Nashville Gabriel Greenlaw, Glass (Smithville, TN) for Creating Context: Glass in a New Light, The Glass Art Society Conference in Corning, New York Terry Kornman, Book binding and paper arts (Nashville, TN) for Coptic Binding & Wood Carving with Jennifer Knowles

Full-tuition summer workshops, including room and board, are available through proceeds from Tennessee Craft's successful professional development workshop series like the one held in March, Make Your Art, then Make it Work, and matching funding from Appalachian Center for Craft and Arrowmont School of Arts and Crafts. More than thirty-five hundred dollars will be put to good use by this year's Summer Study students:

Jeff Brockett, Woodturning (Mount Juliet, TN) for The Basket Illusion at Arrowmont Julie Clark, Jewelry (Knoxville, TN) for 3D Printing and Casting at Appalachian Center for Craft Chery Crafty, Pulp painting (Smithville, TN) for Water-Soluble Stitching at Appalachian Center for Craft Matthew English, Papermaking and book arts (Nashville, TN) for

Fiber + Water + Heat + Hand + Paper = Books at Arrowmont

Twelve thousand dollars annually goes to artists selected for the Master Artist Apprentice Program (MAAP), in partnership with Tennessee Arts Commission, where three Tennessee artists are directly funded to apprentice under highly skilled master artists. MAAP was created to help artists reach the next level of their professional development from one-on-one mentorship, not typically available in most learning environments. This year's pairs include: Apprentice Lesley Patterson-Marx (Nashville, TN) and Master Artist Teresa Hays (Franklin, TN) Apprentice Rose Spurrier (Knoxville, TN) and Master Artist Lisa Kurtz (Knoxville, TN) Apprentice Brenda Stein (Nashville, TN) and Master Artist Jammie Williams (Ashland City, TN)

Mark your calendar to see the results of this year's awarded pairs in an exhibit held at the Tennessee Art Commission's gallery September 23 - November 11, 2016.

Tennessee Craft provides artists and arts professionals an honorarium to be jurors for all our awards and scholarships. Thanks to the Community Foundation of Middle Tennessee grant, artists are paid to provide high quality craft activities in the kids' tent at the spring and fall Tennessee craft fairs. Partnership with the Tennessee Department of Tourist Development for the upcoming Tennessee Craft Week, October 7-16, will pay artists to demonstrate in welcome centers across the state.

For more information on supporting local artists, visit tennesseecraft.org for sponsorship opportunities. Consider becoming a sponsor of our scholarships, purchase awards at the fairs, or Tennessee Craft Week.

Gilley Hill United Methodist Church
in Bradyville will have a special service on **June 26 at 2 p.m.** for the closing of the church's doors. *The church was established in 1869.* **Everyone is invited to attend the service.**

The 2016-2017 incoming members for the United Way Board of Directors were announced at local meeting. Those new board members include:

Dr. Susan Andrews
Family Practice Partners

Gerald Coggin
NHC

I'Ashea Myles Dihigo
The Hagan Law Group

Vicki Eastham
Middle Tennessee State University

Chase Salas
Liberty Mutual

Terry Schneider
Fastsigns

Tim Slate
Nissan North America

For a full listing of United Way's Board of Directors, please visit www.yourlocaluw.org/board-directors. For more information about the United Way, visit www.yourlocaluw.org.

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LEONI CEMETERY TRUST MEETING
Saturday June 25
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A financial report will be available. Any concerns will be discussed. Anyone having friends or relatives buried in the Leoni Cemetery are encouraged to attend this meeting. All donations toward the mowing expenses will be appreciated.
For more information, call 615-563-2284 or 615-563-2459

Homecoming & Gospel Singing
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The Mello-Tones
Bro. Dennis Ham, Pastor
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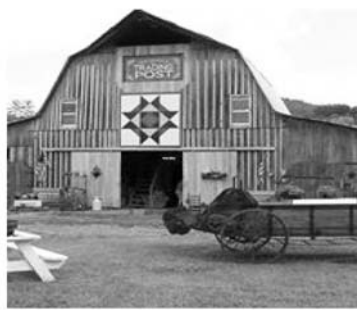
Dollar General Market
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Woodbury, TN 37190
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June 23, 2016
June 30, 2016
July 7, 2016
July 14, 2016
July 28, 2016
The bus will be at Dollar General on these dates from 4:30 PM to 6:00 PM

For Summer Story Hour

Huff & Puff Trucking
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Bradyville, TN 37026
615-765-5033
June 23, 2016
June 30, 2016
July 7, 2016
July 14, 2016
July 28, 2016
The bus will be at Huff & Puff on these dates from 10:30 AM to 11:30 AM

Trading Post Chat

by
SAVANNAH
CUNNICK



TRY EATING THE GREEN AND STOP SPENDING IT ... !!

Folks, one day soon REALITY will finally set in and everything that we ASSUME is available right down the road at the grocery store will no longer be there.

No joke. Take one brief moment of your time and think about what I am about to tell you. What we have today, may not be here tomorrow....Are you following my drift? With the way things are going in this world, we may soon be faced with living off God's green earth much differently than ever imagined!

And, for that reason, I am going to start you out with your own nature's survival kit. Oh no, it's not as easy as you think. Your money won't be any good anymore. That's because we will be on OUR OWN as far as obtaining food and medicinal needs. Don't be afraid...just be aware that it CAN HAPPEN where we will have to forge the forests and woods for the necessities of life. To be informed and to familiarize yourself with nature's bounty is one subject that you need to include in your brain bucket. The computer is full of this information, guide books, workshops and the week-end warrior training are all at your fingertips. I would get started if I were you and beef up your knowledge on just HOW THE HECK YOU ARE TO SURVIVE when our world crashes and burns!

Hey, I understand....who has time to do all this? I know that we all work hectic jobs, are raising families and have our thoughts on thousands of other things... but it will be ALL FOR NOT unless we are prepared to survive if that fateful day comes and we are literally ON OUR OWN.

Don't turn the page....read on...just a few seconds of your time just may stir up some common sense in that head of yours. Second thought....nothing that drastic may ever happen...but wouldn't it be nice to at least be informed on just what is available to us naturally without spending one cent.....?

From soup and salad to tea and tacos....mother nature has set us a very nice table. All of her gifts offer nutritional value, a wild smell and taste and most definitely survival on earth. So let's take a look at the EDIBLE wild plants first.

Most popular are the BERRIES. There are the wild Blackberries, Northern blush blueberries, American elderberry for starters. You must remember that not ALL berries are safe to eat. Thus, the reason for buying a guide book to help you identify the correct eatables from the nasties.

There is the wood sorrel that has a tuber resemblance to the small potato. Avoid eating its flowers and leaves. Dandelions, spring onions and mushrooms are more foods available. In regards to the mushrooms, you must take care in identifying edible from poisonous. American black walnuts, hickory nuts and acorns are also waiting for your discovery. Believe it or not...start with YOUR YARD. You will find : cress, dandelion, chickweed, plantain, wild onion, violets, wood sorrel, henbit, clover, dead nettle and sow thistle....ALL 100% EDIBLE! Grass is even edible. Please avoid eating poison ivy...that only leads to a RASH of bad luck!

There are fruit trees such as persimmon, wild apple, mulberries, autumn olive, hackberries and more. Cattails, bulrush and watercress grow in wet areas. Their shoots are wonderful raw and their pollen tastes like cake flour. Gather bags of it. It is considered a SUPER FOOD with high nutritional value. Do not eat AZALEAS.... otherwise it is safe to nibble on flower petals and blooms of daylilies, violets and honeysuckle for antioxidants. (Do not eat any plant that has a milky sap.) No eating wild peas or water hemlock.

Growing your own garden is also a grand effort. Even tho, Uncle Festus says that his garden always becomes an all-u-can-eat

buffet for all the local rabbits.

Little five-year-old Clem was caught chewing a slug. After the surge of initial disgust, Festus said: Well, what does it taste like? WORMS! says Clem.

Cousin Clarence tried his hand at gardening. He said: Nothing ever looks like it does on the seed packet! Finding out that planting these seeds requires a lot of water...mostly perspiration! So, he gave up. He's always believed that hard work doesn't harm anyone, but he's not the one to take any chances.

Aunt Martha says that her heart says chocolate and wine, but her jeans say: for pete's sake woman, eat a salad! So, she tried her hand at growing veggies. Her wild garlic turned out well. She found that it didn't help her lose weight, but from a distance her friends thought she looked thinner! She also stopped the moles from digging in her garden by taking away their shovels! She makes a mighty tasty salad from the yard clover, but she no longer irons the four leaf clovers...she didn't want to PRESS her luck!

Uncle Pete is a terrible gardener. He stated: I have no plants. They won't grow for me. Some of them don't even wait to die...they commit suicide! He told Patsy: if you plant anymore seeds, I'm leaving you. Patsy said: Dang, I'm gonna miss that man! She's a wild thing.

Presently, she is reading the book: Grow your own dope...plant a man.

Cousin Chester was visiting us from Oregon and went for a nutritional walk in our neighboring woods. He came back with only a small amount of bounty. He said we needed more rain and that it is so DRY out there, that the trees are whistling for the dogs.

Hey, did you know that wild plants have medicinal uses and can save your life? To keep it brief, here goes: Aloe Vera treats bacteria on wounds, Bee balm flowers can be brewed in a tea to relieve fever. Blackberries stops diarrhea. Catnip tea can also reduce fever. Ingest a little sap from the Butterfly weed and it will make you throw up anything you shouldn't have eaten. Chewing up leaves into a juice from the Plantain can be spit onto a bee sting or insect bite to draw out the venom.

Sage is not only a meat preservative but if you have diarrhea, steep a tea from its leaves. It not only will save your wardrobe, but also your life! Chew up leaves of the Yarrow plant and apply to wound and stop the bleeding. Clover blossoms, pine nuts, prickly pear cactus and purslane provide vitamins and nutrition.

Whew!! Well, I know that is a lot of information to swallow....but it may also be that you WILL have to swallow quite a bit of it sooner or later. As I suggested, take time to read up on this interesting life-saving information. You won't regret it.

Just remember....I care about you Folks...so digest all this...one way or another...in what ever way you wish and have a great summer!!

One quick comment: I apologize to all you Fellas out there that I forgot to wish you a Happy Father's Day!! Hope you had a great one !!

I also want to dedicate this article to my Sister, Gay Lynn LaBarre, for giving me this idea to expound upon. She is presently taking the course that I spoke to you about earlier....where she spends one weekend a month in the forests learning all this good stuff about nutritional survival and the recognition of these helpful plants and their purposes. Good Job, Sis!!

Take care everybody and.....MANY HUGS
SAVANNAH

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CANNON COURIER

WILLIAM R. FRYAR, Publisher
 MIKE WEST, Editor
 CINDY HALEY, Advertising

Published each Wednesday at 113 West Main St., Woodbury, TN 37190

Phone: (615) 563-2512 Fax: (615) 563-2519

news@cannoncourier.com advertising@cannoncourier.com
 OFFICE HOURS: 9 a.m. to 5 p.m. Monday, Tuesday, Thursday, Friday
 9 a.m. to 1 p.m. Wednesdays

U.S.P.S. No. 088-480
 Periodical Postage Paid at Woodbury, TN

SUBSCRIPTION RATES:

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My drive into Ortonville, Minn. reminded me of a lot of places I visit as I work with newspapers across North America.

Commentary

Industry-related pubs begin to take notice of growing community newspapers

What took them so long?

A few months back, I had breakfast with the publisher of a very successful community newspaper in Minnesota. As we walked around the restaurant, I was introduced to local residents enjoying their muffins and eggs. At one table, a customer asked what I was doing in their city.

When I explained I was working with the local newspaper, a gentleman spoke up. "Whatever you do, don't mess it up. We love our newspaper."

A few weeks later, while in town working with a community newspaper in South Florida, I found myself in a conversation with the president of the local real estate association. When the conversation turned to my client, he was quick to share some personal thoughts.

"Do you know," he began, "why realtors, auto dealers and other advertisers advertise in the community paper instead of the big daily?"

He had my attention.

"People who live here pick up this paper, see the faces of the writers and say, 'I know him,' or 'I know her.' It makes a real difference. That's why people love this newspaper, and that's why advertisers want their ads in this paper."

Last week, as I arrived at the rental house where I would be living for three days, the owner asked me what brought me to her town. When I told her I was there to work with the local newspaper, a smile hinted at what she was about to say. "We love our paper here. The same family has owned the paper for decades. We are so lucky to have it."

Three days ago, as I sat alone at the Lakewood Supper Club, looking out over a beautiful sunset on Big Stone Lake, which creates the border between South Dakota and Minnesota, the waitress quickly recognized my southern accent.

"What brings you all the way from Tennessee?" she asked.

When I explained that I was in town to work with the local newspaper for two days, I had a new friend.

"We are so lucky to have our paper," Michelle told me. "We love our paper."

I feel like a broken record when I remind people just how well community newspapers are doing across America. As I work with hundreds of papers each year, it's a common theme as publishers talk to me about their individual operations.

I couldn't help but chuckle when I saw a story in Editor & Publisher titled, "Despite 'Doom and Gloom,' Community Newspapers are Growing Stronger" in early June.

Editor & Publisher isn't the only industry journal to take up this mantra. It seems that community papers are "in" again. The column you are reading is carried by industry-related journals and publications on four continents. I often take the opportunity to read what other "experts" are writing in these publications. For years I've read how newspapers must shift their focus away from creating quality products to crunching numbers. Now, it seems, quality is important again.

"Despite 'Doom and Gloom,' Community Newspapers are Growing Stronger" proclaimed the headline. I chuckled because I was reminded of the interview I did with Editor & Publisher just about a year ago for a column titled, "Strategic Innovations Overshadow the Technical," by Eric Schultz.

Eric contacted me to discuss the role of technology and centralization at newspapers. It didn't take long for the conversation to shift to the success community newspapers are having without centralizing production. Eric seemed surprised when I shared some of my research information indicating locally-owned newspapers are doing quite well. At one point, I mentioned the success of community newspapers might be an important topic for a story. As I

remember, Eric agreed.

One of the things I remind clients, whether they are locally-owned community papers or part of larger groups, is to be realistic about

what they do. More times than not, newspapers ask me to help improve their products while on-site. That always means that something is going to change. I'm noticing newspapers are more accepting of change these days when confronted with reasonable information.

Last week, I had a discussion with a staff from South Dakota that sounded like a conversation I've had many times. It revolved around grayscale photos on pages. Now and then, I'll work with a group that uses color pictures on grayscale pages, to simplify the conversion of documents from print to online. By placing color photos on the pages, the RIP (the device that controls the creation of plates for the press) can simply convert the images to gray while making the plates, allowing the same files to be uploaded to a website in full color.

While this does simplify the process of converting print pages for the Internet, the issue – as I've explained dozens of times to groups – is the photos will look much better in print when edited and converted to grayscale first.

I know what always follows next. "Yes, but if we place color pictures on the pages, we don't have to create new pages to go online."

That's when I get straight to the point. "Let me ask you something," I usually begin. "Do you make more money off your digital product or your print product?"

To date, no one has ever answered they make more money from their digital product. Most often, the answer is, "We don't make a profit from our digital newspaper."

"So," I'll ask, "why do you put more effort in making your digital pages look good when all of your profit is in print?"

At this point, I usually see faces begin to light up.

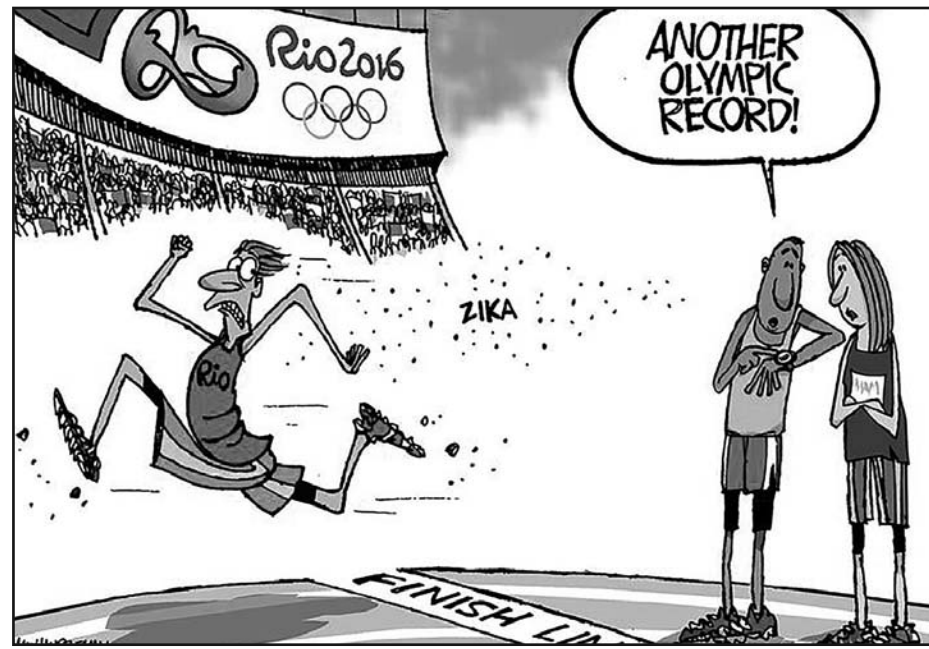
In her story for Editor & Publisher, Sharon Knolle is right: despite the gloom and doom, community papers are growing stronger. I would argue, however, this is not a new phenomenon. Most gloom and doom I've noticed among community newspapers over the past few years has been perceived, not real. It took four or five years, but most community papers I visit – and I visit a lot – realize the "death of newspapers" cry was created primarily by folks who could profit if that turned out to be the case. The reality, as Knolle noted, is community newspapers are growing stronger.

Over the next few weeks, I'll be traveling all over Tennessee, Western Canada, West Virginia and back to the Upper Midwest. I will visit with staffs and hear how much their readers love their papers. Publishers will seek advice concerning software and hardware purchases because, among other things, they realize they have to plan for the future.

In 2008, the dean of a prestigious university school of journalism told me he didn't believe there would be a single printed newspaper left in America within ten years. He still has 17 months to prove me wrong. If the folks at Editor & Publisher are right, it seems a safe bet at least one newspaper will be standing.



The News Guru
 KEVIN SLIMP



Learning my lessons about air conditioning

Some childhood experiences stick with you.

Two, in particular, are when our family got our first air conditioner and our first TV set.

Both were revolutionary so far as I was concerned and both put us ahead of most of our extended family in Woodbury. My grandparents, the Van Hoosers, had gotten the first TV in our family, but we beat them all with that General Electric air conditioner. It was a window unit and while it didn't cool the entire house it did provide amazing relief during those hot summer days.

Naturally, us youngsters were banned from touching anything on that wonderful cooling machine. All we were allowed to do was stare at the push-button controls while it blew cold air into our faces. Heaven! Nor we were permitted to twist the wheel-like vent which directed the flow of air.

During the summer months, the West boys spent most of the daylight hours outside playing, fussing and fighting. Our yard didn't have much shade and some days it was hot as blazes. After all, it was in a little subdivision with newly-planted trees. Our shady spot was under the carport which was a spot full of accidental mishaps including scraped knees and busted lips. That carport was the perfect fort and served as an occasional battleship (as long as there was no car parked under it.)

But we still did get to "occasionally" cool it under the roar of the window air conditioner.

In 1945 Robert Sherman of Lynn, Mass. invented a portable, in-window air conditioner. That invention, developed by others, made air conditioning inexpensive enough to be afforded by the average American family.

Of course, today's experts called the air conditioners of the 1950s just "keeping up with the Joneses." Perhaps, they are right because in 1953 some 1 million of window air conditioners were sold in America.

By the 1970s, window air conditioners began to disappear replaced by HVAC systems that almost every house in the Southeast has cooling it during the hot, hot summer months.

Back in the days of my youth, AC was a luxury. Today it is an absolute necessity which I recently discovered when my air conditioning went on the blink. It was a minor problem – thank goodness – and one quickly repaired. The unit was a little low on freon and someone, I won't mention any names, had turned the thermostat too low. Hmmm!

Guess I didn't learn my lesson about touching anything to do with that all-important AC.



My Take
 MIKE WEST

Letter: Thanks to Dan Whittle for story

To the Editor:

First of all I want to thank Dan for writing the article about me. I don't know what Dan drinks to make him think up all of things he puts in print. I do know that it must be a powerful concoction of many unknown ingredients, for him to dream up so many things. Most of what he said about me is true. He did mention that I was a past Commander of the Hilton Stone a American Legion Post 279. I am a charter member, but I have never been the Commander of Post 279. I leave that to the more qualified and hard charging Legionnaires.

One has to not only know Dan Whittle, but understand Dan. And, you cannot really understand Dan until you read his book, "Canalou". This is a book about the story of Dan's life and growing up in the swamps of the Missouri "Bootheel" country in a place called, Canalou. If you are a big fan of Tom

Sawyer and Huckleberry Finn Stories, you will surely love the wonderful story of his life in "Canalou."

I started reading this inspiring story, and could not put the book down. First time I had read an entire book in a couple of nights. It is a permanent part of my select Library of great books, including the Bible, and other great stories in my lifetime. If I were President of the United States, I would make this book required reading before one could graduate from High School, because this book tells the story of why this country is so great. I highly recommend that if you want to read a great story, told by a true American, then get a copy of "Canalou", and read it. Again, thanks Dan. I am proud to have you as a friend. And I am honored to be your friend. God bless you and yours always. AND GOD BLESS THE UNITED STATES OF AMERICA.

Col. Jim Stone
 Woodbury

News from the Mountain

BY CAROL GUNTER



It doesn't take a person too long outside to realize it feels a whole lot better inside where the air conditioner is with the hot weather now upon us. If you can stay inside, by all means do as relief is several days away from this heat.

Visited with Chloe Evelyn Bogle for a few minutes Thursday. She was doing fairly well.

Charlie Mai Daniel able to be back in church Sunday. Good to see her.

Left out two birthdays for June: Charles Nokes 10th and Jeff Brown 11th.

With all the shootings across this country that are taking innocent lives, some people are asking why is God letting this happen? Doesn't make any sense to me for them to blame God, because He had nothing at all to do with what is going on. How soon they forget and maybe they should just look in the mirror as they themselves ushered in the evil and the cowards that do these kinds of senseless acts when they showed God the door. His hand has been on this nation and blessed it when it acknowledged God and His holy word and stood its ground living for Him and condemning those that chose to live in sin for that loser that uses them like a puppet on a string. That loser knows his destiny of being cast into that lake

of fire but is determined to kill as many as he can before God destroys him and sin. I don't know why people aren't smart enough to figure out just what is going on. Once again all it takes is just a little "common sense" and for us to turn back to the one that loves us all and ask Him for forgiveness. No greater love you will ever know than that of Jesus, God's son, when you accept Him as your Lord and personal Savior.

One last comment. When we turn our backs on God only bad consequences for us will follow. One more thing I want to mention when the leaders of this country and those Supreme Court make it blatantly clear where they stand against God's commandments and His holy word, I would say you have absolutely nothing to be proud of or hold your head up high about, because of the ungodly decisions you have chosen to make and your misguided steps downward for this great nation's future that we will most likely never recover from. All of you know I would assume by now right from wrong. God, of course, knows what is going on better than you do and now you have disgraced in the institutions the positions you hold.

Let's keep the following people in prayer: Ruth

Brown, Fay Pitts, Edith Miller, Charlie Mai Daniel, Denise Stanton, the family of Lillian Taylor and Donna Lawson.

Clyde's got the 'little green men', the 'invisible cow' and I guess that 10 foot rabbit as well in an uproar as all were excluded from the Gassaway Homecoming and riding in that convertible. He wasn't about the share the spotlight with all those characters he has commented. He's probably in hot water now for sure with what has said. I'll just stand back and see what develops from this predicament for Clyde as it is all his doing. Bets are on for Bobby to get that leadership position over the little green men, the cow and the rabbit that have up to this very moment in time evaded him for so long. No doubt Bobby knows Clyde's tenure as a leader is about to come to an end and since no one else had turned in any papers for the job by the deadline, Bobby will be take over Clyde's job very shortly.

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

I love them that love me; and those that seek me early shall find me. Proverbs 8:17

Novice Category, Pictured Right:
 1st Place Riley Wingate & Sammy Stack of National Dance Clubs of Murfreesboro
 2nd Place Trevor Lemons & Leah Jenkins of Let's Dance
 3rd Place Josh Plaza & Jessica Brannen of National Dance Clubs of Murfreesboro — with Joshua A Plaza, Jessica Brannen, Trevor Lemons, Riley Wingate and Sammy Stack at Embassy Suites by Hilton Nashville SE Murfreesboro

7th Annual Southern Heat Ballroom Championships



Southern Heat 2016: Top Teacher Award Vincent Ballard and Students (Linda Brown, Linda Gail Rutland, Pat Houseman and Betsy Vanover) — with Linda Tanner Brown, Vincent Ballard and Betsy Payne Vanover at Embassy Suites by Hilton Nashville SE Murfreesboro.

This years 7th Annual Southern Heat Ballroom Championships hosted by National Dance Clubs was an amazing event full of dance, entertainment, and tons of enjoyment. The Murfreesboro Post said, "it made it feel like "Dancing with the Stars" was right here in the heart of the 'Boro this weekend." Evolution of Dance was the inspirational theme during this year's regional competition held at the Embassy Suite Hotel in Murfreesboro.

Throughout the event, the

Southern Heat participants were able to view the various time periods of dance and how dance has transformed over time. From Minuet in the classical time period to the cultural African dancing all the way to today's hip hop, each dance was expressed using the emotion, grace, and poise of it's own time period. Competitors traveled in from various parts of Tennessee and Florida ready to Bring the Heat and dance all weekend! Southern Heat was full of high energy,

competition, and loud endless cheering. The event ended with a grand performance by Nazar Norov & Irina Kudryashova, United States National American Rhythm Vice Champions and American Rhythm Silver Medalists! We would like to thank all our competitors for joining us in making this year's Southern Heat such a wonderful event! National Dance Club is located at 710 Memorial Blvd Suite 122 Murfreesboro.



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Camp Read to be Ready kicks off in Cannon County Schools

Earlier this year, The Tennessee Department of Education launched a statewide Read to be Ready Campaign. Read to be Ready is a coordinated approach to move third grade reading proficiency in Tennessee to 75 percent by 2025.

The campaign seeks to raise awareness about the importance of reading, unite efforts to address the reading gap, highlight best practices, and build partnerships. Along with this campaign, the Dollar General Literacy Foundation donated one million dollars to the department for summer reading programs. The department received over two hundred proposals from across the state in April. From these proposals, only 12 programs from were originally chosen to receive funding.

Cannon County Schools had the only proposal in the Upper Cumberland Region that was originally selected. Camp Read to be Ready was created and designed by Cannon County teachers. This grant is designed to support our students even after the last day of school.

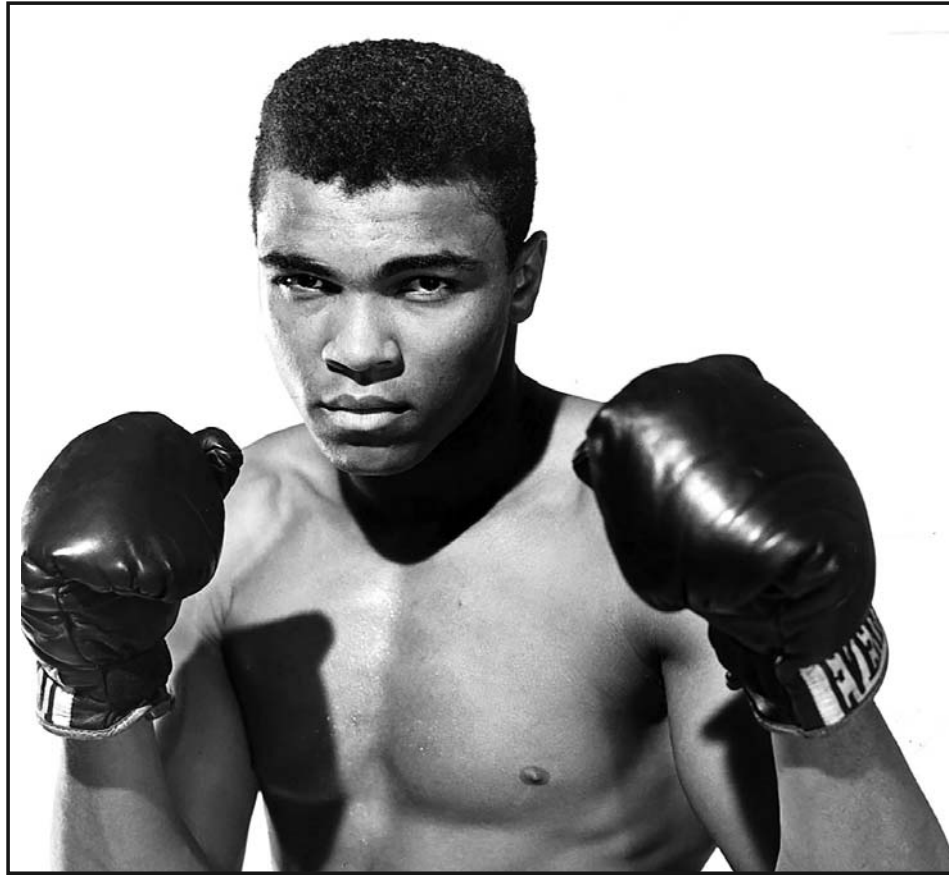
Camp Read to be Ready provides students with a total reading experience where books take life in relation to our community. Students are given the opportunity to read, think, talk, and write about various texts in relation to our focus of learning. Throughout the program, we will partner with many community agencies to provide experiences aimed at broadening horizons, closing skill gaps, and eliminating the summer slide. The ultimate goal for Camp Read to be Ready is to make books come to life for our students. We want these



incredible children to read and write daily in a fun way related to what they are formulating in their mind.

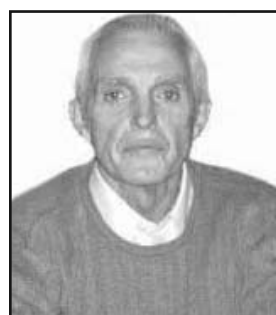
The first session of Camp Read to be Ready allows students to experience Camp Reading Rangers. Twenty four students are becoming backyard naturalists. Students are learning about and discussing animals, insects, and plants in their native habitat. This is all occurring under the guidance of Co-directors Melisha Simmons and MaryBeth Young. Campers are also being instructed by Troop Leaders Lori Christensen, Kathy Gannon, Emily Hughes, and Joy Pope. This team of teachers is working diligently to ensure Cannon County students make the most of their summer.

There are some things you can do at home to help your child during the summer months. The single most important thing you can do to help your child succeed is to read with them for twenty minutes each day! Ask your child to give you a verbal summary of what they have heard or read and ask them specific questions about the text. The conversations you have around a story can make a profound impact on your children.



Meat 'N' Potatoes

MIKE VINSON



'The Greatest' The fluke that caused me to write this column

I readily admit I was suffering from "writer's block" when I sat down to pen this week's column, even with a litany of subject matter from which to choose: political chaos between Donald Trump and Hillary Clinton for the U.S. presidency; 49 killed and 54 wounded at a LGBT nightclub in Orlando, Florida; Vanderbilt rape case still ongoing ...

Then it hit me: Muhammed Ali, formerly known as "Cassius Clay"! Though I'll discuss his boxing legacy, his poetic showmanship, his charisma, his humanitarian contributions to global culture, it's the "fluke" behind the story that for me, anyway, proves the most intriguing.

He was born Cassius Marcellus Clay Jr. in Louisville, Kentucky, January 17, 1942. He died Muhammad Ali, June 3, 2016, from Parkinson's disease, in Scottsdale, Arizona

Cassius Clay's boxing career took flight when he won the light heavyweight gold medal at the 1960 Olympic Games in Rome, Italy.

Though a 7-1 underdog, Clay, at age 22 beat the ferocious Sonny Liston to win the World Heavyweight Championship title in February of 1964. He soundly defended his title against Liston the next year, 1965. After baffling the boxing world by twice beating the formidable Liston, Clay, in poetic meter, was quoted as saying, "Float like a butterfly, sting like a bee/The hands can't hit what the eyes can't see."

Having joined the Nation of Islam (NOI) and having changed his birth name to "Muhammad Ali" (around 1964), Ali refused to serve in the U.S. Army and ultimately was stripped of his title in April 1967, at age 25, at his boxing peak, some say. He was famous—infamous, others argue—for stating: "Man, I ain't got no quarrel with them Viet Cong!" After considerable controversy, Ali was allowed to resume his boxing career in 1970.

Though he had 61 pro fights during his 17-year career (1964 - 1981), winning 56 and losing 5, he is best remembered for his three fights with Joe Frazier, and his one fight with George Foreman (of steak/burger grill fame).

*Madison Square Garden; March 8, 1971: "Smokin'" Joe Frazier was heavyweight champ of the world. In what some boxing experts call "The Fight of the Century," Frazier beat Ali in 15 rounds via unanimous decision.

*Madison Square Garden; January 28, 1974: In what was billed as "Muhammad Ali vs. Joe Frazier II," Ali won in 12 rounds by unanimous decision. (NOTE: Of the three fights between Ali and Frazier, many consider this one the most lackluster.)

Kinshasa, Zaire (Africa); December 30, 1974: Pitting Ali against World Heavyweight Champion George Foreman (who'd beaten Joe Frazier

for the heavyweight title in 1973), the media proved creative by dubbing this fight "The Rumble in the Jungle." During pre-fight interviews, Ali mocked Foreman by saying, "I wrestled with an alligator, I tussled with a whale, I handcuffed lightning, thrown thunder in jail." Ali won by knockout, putting down the brutish Foreman just before the end of the eighth round.

*Philippine Coliseum: Quezon City, Philippines; October 1, 1975: Proving imaginative yet again, the media labeled this fight the "Thrilla in Manila." True to form, Ali taunted Frazier during interviews before the fight by saying to Frazier, "It will be a killer and a chiller and a thriller when I get the gorilla in Manila." Ali won by TKO (Technical Knockout) in 14 rounds.

"The Fight of the Century," "Rumble in the Jungle," and "Thrilla in Manila" are rated as three of the greatest boxing bouts in heavyweight history.

At 6 feet and 3 inches in height, weighing around 220 pounds during his prime, and possessing the quickest hands and feet of any heavyweight champion, ever, a sound argument is that Muhammad Ali is the greatest heavyweight boxer of all time. If my research is correct, over the course of his career, he appeared 40 times on the cover page of "Sports Illustrated," second only to NBA legend Michael Jordan.

Further, Muhammad Ali is the only boxer to win the World Heavyweight Championship three separate times: beating Sonny Liston in 1964, beating George Foreman in 1974 (as mentioned), and also beating Leon Spinks in 1978.

Testimony to his legacy is the wide array of celebrities and dignitaries who attended his funeral, held Friday/June 10 in Louisville: former President Bill Clinton, former NFL great Jim Brown, actor Arnold Schwarzenegger, former NBA star Kareem Abdul-Jabbar, comedian Billy Crystal, former president of Afghanistan Hamid Karzai, and a host of others.

So, what's the "fluke" that caused me to write this column? I was sitting at a computer inside Motlow State Community College's library (McMinnville), looked over at the magazine rack, and Muhammad Ali was on the cover page of the June 2016 issues of "Sports Illustrated," "TIME," and "People." Suffice it to say, my "writer's block" disappeared and I immediately knew the subject matter for this week's column—it was simply too coincidental.

I have to wonder if, other than Muhammad Ali, the same man/woman has ever been on the cover page of these three prestigious magazines the same month and same year...probably not.

Remember the last time you looked at your insurance policy?

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Do you have enough to take care of your funeral?
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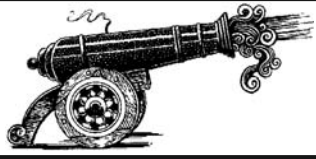
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THE CANNON BLAST

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

Community Dinner Sycamore Baptist Church

Sycamore Baptist, 7165 Sycamore Creek Road, will hold a community dinner the first Wednesday of every month from 5 to 7 p.m. Donations accepted with the funds going for a new church building.

Alcoholics Anonymous

If you drink alot 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.

Big Barn Sale During June

The Short Mountain Trading Post is hosting their annual Huge Barn Sale this month. Bring in this paper and receive another 25% off their purchases. Open every Friday and Saturday. Great sales. Don't miss out!!!

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

Prenatal Workshops Cannon County Health Department

The Cannon County Health Department will hold a series of prenatal workshops beginning May 25 from 2 p.m. to 4 p.m. Prenatal workshops are a great way for expectant parents, grandparents and other family members to learn about and prepare for a healthy pregnancy and baby. The goal of these workshops is to provide participants with information to minimize fears and make informed decisions while pregnant and when the baby arrives.

Summer Youth Conservatory 2016 Junior Sessions: June 20-July 1 2016 Senior Session: July 11-22

Summer Youth Conservatory is dedicated to the development of life skills through participation in the arts - helping kids reach a new stage at the Arts Center of Cannon County. In addition to classes, this program offers the opportunity for all participants to appear on stage in a production at the end of each session. This is also a valuable opportunity to be seen on stage by Arts Center directors. Students will audition for various roles in performances, but every student will be featured. Please call The Arts Center of Cannon County at (615) 563-ARTS or 1-800-235-9073 for more information.

Summer Reading continues at the library in June.

Thursday, June 23, the Summer Reading Program brings back a favorite: Mr. Bond the Science Guy. This year Mr. Bond is bringing the Science of Sports to the library with hand-eye coordination experiments, Bernoulli's principle, balancing miracles and much more. Mr. Bond always puts the fun into summer and into science. He and his amazing team of Mad Scientists will show you how science and sports work together in his amazing experiments. The first 75 kids to sign up will enjoy a special treat—the bouncy balls. Come to Adams Memorial Library at 1 p.m. on Thursday, June 23, for a fun filled afternoon with Mr. Bond.

Thursday, June 30, the library has Dave Mitchell, an extraordinary ventriloquist and magician, coming to lead our Summer Reading Program event. You've never seen anything like this program which includes comedy, magic, ventriloquism, clowning, storytelling, and puppetry. Dave has something for everyone. He's like Tennessee weather—if you don't like what he's doing now, just wait a minute and he'll be doing something you enjoy. Don't miss this new program at the library on June 30, at 1 p.m. Story Time is back for the summer at 1 p.m. on Tuesdays. By popular demand, story time continues during the summer at Adams Memorial Library. Meet downstairs in the Jennings Community Room with Miss Patti for craft time after an exciting story. All Library Programs are free.

A Season in the Southwest & other New Work By artist Meg Garrett June 1 – July 20

This is Garrett's second solo show at the Art Center's Berger Gallery. While her first show focused on Tennessee landscape images in pastoral shades, her newest work draws on a recent visit to New Mexico and Arizona. Having gone there to see the landscape and the work of other artists who captured that environment on canvas, to be inspired and instructed by those preceding arts, Garrett "saw and felt the Southwest more intensely" than on prior visits – seeing now with her educated art eye. The images range from painted portraits of the landscape to pencil drawn portraits of people. Garrett's work displays an intimacy with place and person. The Arts Center is located on 1424 John Bragg Highway, just west of the Woodbury. The Berger Gallery is free and open to the public. Hours are 10 a.m. to 4 p.m., Tuesday through Saturday. For more information check our website at www.artscenterofcc.com or call 615-563-(ARTS) 2787.

Are you raising a relative child or need housing assistance?

For more information on assistance and support, please contact Melissa Allison at the Upper Cumberland Developments District toll free at 1-877-275-8233.

A support group meeting will be held for relatives that are caring for relative children. This meeting will be held at the Adams Memorial Library, Woodbury, TN/ Thursday, June 23, 2016, 1:00-2:00 pm.

For housing assistance while caring for minor child, contact Myra Walker at 931-432-4111.

Cruise-In on the Square Saturday June 25

Ready for some spring fun? Then join the Cruise-In on Saturday, June 25 on the Square in Woodbury. The show is open to all cars, trucks and unique vehicles from 4 to 7:30 p.m. No entry fees or spectator fees are charged for the Cruise-Ins, which are presented by the Cannon County Chamber of Commerce.

Liberty Dance

Saturday, June 25 from 7 to 10 p.m.

Featuring The Star Okie Singers. Come enjoy the music and dance. Call 615-563-2792 or 615-464-8110 for more information.

Woodbury Central High School Class of 1951's 65th Reunion Saturday, June 25

The reunion will be held from 1 to 4 p.m. at the Senior Center. Admission is \$15 per person, payable at the door.

Woodbury Lions Club Awarding Winning One Night Walking Horse Show Saturday, July 2

Woodbury Lions Club awarding winning one night walking horse show will walk on at the Horse Show Arena in Woodbury.

Enjoy champion walking horses, specialty classes, award winning country ham sandwiches, home-made desserts and ice cream by the pints and more. Contact Bruce Steelman at 615-563-2554 for further details.

Disney's The Little Mermaid July 8-23

Disney's full-length, re-imagined version!
The Little Mermaid is Rated G

Set under and above the high seas, The Little Mermaid tells the story of Ariel, an adventurous young mermaid who's got a thing for disobeying the rules and following her heart. Ariel's fascination with the human world often leads her to the sea surface, a zone that's designated as "off-limits" by her father Triton, the sea king. One day while sneaking to the surface, Ariel witnesses a shipwreck and rescues Prince Eric, with whom she become instantly smitten. Furious at Triton's inability to understand her love for the prince, Ariel runs away and strikes a deal with Ursula, Triton's evil witch of a sister, to experience the life she dreams of on land. Performances run July 8, 9, 15, 16, 22 & 23 at 7:30 p.m. and July 10 & 17 at 2 p.m. at the Arts Center of Cannon County.

Senior Center Music Night Friday, July 8

The Gilley Brothers will perform at 7 p.m. Doors open at 6 p.m. Admission is \$5.

Liberty Dance

Saturday, July 2 from 7 to 10 p.m.

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

Woodbury Central High School Class of 1976 40th Year Reunion

Saturday, Sept.17 at 4:30 PM

Cannon Co. Senior Center

Cost \$ 35 per person

Send To: Class of '76

202 Peacock Ave.

Murfreesboro, Tn. 37129

More Information : Ceola 615-293-4568

Carol 615-542-1873

RSVP by June 30, 2016

Central Region 4-H Design Camp

On July 12-14, Cookeville's Tennessee Tech University will be hosting this year's Central Region 4-H Design Camp. It will be opened to all youth currently, in grades 6th thru 8th. Due to restrictions, registration is limited to the first 80 participants. The children that want to attend will be accepted on a first-come bases.

This year the campers will rotate through classes, participate in a sewing lab, and sharpen their consumer skills. Campers will learn to sew their own design (with supervised help) and be involved on a Serve and Learn Project called "It's My Very Own". This involves making a quilt top which will be donated to the children of our society. To learn more about this project, please go to www.IMVO.org

What else do you want to know about 4-H Design Camp?
Supervision- 4-H Design Camp is supervised by county Agents and adult volunteers. First Aid- A first aid station will be available in a safe location and adult monitored.

The cost of attending is \$125. This will include the workshops, materials, lodging, meals and transportation while at camp. The registration deadline is June 30th, 2016. Please contact Cannon County UT Extension office for more details.

The Extension office can be reached at 615-563-2554 or visit the office at 614 Lehman Street Woodbury, TN 37190.

Dewdrop Jamboree IX Saturday, July 16

The American Musical Arts Group invites you to join us at 6 p.m. on Saturday, July 16, for Dewdrop Jamboree IX - a family-friendly evening of music and neighborly good fun in the cozy Washington Theatre at Patterson Park in Murfreesboro. This LIVE! music program will showcase a varied and colorful cast of local and regional guest musical artists performing old and new favorites across multiple musical genres. All tickets are general admission, sold at the door, and cost only \$10 for adults and \$5 for children - a real bargain for a full evening of lighthearted and uplifting entertainment!

What's Happening in Cannon County Schools

June 20-23—Camp Read to Be Ready, WGS, 8 a.m.—2 p.m.
June 21—State Leadership training

June 24—Principals' data due in TN Compass

July 4—Board of Education Central Office will be closed.

July 7—Principals' meeting at Central Office, 8:30 a.m.

July 11-21—Camp Read to Be Ready, WGS, 8 a.m. – 2 p.m.

Summer Feeding Schedule (Meals will be served at Woodbury Grammar Cafeteria):

June 20-23—Monday through Thursday

8 a.m. - 8:30 a.m. Breakfast

11:30 a.m. – 12 noon Lunch

Free to all students 18 and under

July 11-14—Monday through Thursday

July 18-21—Monday through Thursday

8:00 a.m.-8:30 a.m. Breakfast

11:30 a.m.-12 noon Lunch

Free to all students 18 and under

Loss of Normal Forward Neck Curve Associated with Multiple Health Issues

The Annals of Vertebral Subluxation Research published a literature review paper on March 28, 2016, that showed a connection between the loss of a normal neck curve and many types of adverse health issues.

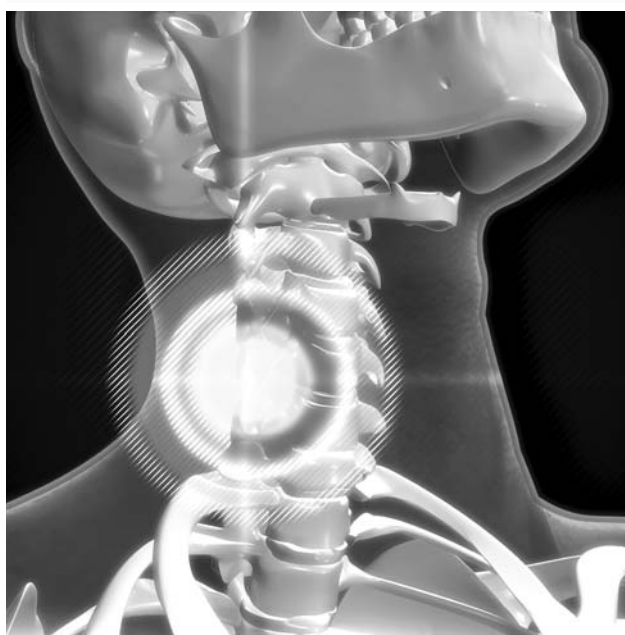
The author begins by describing forward head posture as the condition whereby the head is projected forward of the middle of the neck. This situation would be similar to holding a bowling ball out in front of you instead of up against your body. Even though the weight of the bowling ball does not change, it is harder to hold the ball further away from your body.

This forward projection means the neck has to support the head that is out in front, and not normally balanced, resulting in more stress to the spine and neck muscles. This condition has become more prevalent with the increase use of technologies such as computers and smart phones.

The author explains how common this can be: "People spend an average of 2-4 hours per day with their heads tilted reading and texting on smart phones and similar devices. Cumulatively, this is 700-1400 hours a year of excess spine stress."

This situation can lead to acceleration of cervical spinal degeneration, and degeneration of the intervertebral disks. This situation can also lead to a loss or reversal of the normal forward curve in the neck. This forward curve is essential to absorb shock of normal day-to-day activities. A loss or reversal of the neck curve has been show to lead to a number of health issues beyond just pain conditions.

from the desk of
Dr. Trea Wessel



The study also points out that abnormal head

posture and curvature changes in the neck can lead to changes in normal cerebrospinal fluid (CSF) flow. The brain's pumping of CSF is essential for normal central nervous system function. The study notes that altered CSF flow has been associated with conditions such as multiple sclerosis, Parkinson's disease and dementia.

In an overview discussion, the author noted, "Forward head posture and a decreased cervical curve affect the biomechanics of the spine. This can accelerate cervical spine degeneration, contribute to cervical myelopathy, affect proprioception, and contribute to neurodegenerative diseases."

In the conclusion, the study author explains that head posture and the curvature of the neck is often overlooked as a causative factor in many health issues and can have a profound effect on the function of the human body: "The body is more complex than merely the sum of its chemical processes. They do not occur in a vacuum. Biomechanics influence the body as well and warrant further investigation in some pathology."

"For more information on Chiropractic care contact:

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



Hot Weather Precautions

We all know that hot weather can be dangerous. This is especially true for older adults. Every summer, nearly 200 Americans die of health problems caused by high heat and humidity. Most of these individuals happen to be age 50 or older.

Hot weather is more likely to cause health problems for older adults for a variety of reasons. These reasons include aging-related physical changes in the body, chronic health conditions, and even side effects of taking some medications.

When the temperature climbs above 90°F, older adults need to be proactive and take precautions. So check the outside temperature on summer days. If it's above 90°, older people should keep in mind the following tips:

*** Stay out of the sun if possible.** If possible, wait to go out until the sun starts to set or until early the next morning. Adjusting when you go outside could mean a difference of several degrees. 90°

*** air conditioning is your friend.** Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. Read a book at the library, walk around in indoor malls, watch that new

movie at the theater, or meet your friends at the senior center.

(Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

*** stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you (dry you out).

*** dress appropriately.** Whenever you can, try wearing loose, light-colored clothes (dark-colored clothes absorb heat). Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

*** did someone say sunburn?** Use broad spectrum sunscreen with sun protection factor (SPF) of 15 or higher.

*** cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

Dehydration What it is: A loss of water in your body. It can be serious if not treated. Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out. What to do: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.

How to Spot and Treat Health Problems Caused by Heat It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by too much heat:

Heat stroke What it is: A very dangerous rise in your body temperature. It can be deadly.

Warning signs: A body temperature of 103°F or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, wet yourself with cool water, or put cloths soaked with

cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks. Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow.

Heat exhaustion What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope What it is: Fainting caused by high temperatures

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.

Woodbury Livestock

6/14/2016

* w/v = wean/vaccinated

Hfhrs	450	135.00
Hfhrs	625	115.00
Bulls	330	158.50
Bulls	595	121.50
Bulls	640-665	113.50-115.50
Strs	515	140.00
Strs	570	137.50
Strs	660	130.50

COWS	Lean	68.00-70.00
COWS	Boner	
COWS	Breaker	
BULLS		
BULLS	Low Dressing	



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TF-Aug. 6-C

TDCI: Avoid Companies Charging For Free or Nearly Free Services Beware of Scammers Charging Big Fees for Services That Are Available at Little or No Cost

Does paying \$149 to file paperwork for an uncontested divorce seem pricey? How about \$150 to obtain a certificate of existence for a business? Those might seem reasonable but, in fact, those services and many others are actually available free of charge or at minimal cost through governmental agencies.

The Tennessee Department of Commerce and Insurance's (TDCI) Consumer Affairs Division reminds citizens to be aware of companies trying to charge a costly fee to obtain or file simple paperwork that's either free or available at a very

low price. Consumers should do their homework first.

"Consumers should be wary of private companies angling to charge high prices for relatively inexpensive government services," said DCI Deputy Commissioner Bill Giannini. "Not only can the fees prove to be costly and increase the risk of identity theft, but in some cases unofficial paperwork forms may be rejected by government agencies when filed."

Here's a roundup of how some companies are attempting to take advantage of consumers:

Companies attempt to scam consumers by sending official-looking letters offering to obtain business filings, corporate certificates of good standing and certified copies of deeds for homeowners. While the paperwork looks official, it isn't. Instead, these solicitations would charge consumers upwards of \$150 and, in some cases, ask the consumer to provide credit card and other personal information. New legislation approved in March will help prevent these types of businesses from taking advantage of Tennessee consumers. The legislation will require such notices to include a disclaimer letting the consumer know that the services advertised are available free of charge or for a lesser price and that the company is not affiliated with a governmental entity.

The state also cautions about websites that offer to find you a job or file an unemployment claim for you for a price. Officials want to ensure consumers are aware that you don't have to pay to file unemployment. Not only do you spend hard-earned money, but you could run

the risk of your personal information falling into the hands of a scammer.

"When Governor Haslam created Jobs4TN.gov he wanted it to be a free and easy website to navigate," said Department of Labor and Workforce Development Commissioner Burns Phillips. "You can now handle all your unemployment needs on the site, at no cost. People who are out of work can file their unemployment claim on Jobs4TN.gov and then use the site to find a new career."

TDCI has recently been made aware of a company called Divorce Writer that is charging consumers for no-contest divorce forms that are virtually identical to the free Supreme Court approved divorce forms on the Tennessee State Courts website, www.tncourts.gov. At least one Hamblen County consumer had her divorce paperwork rejected because the form was not acceptable to the Hamblen County Clerk & Master. (Luckily, the consumer was given a refund.)

To contact consumer affairs 741-4737, email at consumer.affairs@tn.gov.

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GRANT...

munity. "I applaud the Arts Center of Cannon County for spearheading this project. This piece of public art will become a landmark that reflects the recent growth of the community," said Representative Mark Pody.

In creative placemaking, partners from public, private, nonprofit and community sectors strategically shape the physical and social character of their neighborhood, town, city or region around arts and cultural activities or assets.

"These investments support local efforts to enhance quality of life, increase economic and creative activity, and help create and expand a distinct sense of place through the arts," said Anne B. Pope, Executive Director for the Tennessee Arts Commission.

The Commission's allo-

cation process involved a review by an independent panel that included national experts on creative placemaking and local leaders. The panel met on May 26, 2016 to evaluate all eligible applications based on published criteria. All grant applications were evaluated on a competitive basis, taking into account the project type, geographic location and whether the project was in a rural or urban community.

With the mission to cultivate the arts for the benefit of all Tennesseans and their communities, the Commission funds a variety of arts projects through several grant categories. Each year, these grants help fund arts and cultural activities for more than 600 schools, local governments and nonprofit organizations in communities across all 95 counties. Visit tnarts-commission.org for more information.



Work is underway to transform the former home of Curves into the new headquarters for Micheal Burt's new "Greatness Factory" on Main Street in Woodbury. Right, once complete, the facility will offer classroom space for Burt's personal growth classes.

FACTORY...

In addition to launching reconstruction, a website for the 'Greatness Factory' is also under construction.

"I'm excited to create such a beautiful place in my hometown full of energy and positivity for the community. I believe you can 'manufacturer greatness.'" Burt said.



RIDE...

kins.

In that era, not everyone owned a steed suitable for trail riding.

No problem because a "committee of Alfred Mason, John A. Hendrixson, Dave Curlee, Bob Mitchell, L.D. McCrary, Jim Brandon and M.F. Roach located and hired horses for the event. (steed) Owners were paid \$1.50 rental fee for the day of The Ride," the book records.

Since moseying over a long dusty trail can cause a rider to build up a hearty appetite, for several years: "Ms. Hadie Hawkins served lunch in little cardboard boxes: a piece of chicken, tater, biscuit and BYOB."

And if one can't comfortably straddle a saddle, they can hitch a buggy or wagon up to their favorite mule, horse, donkey or pony.

Fast forward to the present with current Cannon County Walking Horse Association President Benny Lance: "I'd like to take a moment to reflect on all the work that has gone into this great book," with a goal to "put down some history of this Association and what a wonderful part it has played in so many lives down through the years."

Former leaders of the As-

sociation had a vision to the future.

"They knew that someday the 'road riding' (on public roads) would come to an end," Lance trailed back in time.

Lance rode his information steed into the present era: "As it is today, the CCWHA owns over 400 acres. To everyone who owns a horse, whether you own hundreds of acres or one acre, or whether you rent a horse, all you have to do is buy a membership with CCWHA and you are part owners in over 400 acres to ride on."

How popular does The Ride remain today?

"Last year, we had 1,011 riders, a record high turnout," accounted Patricia, wife to President Lance. "During the past four years, The Ride is averaging more than 725 riders per year."

Mrs. Lance provided a unique description of the motivation to take on "The Ride" book project: "This book started as a wonder why, then turned into a wonder why we don't, then turned into why don't we."

Woodbury Dr. Trea Wessel shares the (actual) Ride experience each year with her family, including EMT husband Jason Barrett and children Courtney, 20, Emma, 8 and Eli, 6.

"It's a great tradition," diagnosed Dr. Wessel. "We've been to similar events in other states, but the Cannon County Ride is made up of great neighbors. I've been riding here for 14 years. My husband has been on the trail now for 25 years or more."

Trail-riding attire has changed significantly from the 1940s to the present.

"When we think of riders today, the clothing that comes to mind is the cowboy hat or ball cap, blue jeans (some bought with holes in them) and cowboy boots," the book accounts. "However, that was not the case in the 1940s. Attire in general was more formal, and that was often the case depending on who drove or rode horses. Jerry Higgins recalls his father, Dave, driving his buggy wearing his blue suit."

"Men on horseback, particularly middle-aged men might wear a Fedora hat, a suit with white shirt and tie, and polished dress shoes," The Ride book chronicles.

Cannon County native Bobby Womack recalls going on "The Ride" as a teen-aged boy.

"There were just a few of us boys on The Ride one year," Womack walked back in time. "But in subsequent years, The Ride

got rejuvenated when some prominent retired families got involved."

Cannon resident Christine Dillon describes The Ride's impact on her life: "My family's involvement with horses goes on and on. When young, my mother, carrying her son, my half-brother Stanton Tenpenny, rode a horse to Geedeville to teach school. My aunt had a solid black horse named 'Tar Baby'. In later years, I rode a lot with (the late) Bill Smith on The Ride."

In The Ride book, Shane Gannon shared: "Grandfather Hilder Gannon was a horseman. He had as deep an appreciation and understanding of horses as anyone I've ever seen. Horses and mules were used by many people in this part of the country to help make a living. They were used for plowing fields, taking grain to the mills to have flour made, logging and clearing land, or maybe just going to town and church."

Rider Anna Nichols penned: "Camping on Short Mountain is different than camping anywhere else in the world. Meeting new people and making friends that last a lifetime that's camping on the Mountain."



Kenny Gilley waves at the crowd while he and his family begins the Ride, which is 22 miles from Woodbury to the campground on Short Mountain.

Courier announces single-copy rate hike

Beginning with the July 6 edition, the single-copy cost of the Cannon Courier will increase to 75 cents per edition.

That increase will put the Courier in line with other area newspapers. Most area papers cost at least 75 cents per issue with many charging \$1 or more per edition.

"We're very proud of the Cannon Courier and its long history, especially being a top community product for our readers," said Ron Fryar, publisher/owner of the Cannon Courier.

"It's been over 10 years since there has been an increase in our single copy rate," Fryar said.

The subscription rate will continue at \$24 a year for Cannon County residents.

"Readers can save over \$15 a year by subscribing to the Courier.

"We thank you for your support over the years and promise to continue to produce a strong local newspaper," Fryar said.

CASH...

and seized Wednesday; 224 plants were found in Lewis County, 52 in Macon County, and 44 in DeKalb County. The street value of the high-grade marijuana seized today is more than \$560,000. More than 15 pounds of finished product, valued in excess of \$37,500, and multiple weapons were found in one of the Davidson County locations. Three guns were found in the Bedford County location and a total of more than \$140,000 in cash was seized from multiple sites.

"The sophistication and danger of indoor grow operations like this demonstrate the complexity of what's involved in these organizations," says TBI Director Mark Gwyn. "It takes the collaboration

and persistence of law enforcement agencies, and we want those involved in the production and distribution to know they're not going to get away with it."

"This is exactly why it's difficult for law enforcement officers to wrap their minds around legalization efforts," says Drug Investigation Division Assistant Director T.J. Jordan. "This is a sophisticated organization with the goal of operating covertly, producing and trafficking high-grade marijuana, and making money at the expense of Tennessee citizens."

Eleven individuals were arrested and charged with Conspiracy to Distribute Marijuana and booked into the Davidson County Jail.

Mark your calendars for July 4 celebration

By Colonel Jim Stone
Mark your calendars! Monday the 4th of July - from 4 p.m. until the end of the fireworks celebration. SEE AND HEAR THE ADVERTISEMENT IN THE CANNON COURIER AND ON WBRY.

There will be lots of free games for the children, plus a dunking tank, where you will have a chance to dunk some of your favorite folks in the county. Already signed on to sit on the dunking tank is (first up) Hunter Hay, Minister of the First Baptist Church in Woodbury; (followed by) Daniel Hayes, Minister of the Woodbury Church of Christ; Lots of surprises in between, and (lastly) Principal Mike Jones, Cannon County High School.

We want to thank all of these truly fine members of our community who have volunteered to help Post 279 raise enough money to provide a \$1,000 scholarship for a CCHS graduating senior.

Post 279 will be selling American Flags. There will be several concessions stands. The Senior Citizens Center, the REACH - After School Kids, The Special Ed/Olympics Team, and the Chris Gringer, Professional Drone Pilot, qualified and licensed,

will be back with his "DRONE" display and fantastic demonstration. Last year Chris also filmed the fireworks display with his drone, from above the fireworks looking down on the fabulous fireworks demonstration. AND, he piloted his drone in the aerial FLY-OVER for our Annual Veterans Day Parade.

Charlie Harrell, the fireworks celebration Project Manager, says that his goal for the annual Fireworks Celebration is to make it bigger and better each year. Our Commander, David J. Faulkner, and his outstanding team of Post 279 Legionnaires and their ladies are focused on supporting our Veterans, our Youth, and our Community. If you are a Veteran YOU need to be part of this great organization, still serving.

COME ON OUT AND LET'S CELEBRATE WHAT A GREAT COUNTRY WE LIVE IN, THE UNITED STATES OF AMERICA. GOD BLESS YOU ALL.

RODEO...

bags. Thanks to the Old Feed Store for your help and cooperation as well. Thanks to all of Woodbury and Cannon County for your support of this event for the kids, he said.

Melton family awaken to their home burning ... community continues to rally around family to absorb their needs

Not many times you can get anything on this girl but a surprise party caught her off guard. It was Melinda Crook's 40th birthday that fellow teachers and co-workers joined together to honor her on her big day with a surprise party.

Prosperity Baptist Church ended this year's Vacation Bible School Sunday night with ice cream and toppings finishing with a big splash! Every year there is a girls/boys competition with the offering and the leader of the losing group pays a price. This year it happened to be Janna Womack who was "submerged" by Chris Blackburn of the local fire department. Jordan Blackburn was the boys' leader and since the amount was so close with

only about \$4.00 separating the two, he eventually joined Janna in getting "submerged". But I don't think there was any need for either to get soaked as there were lots of students who joined in on getting wet. It was a great week, a great night with lots of fun thrown in while learning about being "Submerged in God's Word".

Sunday afternoon, Lilyan Adora Bennett was honored with a tea at the home of her grandmother's, Donna Sherrell. Mom Michelle and Dad Aaron were on hand to check out the special and needed gifts she will be using when she arrives sometime in August.

Helping Donna was Samantha Gaitner who did a great job with the beautiful cake and

Auburntown News

By ANNA PATRICK

decorated-duck cookies that were served.

The battle is finally over but she was a fighter to the end. Bobbie Whited fought the beast of ovarian cancer for 13 years. Her battle may be over but she won the war as she is now celebrating with the heavenly host with no more pain, sorrow or tears.

We can now concentrate our thoughts and prayers on her husband, Jeremy, daughter, Emily and other loved ones as they face the days ahead without her strength and laughter.

It was in the wee hours of Monday

morning when someone just "happened" (God's Hand?) to be riding along on Pleasant Ridge and saw a rather large glow in the sky. On closer observation it was noted to be a fire at the residence of Mark and April Melton. Unknown to them as they along with their young daughter, son and a friend slept, their home was burning. However, due to the one who saw the fire and alerted them, they were all able to get out in time with nothing but their pajamas. They lost EVERYTHING materialistic but so thankful lives were not included.

They family

has been overwhelmed with the outpouring of thoughtfulness this county has shown. Here is an update on their needs per daughter, Kenzie Bennett: Household items like towels, washcloths, blankets, pillows, any kind of furniture, kitchen items, really anything to help stock their new home when they are able to build another one! Thank you all for everything you have done, brought, called, prayed, EVERYTHING!! Cannon County may be small but ya'll sure do know how to rally around and help people out!! We are so very grateful!!

Joyce Leach and Ashley Kress start our birthday list this week when they celebrate the 22nd. Judy Todd's is the 23rd. We skip 3 days and

see where Cason Shirley enters another year on the 26th. Amy Hastings, Charlotte Wimley and our daughter-in-law Shannon Patrick get to celebrate on the 27th and Adam Jones enters double digits on the 28th. Happy birthday to all of you.

Happy 26 years if married bliss to Tim and DeAnna Reed on the 23rd. The 24th belongs to Brandon and Dwinna Reed for their 10th. On to the 25th when Phillip and Linda Hayes have their 45th the same day that Blake and Tammy O'Neal have their 28th. 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 if no answer.

SAINT THOMAS RUTHERFORD HOSPITAL RECEIVES CHEST PAIN CERTIFICATION FROM THE JOINT COMMISSION

HOSPITAL SECOND IN STATE TO RECEIVE THIS ACCREDITATION;
FIRST IN SAINT THOMAS HEALTH SYSTEM

The Joint Commission (TJC), an independent, non-profit entity certifying healthcare organizations across the United States, has designated Saint Thomas Rutherford Hospital (STRH) fully accredited in Chest Pain care, treatment and services. This Disease-Specific Care certification by TJC is only the second time a healthcare entity in Tennessee has received this accreditation. STRH is the first hospital in the Saint Thomas Health system to achieve this designation.

Saint Thomas Health is part of Ascension, the nation's largest Catholic and non-profit health system. Last fall, Ascension formed its national cardiovascular care service line, inclusive of Saint Thomas Health, to ensure collaboration, effective practices and consistent programs that elevate patient outcomes across its sites of care in 24 states and Washington, D.C.

The Joint Commission accredits and certifies nearly 21,000 healthcare organizations and programs in the United States. Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards.

"Obtaining full accreditation from The Joint Commission is one of the strongest affirmations we can receive for the work we are doing to ensure our

patients receive the fastest, most proven and state-of-the-art treatment for chest pain," said Gordon Ferguson, President and CEO of Saint Thomas Rutherford Hospital. "This accreditation is one more significant validation for the expansion of our heart services program in Rutherford County. What makes the designation even more valuable to us is that The Joint Commission holds the entire hospital to the highest standards of care, not just an individual program or department."

This independent recognition of the high quality of care at Saint Thomas Rutherford demonstrates the commitment of its associates, physicians and other caregivers to provide compassionate, personalized care," said Patricia A. Maryland, Dr.PH, President, Healthcare Operations and Chief Operating Officer, Ascension Health.

The Joint Commission's Disease-Specific Care certification program is designed to evaluate clinical programs across the continuum of care. Accreditation is important because it improves the quality of patient care by reducing variation in clinical processes; provides a framework for program structure and management; and provides an objective assessment of clinical excellence, among other key factors. TJC reviewers conducted an in-depth onsite review of STRH's processes, including

clinical outcomes, ensuring that evidence-based guidelines are incorporated into daily clinical practices, and employing tracer methodology, which follows the experience of care for patients, identifies any performance issues, and validates compliance with standards.

"We received the highest certification with no recommendations for improvement, and that is because process improvement has been a high priority for our Chest Pain program for some time," said Julie Guthrie, program coordinator for the Saint Thomas Heart Aortic Center and Interim Program Coordinator for the Saint Thomas Health Chest Pain Center. "When a person experiences chest pain, time is of the essence in obtaining treatment. So, community education is a key part of our process as first, the individual and his or her family or colleagues have to understand the need for an immediate response and access to treatment. Second, we have to collaborate with local emergency medical services as first responders. At our hospital, all departments work together as one for the betterment of our patients, because the continuum of care throughout the patient's stay and after discharge is vital. From the day of admission to the post-care instructions, every step of the process is key in that patient's recovery."

Opioids Increase Risk of Death When Compared to Other Pain Treatments

Long-acting opioids are associated with a significantly increased risk of death when compared with alternative medications for moderate-to-severe chronic pain, according to a Vanderbilt study released today in JAMA.

Not only did long-acting opioids increase the risk of unintentional overdose deaths, but they were also shown to increase mortality from cardiorespiratory events and other causes.

Lead author Wayne Ray, Ph.D., and colleagues with the Vanderbilt Department of Health Policy studied Tennessee Medicaid patients between 1999-2012 with chronic pain, primarily back and other musculoskeletal pain, who did not have cancer or other serious illnesses.

Researchers compared those starting a long-acting opioid to those taking an alternative medication for moderate-to-severe pain.

Alternative medications included both anticonvulsants -- typically prescribed to prevent seizure activity in the brain, treat bipolar disorder or neuropathic pain -- and low doses of cyclic antidepressants, which are

taken for depression, some pain and migraines.

"We found that the opioid patients had a 64 percent increased risk of death for any reason and a 65 percent increased risk of cardiovascular death," said Ray, professor of Health Policy at Vanderbilt University School of Medicine.

"The take-home message for patients with the kinds of pain we studied is to avoid long-acting opioids whenever possible. This is consistent with recent Centers for Disease Control and Prevention guidelines. This advice is particularly important for patients with high risk for cardiovascular disease, such as those with diabetes or a prior heart attack."

If a long-acting opioid is the only option for effective pain relief, patients should start with the lowest possible dose and only gradually increase it, he said.

The study group had a collective 22,912 new episodes of prescribed therapy for the medications, with 185 deaths in the long-acting opioid group and 87 deaths in the control group.

Long-acting opioid users had 69 excess deaths

per 10,000 users. In other words, for every 145 patients who started a long-acting opioid, there was one excess death.

"We knew opioids increase the risk of overdose. However, opioids can interfere with breathing during the night, which can cause heart arrhythmias," Ray said.

"We were concerned that long-acting opioids might increase cardiovascular death risk, which is what we found. Because most patient populations have more cardiovascular deaths than overdose deaths, our finding means that prior studies may have underestimated the harms of long-acting opioids."

Ray said the findings add urgency to measures to restrict long-acting opioid use to those for whom benefits outweigh harms.

"Data are limited as to the best medicine for the kinds of pain we studied, such as back pain, although for pain involving the nerves, the non-opioids may be better," Ray said. "For less severe pain, many over-the-counter medications, such as ibuprofen or naproxen, may be as effective as an opioid."

DCCARC Members & Friends,

A meeting of the DeKalb/Cannon County Amateur Radio Club will be held on Thursday, June 30th 6:30 p.m. at the Cannon County High School, 1 Lion Drive - Room 115, Woodbury. All local amateur radio operators and those interested in amateur radio are invited to attend.

Amateur radio operators also called "hams" communicate with other operators in the local area, statewide, nationally, and even worldwide. Hams also aid during times of emergencies with vital communication links. The DeKalb/Cannon County Amateur Radio Club is an affiliated club of the American Radio Relay League. Call 615-597-9563 for more information or check out the club's webpage at <http://www.dccarc.org>.

2016 DCCARC Meeting Dates

- June 30, 2016 – 6:30 PM Woodbury TN
- July 28, 2016 – 6:30 PM Smithville, TN
- August 25, 2016 – 6:30 PM Woodbury, TN
- September 29, 2016 – 6:30 PM Smithville, TN
- October 27, 2016 – 6:30 PM Woodbury TN
- November 17, 2016 – 6:30 PM Smithville, TN
- December 15, 2016 – 6:30 PM Woodbury TN

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USDA Joins Tennessee's Summer Meals Programs Kicks Off to Fuel Kids and Teens for Summer Success

Agriculture's Food and Nutrition Service Southeast Regional Administrator Robin Bailey Jr. joined the Tennessee Department of Human Services today for the No Tennessee Child Hungry Awareness Campaign's Tell Child Hunger to Take a Hike walk at the Bicentennial Capital Mall State Park in Nashville.

Tennessee summer meals programs help ensure children and teens have access to the nutritious foods they need to stay healthy when schools let out for summer and they no longer receive the meals they rely on throughout the school year. Approximately 2,700 sites across the state will offer meals through the U.S. Department of Agriculture's (USDA) summer meals programs, fueling kids to learn, be active, and engage throughout the summer months.

"Summer is a crucial time for children and teens to continue pursuing their highest potential," said Bailey. "Unfortunately for millions of children across the country, food insecurity threatens their ability to thrive when school's out.

USDA's summer meals programs ensure kids and teens have consistent access to healthy meals at no cost during the summer months and provide a safe, nourishing environment for kids to learn and grow."

Across the nation, approximately 22.1 million children and teens receive free and reduced-price meals through the National School Lunch program. But only about 1 in 6 of those (approximately 3.8 million) participate in the summer meals programs. That is the critical gap that the summer meals programs work to fill. This summer, USDA and Tennessee are striving to build stronger, healthier communities by fostering sustainability and expanding access to eligible children and teens in rural and urban areas, allowing them to engage in summer opportunities and preparing them to thrive when they return to school in the fall.

In the summer of 2015, nearly 17 million meals were served to children and teens in Tennessee. Approximately 130 thousand children and teens received meals at 2,688 sites across the state.

Murfreesboro City Schools even found a way to bring the summer site to the children by literally rolling out the Combat Hunger On Wheels or "CHOW" Mobile Bus in Rutherford County where children would benefit from the delivery of breakfast and lunch.

The Summer Meal Site

(Spanish) to 877-877.

This year, USDA's summer meals programs are partnering with the Department of Labor and Department of Education to promote the Summer Opportunity Project, a White House initiative to expand opportunities for youth throughout the summer. The summer

meals sites to youth participating in summer youth employment programs. They are also encouraging sites to take an active role in creating opportunity through offering physical activity and enrichment activities to keep children and teens engaged and created a series of free materials -

solutions to access issues, such as retrofitting buses and shuttles and partnering with America Corps' VISTAs volunteers.

Since summer 2009, USDA has served a total of more than 1.2 billion summer meals, and the number of meals served has steadily increased each year. This is just one of many improvements USDA has made to the summer meals program and its other nutrition assistance programs over the last seven years. Other examples include updated nutrition standards for schools in line with the Dietary Guidelines for Americans; an updated food package for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC); and expanding the scope of the Supplemental Nutrition Assistance Program (SNAP) education program. In total, FNS administers 15 nutrition assistance programs that, together, comprise America's nutrition safety net. For more information, visit www.fns.usda.gov.

Cannon County's Summer Feeding Schedule
 (Meals will be served at Woodbury Grammar Cafeteria):
June 13-16—Summer Feeding for Camp Read to be Ready ONLY
June 20-23—Monday through Thursday
 8 a.m. - 8:30 a.m. Breakfast
 11:30 a.m. - 12 noon Lunch
Free to all students 18 and under

July 11-14—Monday through Thursday
July 18-21—Monday through Thursday
 8 a.m.-8:30 a.m. Breakfast
 11:30 a.m.-12 noon Lunch
Free to all students 18 and under

Finder is a free, web-based application that features an easily-searchable map to help locate sites serving summer meals in your area. Families can also identify nearby sites by calling 1-866-348-6479 (English) or 1-877-842-6273 (Spanish) or using a text service operated by a USDA partner by texting FOOD (English) or COMIDA

meals programs play an important role in achieving this goal by ensuring youth's most basic needs for food and nourishment are met, allowing them to focus on pursuing and leveraging summer opportunities.

FNS is working with national, regional, and local partners to communicate the location of summer

Summer Food, Summer Moves - to provide ideas and examples.

In addition, expanding access to summer meals for youth 18 years and younger in underserved rural areas is a major USDA priority. Innovative partnerships and creative problem-solving have helped sites, sponsors, and other partners develop

Preservation50 in Tennessee Honors Historic Moye Green House For Excellence in Preservation

June 16th, 2016 - The Tennessee Preservation Trust (TPT) celebrated the exceptional preservation efforts of the city of Portland, Tennessee yesterday for the restoration of the historic Moye Green House as part of their Preservation50 in Tennessee campaign.

Preservation50 in Tennessee is part of a nationwide effort to commemorate the 50th anniversary of the National Historic Preservation Act (NHPA). The advocacy campaign aims to celebrate, learn from, and leverage the NHPA's first five decades to assure historic preservation's vibrant future.

The NHPA created programs like the National Register of Historic Places, provided for local and state preservation programs like the Tennessee Historical Commission, and established the Historic Preservation Fund from which the state is able to provide grant funding for historic preservation projects including the restoration of the historic Moye Green House.

The 19th century boarding house is the oldest house in Portland and is listed on the National Register of Historic Places.

It was placed on the Tennessee Preservation Trust's "Ten in Tenn" list of the state's most endangered historic properties in 2013. The annual Ten in Tenn program is the TPT's strongest advocacy tool as the statewide nonprofit for historic preservation and provides much needed public awareness for Tennessee's most threatened historic places.

The historic Moye Green House was added to the annual list for fear it would



(Before and After views of the Moye Green House.)

be lost due to deterioration and vandalism. Natural elements and wood rot threatened its structural integrity.

Following its listing, the community of Portland rallied to save the historic building with the help of Denise Geminden, Portland's Director of Economic Development, and the Portland Preservation Foundation. As a result, the city secured much needed funding for restoration work and volunteered many hours of labor to bring the boarding house back to life.

The Tennessee Historical Commission awarded the city \$12,000 in bricks and mortar grant funding and hopes to continue supporting preservation efforts of the historic house. The Tennessee Department of Economic and Community Development (TN ECD) named Portland as one of six "Tennessee Downtowns" communities in 2013, which helped the community organize its many resources toward saving the Moye Green and other places that matter. TN ECD has awarded Portland grants of \$15,000 and \$25,000 toward the historic Moye Green House, the Temple Theatre and others, and Portland's Mayor Ken Wilbur, Denise Geminden, head of the Portland Preservation Foundation Billie Geminden, and others have obviously used these funds wisely.

Additionally, Portland's own downtown committee provided a grant for restoration work through their Downtown Grant Program.

Together, these efforts have provided for the stabilization of the foundation, restoration of windows and doors, straightening of the front porch rack, custom replacement of porch roof boards, replacement of the Folk Victorian ornamentation, and more.

Much of this work was done through volunteer labor. This included the expert craftsmanship of Harris Green and Curt Chaffin of the local Orinda Furniture Co. to recreate missing ornamental brackets and turned columns surrounding the front porch. Green is a descendent of the home's namesake.

The Board Chair of the Tennessee Preservation Trust says, "The Moye Green project is an excellent example of people working together for the common cause of saving a structure that is important to the history of the community. Everyone involved is to be commended for their inspirational work."

The Tennessee Preservation Trust is delighted to remove the property from its listing as most endangered and presented Denise Geminden, on behalf of the city, with a Ten in Tenn "SAVED" award. Since 2001, over half the properties placed on the annual Ten in Tenn list have been saved.

The historic Moye Green House is set to open in the fall as the city's visitor center.



(Photo Courtesy of the Tennessee Preservation Trust. From left: Jenn Harrman, Pam Lewis, and Nancy Williams of the Tennessee Preservation Trust; Billy Geminden, Denise Geminden and board members of the Portland Preservation Foundation.)

State Fire Marshal's Office Urges Safety with Outdoor Grilling

Tennessee Grilling Fires Resulted in Eight Injuries and \$6.2 Million in Property Damage

While summer is the perfect time to gather with family and friends for a BBQ, the State Fire Marshal's Office (SFMO) warns that it is also the peak season for outdoor grilling fires. The SFMO reminds outdoor cooks to make fire safety a priority as they start up the grill this summer.

From 2011-2015, Tennessee fire departments responded to 206 fires involving grills, hibachis or barbeques. Those fires resulted in four civilian injuries, four firefighter injuries and \$6.2 million in property damage, according to the Tennessee Fire Incident Reporting System (TFIRS).

Utilize these additional tips to make your summer cookouts memorable for the right reasons:

General Grilling Tips

- Do not wear loose clothing while cooking at a grill.
- Keep children and pets away from the grill area.
- Never grill/barbecue in enclosed areas - carbon monoxide could be produced. Propane and charcoal grills should only be used outdoors.
- Make sure everyone knows to Stop, Drop and Roll in case a piece of clothing does catch fire.
- Call 911 or your local emergency number if a burn warrants serious medical attention.
- Propane Grills
 - Before using a gas grill, check the connection between the propane tank and the fuel line. Make sure the venturi tubes - where the air and gas mix - are not blocked.

Check grill hoses for cracking, brittleness, holes, and leaks. To check for leaks: Turn the propane tank on. Apply a light soap and water solution to the hose using a brush or spray bottle. If there is a gas leak, the propane will release bubbles around the hose (big enough to see).

Once you've determined your grill has a gas leak by smell or by administering the soapy bubble test and there is no flame, turn off the gas tank and burners. If the leak stops at that point, get the grill serviced by a professional before using it again. If the leak doesn't stop, call the fire department immediately.

If you smell gas while cooking, move away from the grill and call the fire department immediately. Do not move the grill.

Do not overfill the propane tank.

Always make sure your gas grill lid is open before lighting it.

If the flame goes out, turn the grill and gas off and wait at least five minutes before re-lighting it.

Charcoal Grills

Be careful when using lighter fluid. Do not add fluid to an already lit fire because the flame can flashback up into the container and explode.

Keep all matches, lighters, and lighter fluid away from children. Teach your children to report any loose matches or lighters to an adult immediately.

Dispose of hot coals properly - douse them with plenty of water, and stir them to ensure that the fire is out. Never place them in plastic, paper or wooden containers.



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More Photos from the Fishing Rodeo



98 Youth enjoyed the local Fishing Rodeo and were accompanied by approximately 80 adults. This annual event continues to grow and is an event that is looked forward to each year.

Cannon Communities'

JULY 4th CELEBRATION

Cannon County, Town of Woodbury, City of Auburntown and The Hilton Stone American Legion Post 279 and the Sons of Squadron 279 are presenting The Annual Cannon County 4th of July Celebration at Dillon Park on Monday July 4, 2016

There will be plenty of fun, food, drink, friendship, patriotic music and a dunking tank. Admission is free to the public but we are requesting that you bring a non-perishable food item to be donated to the Cannon County Emergency Food Bank. The Food Bank is requesting the following items: flour, sugar, cooking oil, powdered milk, instant potatoes, peaches, pin-to beans, cream of chicken soup, cream of mushroom soup, canned meat items and peanut butter.

HAPPY 4th OF JULY

HAPPY 4th OF JULY

Festivities Begin at 3pm

- * Live entertainment
- * Patriotic Music
- * Games for the Children

Dunking Tank with:
Mike Gannon (County Executive)
Harold Patrick (Mayor of Woodbury)
Charlie Harrell (Past Post 279 Commander)
Mike Jones (Principal CCHS)

Daniel Hayes (W'bury Church of Christ)
Hunter Hay (First Baptist Church)

SPORTS

Dixie League Tourney ends with blast

DAVID HUNTER
dhunter@cannoncourier.com

The end of the 2016 Cannon County Dixie Youth Association season was last weekend as six champions were crowned in each of the age divisions during the annual postseason tournament. The action was so great the Cannon Courier has decided to break up the coverage into two back-to-back issues with the June 27 edition recapping the Minors 9/12 kid pitch, 9U softball coach pitch and the 14U softball kid pitch postseason.

(T-Ball 3/4) First National Bank Rattlers 14, Rutherford County Monuments Grasshoppers 11

The youngest players in the league showed the biggest hearts on June 9 as the Rattlers came from behind in their final at-bat with seven runs to win the title. However, the Grasshoppers should also be proud with their runner-up finish since they were the No. 4 seed out of six teams, and they knocked off the No. 1 seed in the semifinals.

The tournament was single-elimination, and each of the games played a one hour, 15 minute time limit. During each half inning, every player got to bat once, but the same team could not score more than seven runs per at bat. This championship game lasted two full innings.

The Grasshoppers scored five runs in the top of the first. However, the Rattlers prevented two more runs when pitcher Jordan Clark had two force outs at the plate. In the bottom of the first, the Rattlers reached the seven run limit when Avery Moore hit it to the outfield grass with a double, which gave them the 7-5 advantage after one inning.

The Grasshoppers



14U Softball DTC Communications Ponytail Express: Head Coach BJ Bobo; Players-Jada Bobo, Raena Smith, Kendall Hedrick, Audrey Baird, Jenna Bush, Kala Barrett, Kathrin Garcia, Gracie Travis, Danielle LaFever and Zoe Nichols.

answered with six runs in the top of the second, including Zoie Mingle outrunning the Rattler defense at the plate to tie the score at seven. Clark made another defensive force out at home, which limited the Grasshoppers to an 11-7 score.

The Rattlers won the game in the bottom of the second as time ran out, and Avery Moore singled home three runs to give them the win and the title.

"I am super proud of each one of them," Rattlers head coach Hope Young, who is also the athletic trainer at Cannon County High School said. "We could not have done it without a single one of those kiddos. They all did an amazing job this year."

Grasshoppers head coach Jamie Hackney added in a hard fought defeat, "They improved every game, and I was proud of them. We played the right way and the fair way. They were great little kids, and I am very proud of them for getting this far."

(5/6 Coach Pitch) Parsley's Market & Deli Grasshoppers 11, JW's Collision Center Thunder 10

This title game turned

into late night at the ballpark on June 10 instead of the scheduled morning contest on June 11, because of the near 100 degree heat. Both coaches decided to play at 9 p.m. last Friday night, and the game lived up to the hype as it was decided in walk off fashion.

"I was actually excited that Jeff (Gannon) asked us to play tonight, because it was going to be too hot tomorrow," Thunder head coach Ashley Alford said. "The kids play hard, but they do not play as hard in the heat."

The time limit was one hour. The Grasshopper defense came to play in the top of the first as they held the Thunder scoreless, which is really hard to do at this age level.

In the bottom of the first, Camden Pruitt got the Grasshopper crowd excited with an inside the park Grand Slam to put them up 5-0 after one inning. The defense once again held the Thunder scoreless in the top of the second, and the Grasshoppers added three more runs in the bottom half of the inning to take a 8-0 advantage after two innings.

In the top of the third inning, the Thunder got

proud of their kids. They are awesome, and they did a great job this year."

Alford added, "I am super, super proud of our team. They came a long way this year. I am proud of my kids tonight, because they played their hearts out. We have kept them uplifted, motivated and encouraged, and that was the best thing tonight."

(7/8 Coach Pitch) Crane Interiors Bulls 14, Murfreesboro Anesthesia Group Rockhounds 6

Coming into the day of June 11, the Rockhounds had the unbelievable task of winning three games on the same day in over 90 degree heat to win the title, but they almost pulled it off.

The Bulls were the No. 1 seed in the double elimination tournament losing two games all season, including once to their finals opponent. While, the Rockhounds advanced to the finals after defeating the Lake Monsters in the losers' bracket finals earlier in the morning, 17-12. Now, they had to beat the Bulls in back-to-games to win the title.

In the top of the first, the Bulls held the Rockhounds to only one run, including an amazing double play by their second baseman, Landon Murphy where he caught the pop-fly and beat the Rockhound runner back to first base for the force out. Lukas Phillips tripled home Brayden Smithson during the same at-bat for the Rockhounds to put them ahead 1-0.

However, the Rockhounds defense made some plays of their own when Joshua Phillips forced two outs at second

to hold the Bulls scoreless after one inning. They added another run in the top of the second when Cody Prater singled home Denver Jones to make the score 2-0.

The Bulls finally got on the board in the bottom of the second when Lane Southworth doubled down the third base line scoring Eli Morris. They tied the score when Landon Murphy hit a sac fly to Lukas Phillips, but it scored Owen Prine to even the score at two.

The Rockhounds added their final four runs of the game in the top of the third, including a triple by Brett Smithson which scored Joshua Phillips, and Jones knocked in two more runs, Brayden Smithson and Lukas Phillips on a force play at second to give them a 6-2 advantage.

However, the Bulls blew open the game in the bottom of the third with seven runs, including a single by Morris which scored Waylon Crawford as he beat the tag home by sliding in safely. Prine and Landon Murphy each hit two run singles to give the Bulls a 9-6 advantage after three innings.

The Bulls force a three and out in the top of the fourth, and they finished off the championship with five runs in the bottom half, including an inside-the-park two-run homer by Murphy to win, 14-6.

"We have been waiting for this day all year long," Bulls head coach Jeremy Morris said. "We are excited about this win. It paid off, when have been going to fall ball last year and our team has been working on this. I am excited for them."



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SOCIETY

Baby Mister Good Ole Days



Brennen Bo Barrett received the Baby Mister Good Ole Days award during the 2016 Good Ole Days. Brennen's parents are Casey Barrett and Hailey Rains. Brennen is 10 months old.

Special Kids Receives Double Donation

Local nonprofit Special Kids Therapy & Nursing Center received \$10,000 through matching gift funds with Grange Insurance, Miller Loughry & Beach and Pinnacle Financial Partners.

"We are blessed that the ongoing support of Pinnacle Financial Partners was doubled this year through the matching gift program by Grange Insurance," states Chris Truelove, executive director of Special Kids Therapy and Nursing Center. "We really appreciate the people at Miller Loughry and Beach taking notice of this opportunity and using it to help Special Kids. These matching funds are coming at a perfect time in that we are experiencing exponential growth and Special Kids."

Miller Loughry Beach, a wholly owned subsidiary of Pinnacle Financial Partners, is one of the largest independent insurance agencies in middle Tennessee.

Through their partnership with Grange Insurance, the company qualified for matching gift funds to their non-profit of choice. Since 2006, Pinnacle Financial Partners has supported Special Kids with \$5,000 as an annual Heritage Partner and chose to double their investment in 2016 through the matching funds.

The \$10,000 investment will help the therapy and nursing center alleviate costs involved in serving over 300 children with special needs. Special Kids is currently receiving an average of 65 referrals for new patients each month and is working diligently to keep up with the needs of the growing community in middle Tennessee.

Miller Loughry Beach Insurance Services has represented Grange Insurance since the mid 1980's, originally via Beach & Gentry Insurance. Miller Loughry Beach has been a Senior Partner with Grange consistently for 10 plus years. The Senior Partner

designation is earned based upon premium volume and the company's relationship with Grange.

"Miller Loughry Beach was excited that we were able to utilize the matching funds grant from Grange Insurance for such a worthy cause," states Ken Halliburton, managing principal at Miller Loughry Beach. "Special Kids is a wonderful ministry in our community as I know many families personally that have been touched by Special Kids. We are glad that we can contribute in this way so that Special Kids can continue to offer their services and touch so many lives in such a positive way!"

Special Kids is a Christian therapy and nursing center for children with special needs. The Murfreesboro-based ministry started with one child in 1998 and has grown to serve over 3,100 children from 18 counties in middle Tennessee.

MTEMC linemen put their skills to the test

Eleven linemen from Middle Tennessee Electric Membership Corporation participated in the 2016 Tennessee Valley Lineman Rodeo June 10-11 in Paris Landing, Tenn. The annual event draws teams from utilities across the Tennessee Valley to compete in a variety of events.

This year, Bobby Buttrey, Danny Crawford, Chris Gossett, James Hazelwood, Brad Kincaid, Nathan Neal, Rusty George, Jeff pulley, Jonathan Fitzpatrick, Jimmy Grant and B.J. Bobo represented MTEMC in four categories; apprentice, team, journeyman and senior.

"Linemen work very hard every day, building and repairing lines, ensuring the overall reliability of the electrical grid," said MTEMC President Chris Jones. "They stand at the ready to respond to outages caused by storms, accidents or anything else that may knock out the power. They are the ones who, through their tireless efforts, help ensure system reliability of member-owned, not-for-profit electric cooperatives."

The events linemen competed in are areas they have experience performing in day-to-day duties. Jumper replacement, phase swap, transformer change, and Hurtman rescue are just a few of the timed events teams and individuals competed in this year.

Team MTEMC brought home 10 awards including a first individual journeyman overall win by Danny Crawford.

In the lineman events, Team MTEMC brought home the following awards:

Danny Crawford - 1st Individual Journeyman Overall, 2nd Fuse Replacement, 2nd Dual Voltage Transformer Change out, 3rd Transformer Arrestor Change out

Nathan Neal - 2nd Transformer Arrestor Change out

Chris Gossett - 2nd Hurtman Rescue

In the apprentice events, Team MTEMC brought home the following awards:

Brad Kincaid - 1st Pole Top Pin Insulator Change out

Jimmy Grant - 2nd Hurtman Rescue

Jonathan Fitzpatrick - 3rd Hurtman Rescue, 3rd Pole Top Pin Insulator Change out

More information on the 2016 rodeo can be found at www.tnrodeo.com.

MTEMC linemen work hard in all types of weather, performing daily maintenance and also quickly responding to outages 24-hours a day, seven days a week.

Middle Tennessee Electric Membership Corporation is a member-owned, not-for-profit cooperative providing electricity to more than 210,000 residential and business members in Williamson, Wilson, Rutherford and Cannon counties.

Proposed Medicare Changes Sacrifice Cancer Patients for Cost Savings

By Eric Hargis

Officials at the Centers for Medicare and Medicaid Innovation (CMMI) recently proposed a major change to the way Medicare pays for advanced cancer medicines. Unfortunately, the changes threaten cancer patients' access to lifesaving care.

Many people are familiar with Medicare Part D, which covers prescription drugs that beneficiaries purchase at pharmacies. Part B, however, is less well known. It covers drugs for illnesses such as cancer, rheumatoid arthritis, and immune diseases that are administered at clinics or outpatient hospitals.

CMMI believes doctors prescribe expensive drugs, rather than clinically appropriate drugs, because under Part B doctors receive a percentage of the drug's price to cover the cost of administering it. While there is no evidence doctors prescribe the wrong drug so they make more money, CMMI nevertheless proposes to "fix" this supposed problem by altering physicians' r e i m b u r s e m e n t s .

Doctors who administer a drug under Part B were traditionally reimbursed the average sales price of the medicine plus 6

percent. Following budget cuts in 2013, Medicare officials reduced that rate to about 4.3 percent. Now, they're proposing to cut it to 2.5 percent, but add a flat fee of around \$17 each time doctors administer a medicine.

CMMI ignores the impact this change will have on patients. Smaller community practices and those in rural communities will drop patients that lack supplemental insurance or send them to major hospitals for treatment; this occurred in 2013 with the "sequestration" budget cuts. CMMI's latest cuts will force more providers to turn away patients.

And if making patients potentially drive hundreds of miles each week for chemotherapy wasn't enough, CMMI proposes to test a host of "value-based care models." For example, in one model officials would compare a drug's average life expectancy gains to its cost. If the drug doesn't meet an arbitrary dollars-to-days ratio, it's considered a bad bargain for the Medicare.

Some countries, like Britain, already use cost-effectiveness metrics to restrict doctors' ability to prescribe advanced drugs.

Unsurprisingly, cancer survival rates are lower in those nations than in countries that don't interfere in doctor-patient treatment decisions.

That begs the question: who receives the "value" from these models? Is it patients, who potentially lose access to the most innovative, life-saving treatments? Or is it Medicare, which saves money by denying payments for treatments the government decides aren't "cost-effective."

The health of tens of millions of Americans hangs in the balance. Men have a fifty-fifty chance of developing cancer in their lifetimes; for women it is one in three. Given that cancer disproportionately impacts older adults, it is likely that if a person develops cancer, he'll rely on Medicare Part B to cover treatment costs.

Patient health is not something to be toyed with. It's time for the government officials who tinker with reimbursement formulas to realize that their fiddling has consequences for real people.

Eric Hargis is Senior Policy Advisor for the Colon Cancer Alliance.

The Community Foundation's Annual Grant Applications Now Available for Middle Tennessee Nonprofits

Application Deadline is Monday, August 1, 2016

The Community Foundation of Middle Tennessee today announces its annual call for discretionary grant applications.

Nonprofit organizations working to improve the well-being of residents of Middle Tennessee* are eligible and are encouraged to apply. Nonprofit grant guidelines and applications are available at www.cfmt.org. The application deadline is Monday, Aug. 1, 2016.

The Community Foundation of Middle Tennessee has distributed more than \$779 million to organizations in its nearly 25-year history.

Grants will be awarded to nonprofit organizations across Middle Tennessee serving a wide range of causes, including: animal welfare, arts and humanities, conservation and preservation, environment, education, employment and training, health and human services, housing, and economic and community development.

The Foundation's discretionary grant recipients will be announced in late fall 2016. All tax-exempt, nonprofit organizations applying for discretionary grants must be profiled on The Community Foundation's initiative www.GivingMatters.com.

"Our grantmaking is at the core of our mission to connect generosity with need and to improve the quality of life in Middle Tennessee," said Ellen Lehman, president of The Community Foundation of Middle Tennessee. "Thanks to the generous support of our donors, we are able to fund nonprofit solutions addressing Middle Tennessee's emerging needs and opportunities."

For more information about discretionary grants, contact The Community Foundation at 615-321-4939, toll free at 888-540-5200, or grants@cfmt.org.

Math Scores are Slipping: How Your Child Can Buck the Trend

As STEM skills are gaining importance in the job market -- that is science, technology, engineering and math -- American students' math test scores are slipping.

As a parent, what can you do to help your child improve grades and test scores in math?

Select Course Work Wisely

Talk to your children about what their future plans are for college, being sure to discuss career opportunities in STEM. Even if he or she is uncertain now, talking about the future can be motivational. Steering their career path early will help them remain focused and on target for their larger goals.

If any questions arise, your child's teachers can be a great resource for information and advice.

Better Math Gear

You can motivate students and bolster academic performance by providing them with the technology they need to succeed.

"As students get older and enter advanced classes, they will need higher-functioning tools to solve difficult equations quickly, and explore more complex connections and applications," says Dr. Karen Greenhaus, education technology expert at Casio America, Inc. "Be sure to provide your child with calculators that have menus and processes right on the screen, which will help reduce the amount of time it takes for them to work out the equation and get to more in-depth learning and conceptual understanding."

Greenhaus notes that it's also important to find calculators that are permitted on important tests, such as AP, SAT and SAT II well in advance of taking these tests, so that children understand the tools they need to support their test-taking abilities.

New models, such as those from Casio, can help students explore math-related activities and exercises easily due to their broader range of functions and faster

processing speeds. The PRIZM's icon-based menu makes usability more intuitive than previous calculator models and USB connectivity helps students take their lessons from calculator to computer. More information can be found at www.CasioEducation.com.

Healthy Study Habits

As a parent, you can help ensure your student maintains habits that foster better learning.

When it comes to homework and studying, discourage procrastination. Regularly check in with your child's progress and ask about upcoming tests. If math is one of your child's more difficult subjects, suggest he or she start with math homework first and save favorite subjects for later in the evening.

Make sure students get plenty of sleep. Classroom material is best absorbed when students are alert.

While math scores nationwide are falling, the right tools and study habits can help your student buck the trend.

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Our first reaction to any trouble or need should be to pray. God has all the answers, and He can help when no one or nothing else can.



- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>ASSEMBLY OF GOD
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Woodbury, 615-765-7537</p> <p>Smith Grove Church of Christ
237 Hollow Springs Road
615-765-5313</p> <p>West High St. Church of Christ
115 West High Street
615-663-6194</p> <p>Woodbury Church of Christ
100 E. Water St.
Woodbury, 615-563-2119</p> <p>CHURCH OF GOD
Short Mountain Church of God
6621 Short Mountain Road
Woodbury 931-273-3316</p> | <p>JEHOVAH'S WITNESS
Kingdom Hall Jehovah Witness
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Woodbury, 615-563-8261</p> <p>METHODIST
Clear Fork United Methodist
1720 Big Hill Road
Gassaway Community
615-563-1415</p> <p>Ivy Bluff United Methodist
7985 Ivy Bluff Road
Morrison, TN 37357
931-409-8244</p> <p>New Short Mtn. United Methodist
7312 Short Mountain Rd.
Woodbury, 615-563-1444</p> <p>Simmons Chapel Free Methodist
3295 Hollow Springs Rd.
Bradyville, 615-765-5589</p> <p>Woodbury United Methodist
502 W High St.
Woodbury, 615-563-2135</p> <p>PENTECOSTAL
Woodbury Pentecostals
1305 Jim Cummings Hwy.
Woodbury, 615-563-4480</p> <p>SEVENTH-DAY ADVENTIST
Seventh Day Adventist
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Woodbury, 615-563-2139</p> <p>OTHER
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Woodbury, 615-563-8606</p> <p>Cornerstone Community Church
50 Locke Creek Rd.
Woodbury, 615-563-5657</p> <p>Dillon Street Independent
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Woodbury, 615-563-2029</p> <p>Hollow Springs Community
6396 Hollow Springs Rd.
Bradyville, 615-765-7022</p> <p>H.O.P.E. Fellowship Church
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615-278-6016</p> <p>Spirit of Life Ministries
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Kelly J. Ferrell</p> <p>Living Springs Church
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Bradyville, 615-765-5181</p> <p>Love Fellowship Ministry, Inc.
66 Peeler Hill Road
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871 Kennedy Creek Rd.
Auburntown, 615-464-4486</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

The Birth of Moses

Many years had passed since the death of Joseph. New kings were enthroned in Egypt who had no appreciation for how Joseph had saved their country during a great famine. The birth of Moses would mark the beginning of God's plan to free his people from 400 years of Egyptian slavery.

The Hebrew people became so many in Egypt that Pharaoh began to fear them. He believed if an enemy attacked, the Hebrews might ally themselves with that enemy and conquer Egypt. To prevent that, Pharaoh ordered that all newborn Hebrew boys must be killed by the midwives, to keep them from growing up and becoming soldiers.

Out of loyalty to God, the midwives refused to obey. They told Pharaoh the Jewish mothers, unlike Egyptian women, gave birth quickly before the midwife arrived.

A handsome male child was born to Amram, of the tribe of Levi, and his wife Jochebed. For three months Jochebed hid the baby to keep him safe.

When she could do that no longer, she got a basket made of bulrushes and reeds, waterprooed the bottom with bitumen and pitch, put the baby in it, and set the basket on the Nile River.

Pharaoh's daughter happened to be bathing in the river at the time. When she saw the basket, she had one of her handmaidens bring it to her. She opened it and found the baby, crying. Knowing he was one of the Hebrew children, she took pity on him and planned to adopt him as her son.

The baby's sister, Miriam, was watching nearby and asked Pharaoh's daughter if she should get a Hebrew woman to nurse the baby for her. Ironically, the woman Miriam brought back was Jochebed, the child's mother, who nursed her own baby until he could be weaned and raised in the house of Pharaoh's daughter.

Pharaoh's daughter named the child Moses, which, in Hebrew means "drawn out of the water," and in Egyptian was close to the word for "son."

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PUBLIC NOTICES



IN THE CIRCUIT COURT
FOR WILSON COUNTY,
TENNESSEE
AT LEBANON

IN RE: the Adoption of a
Male Child and a Female
Child
HUNTER JACKSON
LAWRENCE, DOB
02/21/2007 CASE
NO.: 2016AD141
TAILOR MADELYN
LAWRENCE, DOB
10/23/2008 Kendra
Michelle Hermon and
Luke Andrew Hermon,

Petitioners,
AND
Benjamin Shane Lawrence,
Respondent.

PUBLICATION ORDER

UPON sworn
request of the Petitioners
who have filed an action
to terminate Respondent's
parental rights and for good
cause shown, it is HEREBY
ORDERED, ADJUDGED
AND DECREED that:

1. The residence of Respondent,
Benjamin Shane Lawrence,
is unknown; his last known
address is:

1. 7811 Auburntown Road,
Auburntown, Tennessee
37016.

2. Petitioners have
conducted a diligent
inquiry for Respondent,
Benjamin Shane Lawrence,
as presented to this Court
with particularity by the
sworn statements.

3. The best possible notice
under the circumstances
and notice reasonably
calculated to give
Respondent actual notice is
publication in The Cannon
Courier as provided by
law.

ENTERED this ____ day
of May, 2016.

CLARA BYRD
CIRCUIT COURT JUDGE
APPROVED FOR ENTRY:
McBRIEN, KANE &
CROWELL

ANGEL KANE, #017434
Attorney for Petitioners
133 South College Street
Lebanon, Tennessee 37087
(615) 444-8081

NOTICE

Cause No. 2016-AD-141
In The Circuit Court for
Wilson County, Tennessee

Adoption of Hunter
Jackson Lawrence, DOB
02/21/2007 and Taylor
Madelyn Lawrence, DOB
10/23/2008

Kendra Michelle Hermon
and Luke Andrew Hermon,
Petitioners,
vs.
Benjamin Shane Lawrence,
Respondent.

In this cause, it
appearing from the Order
of Publication, that the
Respondent's, Benjamin
Shane Lawrence, residence
is unknown and cannot be
ascertained upon diligent
inquiry, it is ordered that
publication be made for
four successive weeks,

as required by law, in
The Cannon Courier, a
newspaper published in
Putnam County, Tennessee,
notifying Respondent,
Benjamin Shane Lawrence,
to file an answer with
this court and a copy to
Petitioners' attorney, Angel
Kane, whose address is
133 South College Street,
Lebanon, Tennessee 37087,
within 30 days from the
last date of publication,
exclusive of the last date of
publication, or a judgment
by default may be entered
and the cause set for
hearing ex parte as to said
Respondent. If there is
no answer, a hearing on
Petitioners' Motion for
Default Judgment shall
be heard on August 26,
2016 at 9:00 a.m. Failure
to answer or appear may
result in termination of
Respondent's parental
rights to the child
referenced above.

This ____
day of May, 2016.

Debbie Moss, Circuit Court
Clerk

CERTIFICATE OF SERVICE

I certify that on the
date shown below I have
given notice of appearance
if required and have served
a copy of the above Order
on the opposing party by
Hand-delivery
Facsimile transmission to
(615) _____ and/or X
Mailing a copy via United
States Postal Service,
postage prepaid, to:

Benjamin Shane
Lawrence
7811 Auburntown
Road
Auburntown,
Tennessee 37016

ANGEL KANE
DATE

SUBSTITUTE TRUSTEE'S SALE

Sale at public auction will
be on July 12, 2016 on or
about 1:00PM local time,
at the Cannon County
Courthouse, Woodbury,
Tennessee, conducted by
the Substitute Trustee as
identified and set forth
herein below, pursuant to
Deed of Trust executed by
WENDY S. COOK AND
JASON COOK, to WESLEY
D. TURNER, Trustee,
on October 29, 2004, at
Record Book 71, Page 354
as Instrument No. 19410 in
the real property records of
Cannon County Register's
Office, Tennessee.

Owner of Debt: DEUTSCHE
BANK NATIONAL TRUST
COMPANY, AS TRUSTEE
FOR AMERIQUEST
MORTGAGE SECURITIES
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P A S S - T H R O U G H
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2004-R10

The following real estate
located in Cannon County,
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to the highest call bidder

subject to all unpaid
taxes, prior liens and
encumbrances of record:

SITUATED IN THE FIFTH
(5TH) CIVIL DISTRICT,
CANNON COUNTY,
TENNESSEE:

BEGINNING ON AN
IRON PIN IN THE SOUTH
RIGHT OF WAY OF SMITH
ROAD, PIN BEING THE
NORTHEAST CORNER
OF LANDS

HEREIN CONVEYED
AND BEING A CORNER
OF TAYLOR, THENCE
WITH TAYLOR'S LINE
AS FOLLOWS: SOUTH 04
DEGREES 36 MINUTES 46
SECONDS WEST 118.73
FEET TO AN IRON PIN,
SOUTH 05 DEGREES 04
MINUTES 49 SECONDS
WEST 352.00 FEET TO
AN IRON PIN, SOUTH 05
DEGREES 03 MINUTES 23
SECONDS WEST 314.64
FEET TO AN IRON PIN,
A CORNER OF TAYLOR
AND WILSON COOK,
THENCE WITH THE
LINE OF WILSON COOK
AS FOLLOWS: SOUTH 05
DEGREES 41 MINUTES
36 SECONDS WEST
161.08 FEET, NORTH 77
DEGREES 39 MINUTES
28 SECONDS WEST 492.05
FEET TO AN IRON PIN,
NORTH 07 DEGREES 33
MINUTES 27 SECONDS
EAST 904.54 FEET TO AN
IRON PIN IN THE SOUTH
RIGHT OF WAY OF
SMITH ROAD, THENCE
SOUTH 82 DEGREES 26
MINUTES 33 SECONDS
EAST 450.05 FEET WITH
THE RIGHT OF WAY OF
SAID ROAD TO THE
POINT OF BEGINNING
AND CONTAINING 10.00
ACRES ACCORDING
TO A SURVEY BY
RICHARD H. PUCKETT,
REGISTERED LAND
SURVEYOR, LICENSE
NUMBER 255, 4340
NASHVILLE HIGHWAY,
D O W E L T O W N ,
TENNESSEE 37059,
TELEPHONE 615-597-
7701, ON APRIL 4, 2002.

LESS AND EXCEPT THAT
PORTION RECORDED
01/26/02 IN DEED BOOK
23, PAGE 702, REGISTER
OF DEEDS FOR
CANNON COUNTY,
TENNESSEE.

DEED REFERENCE:
BEING A PORTION OF
THE LANDS CONVEYED
TO WILSON COOK BY
WILL OF RECORD IN
WILL BOOK E.
PAGE 302 CLERK AND
MASTERS OFFICE OF
CANNON COUNTY,
TENNESSEE.
BEING IMPROVED
PROPERTY KNOWN
AS 163 SMITH ROAD,
BRAYVILLE, TENNESSEE.
ACCORDING TO THE
PRESENT SYSTEM OF
NUMBERING HOUSES IN
SAID COUNTY.
BEING THE SAME
PROPERTY CONVEYED
IN LAST WILL AND
TESTAMENT OF RUBY
H. COOK, DECEASED
TO VERNON WILSON
COOK, JR. RECORDED
06/27/92, IN WILL BOOK
E, PAGE 302 IN THE
REGISTER OF DEEDS
FOR CANNON COUNTY,
TENNESSEE.

Tax ID: 082-00-0-005.03

Current Owner(s) of
Property: WENDY S.
COOK AND JASON
COOK

The street address of the
above described property
is believed to be 163 SMITH
ROAD, BRADYVILLE, TN
37026, but such address
is not part of the legal
description of the property
sold herein and in the event
of any discrepancy, the
legal description referenced
herein shall control.

SALE IS SUBJECT TO
OCCUPANT(S) RIGHTS
IN POSSESSION.

THE RIGHT IS RESERVED
TO ADJOURN THE
DAY OF THE SALE TO
ANOTHER DAY, TIME
AND PLACE CERTAIN
WITHOUT FURTHER
PUBLICATION, UPON
ANNOUNCEMENT AT
THE TIME AND PLACE
FOR THE SALE SET
FORTH ABOVE. THE
TRUSTEE/SUBSTITUTE
TRUSTEE RESERVES THE
RIGHT TO RESCIND THE
SALE. IF THE SALE IS SET
ASIDE FOR ANY REASON,
THE PURCHASER AT
THE SALE SHALL BE
ENTITLED ONLY TO
A RETURN OF THE
DEPOSIT PAID. THE
PURCHASER SHALL
HAVE NO FURTHER
RECOURSE AGAINST
THE GRANTOR, THE
GRANTEE, OR THE
TRUSTEE.

OTHER INTERESTED
PARTIES: MERS AND
ASCEND FEDERAL
CREDIT UNION F/K/A
AEDC FEDERAL CREDIT
UNION

THIS IS AN ATTEMPT TO
COLLECT A DEBT AND
ANY INFORMATION
OBTAINED WILL
BE USED FOR THAT
PURPOSE.

If applicable, the notice
requirements of T.C.A. 35-
5-117 have been met.

All right of equity of
redemption, statutory and
otherwise, and homestead
are expressly waived in
said Deed of Trust, and
the title is believed to be
good, but the undersigned
will sell and convey only as
Substitute Trustee.

If the U.S. Department of
Treasury/IRS, the State
of Tennessee Department
of Revenue, or the State
of Tennessee Department
of Labor or Workforce
Development are listed as
Interested Parties in the
advertisement, then the
Notice of this foreclosure
is being given to them and
the Sale will be subject to
the applicable governmental
entities' right to redeem
the property as required
by 26 U.S.C. 7425 and
T.C.A. §67-1-1433.

This property is being
sold with the express
reservation that the sale
is subject to confirmation
by the lender or trustee.
This sale may be rescinded at

any time. If the sale is set
aside for any reason, the
Purchaser at the sale shall
be entitled only to a return
of the deposit paid. The
Purchaser shall have no
further recourse against the
Mortgagor, the Mortgagee
or the Mortgagee's
attorney.

MWZM File No. 16-
000876-670

JASON S. MANGRUM,
JOHN R. ROAN, or JERRY
A. BRIDENBAUGH,
Substitute Trustee(s)
Premier Building, Suite 404
5217 Maryland Way
Brentwood, Tennessee
37027
PHONE: (615) 238-3630
EMAIL: tnsales@
mwzmlaw.com

NOTICE OF SUBSTITUTE TRUSTEE'S SALE

WHEREAS, default has
occurred in the performance
of the covenants, terms and
conditions of a Deed of
Trust dated April 11, 2011,
executed by JACOB JONES,
conveying certain real
property therein described
to FEARNLEY & CALIFF,
as Trustee, as same appears
of record in the Register's
Office of Cannon County,
Tennessee recorded April
14, 2011, in Deed Book
132, Page 37-46; and
WHEREAS, the beneficial
interest of said Deed of
Trust was last transferred
and assigned to Nationstar
Mortgage LLC who is
now the owner of said
debt; and WHEREAS, the
undersigned, Ruben Lublin
TN, PLLC, having been
appointed as Substitute
Trustee by instrument to
be filed for record in the
Register's Office of Cannon
County, Tennessee. NOW,
THEREFORE, notice is
hereby given that the entire
indebtedness has been
declared due and payable,
and that the undersigned,
Ruben Lublin TN, PLLC,
as Substitute Trustee or
his duly appointed agent,
by virtue of the power,
duty and authority vested
and imposed upon said
Substitute Trustee will, on
July 14, 2016 at 12:00 PM
at the County Courthouse
Square, Cannon County
Courthouse, 200 West
Main Street, Woodbury,
TN 37190, proceed to sell at
public outcry to the highest
and best bidder for cash
or certified funds ONLY,
the following described
property situated in
Cannon County, Tennessee,
to wit: A CERTAIN
TRACT OF PARCEL OF
LAND IN CANNON
COUNTY, STATE OF
TENNESSEE, DESCRIBED
AS FOLLOWS, TO-WIT:
BEING ALL OF LOT NO.
12 HIDDEN VALLEY
ESTATES, AS SHOWN
BY PLAT AND SURVEY
OF RECORD IN PLAT
CABINET 1, PAGE 91, OF
THE REGISTER'S OFFICE
OF CANNON COUNTY,
TENNESSEE, TO WHICH
PLAT REFERENCE IS
HEREBY MADE FOR
A MORE COMPLETE

AND ACCURATE
DESCRIPTION OF SAID
LOT. Parcel ID: 065 167.00
PROPERTY ADDRESS:
The street address of the
property is believed to be
37 JAMIE CIRCLE,
WOODBURY, TN 37190.
In the event of any
discrepancy between this
street address and the legal
description of the property,
the legal description
shall control. CURRENT
OWNER(S): JACOB JONES
OTHER INTERESTED
PARTIES: The sale of the
above-described property
shall be subject to all
matters shown on any
recorded plat; any unpaid
taxes; any restrictive
covenants, easements or
set-back lines that may be
applicable; any prior liens
or encumbrances as well
as any priority created by
a fixture filing; and to any
matter that an accurate
survey of the premises
might disclose. This
property is being sold with
the express reservation that
it is subject to confirmation
by the lender or Substitute
Trustee. This sale may
be rescinded at any time.
The right is reserved to
adjourn the day of the
sale to another day, time,
and place certain without
further publication, upon
announcement at the time
and place for the sale set
forth above. All right and
equity of redemption,
statutory or otherwise,
homestead, and dower
are expressly waived in
said Deed of Trust, and
the title is believed to be
good, but the undersigned
will sell and convey only
as Substitute Trustee. The
Property is sold as is, where
is, without representations
or warranties of any
kind, including fitness
for a particular use or
purpose. THIS LAW
FIRM IS ATTEMPTING
TO COLLECT A DEBT.
ANY INFORMATION
OBTAINED WILL
BE USED FOR THAT
PURPOSE. Ruben Lublin
TN, PLLC, Substitute
Trustee 119 S. Main Street,
Suite 500 Memphis, TN
38103 www.rublinlublin.
com/property-listings.php
Tel: (877) 813-0992 Fax:
(404) 601-5846 Ad #99333:
2016-06-15 2016-06-22,
2016-06-29

NOTICE OF MEETING Cannon County 911 Board of Directors

The Board of Directors
of the Cannon County
911 Emergency
Communications District
will meet at 6:30 pm,
AUGUST 25 in the
conference Room of the
Stones River Hospital in
Woodbury, Tennessee,
or such other location
as may be posted at the
Courthouse, where and
which time the Board will
consider any matter that
may be properly presented.
The public is invited to all
meetings.

John Naylor,
Chairman,
911 Board of Directors

Tennessee Among the First States to Offer ABLE Accounts for Individuals with Disabilities

This morning, State Treasurer David H. Lillard, Jr. announced the opening of ABLE TN, Tennessee's own Achieving A Better Life Experience program, a new program to help those with disabilities plan and save for the future. A program of the Tennessee Treasury Department, ABLE TN will allow account holders the opportunity to save and invest with tax-free earnings to help individuals with disabilities maintain independence and quality of life.

Tennessee is one of the first states in the nation to offer these savings accounts. ABLE TN accounts are easy to set up and manage at AbleTN.gov. Earnings on investments in an ABLE TN account will be tax-free as long as the funds are used to cover the cost of qualified disability expenses. "I commend the Tennessee General Assembly for passing legislation that positively impacts our most vulnerable citizens," Treasurer Lillard said. "As with all of the programs in the Treasury Department, we will remain dedicated to those who participate and those who wish to join us in educating communities on how these programs can make a difference in the lives of Tennesseans."

Treasurer Lillard was joined by Representative Debra Moody (R.) of Covington, Commissioner Many-Bears Grider of the Department of Veterans Services, and some of the families

who are excited to open ABLE TN accounts in Tennessee. The Tennessee ABLE Act was passed by the 109th General Assembly. The legislation was sponsored by Senator Becky Duncan Massey (R) of Knoxville in the Senate and by Representatives Steve McManus (R) of Cordova and Kevin Brooks (R) of Cleveland in the House. The Act was cosponsored by Senate Majority Leader Mark Norris (R) of Collierville, Senator Ken Yager (R) of Kingston, and Senator Steve Dickerson (R) of Nashville in the Senate and Representative G.A. Hardaway (D) of Memphis.

"As Executive Director of the Sertoma Center, I work with over 100 adults who live with intellectual disabilities. I know the families that will greatly benefit from the savings possible in an ABLE TN account," Senator Massey said. "I am so proud that Tennessee is one of the first states in the nation to offer these accounts."

"My wife and I are parents, and we know what it's like to worry about your children and their financial future. We wanted this resource to be available to help the thousands of Tennessee parents who need more help to save for the costs of care for their children," said Representative Brooks. "Treasury manages our state pension, a top-funded public pension plan in the nation, and TNStars, which receives national accolades for its investment

performance," Representative McManus said. "I have confidence that Treasurer Lillard and our Treasury Department will offer and sustain a strong ABLE program."



From right to left:
Treasurer David H. Lillard, Jr. announces ABLE
accounts are now available in Tennessee.
Joined by Commissioner Many-Bears Grider,
Representative Debra Moody, Lorri Mabry,
Meghan Maynard, and Michael Scott.

Photo Credit: Dawn Majors

CRIME & COURTS

Drug Violations Continue to keep law enforcement busy

Cannon County Sheriff's Office

Mconnico Maxwell was arrested on multiple drug charges and possession of a weapon following a traffic stop on Lockes Creek Road.

Deputy Tommy Barker received a report about a green SUV that had run off the roadway.

"Around the 3700 block of Lockes Creek Road I observed a green KIA Soul riding on the shoulder of the roadway. The vehicle had clumps of grass hanging off the wheels and bumper," Barker reported.

The driver (Maxwell) told Barker he had dropped his phone and ran off the road when he reached over to pick it up. Barker then performed a field sobriety test on Maxwell, which he passed.

Maxwell consented to a search of his vehicle. A large set of digital scales was found in the front seat.

"I moved to the passenger rear floorboard where I found a quart mason jar with what appeared to be a green leafy substance inside and a loaded Keltec handgun," Barker said.

Two more containers containing what was believed to be marijuana were discovered along with drug paraphernalia including hemostats, scissors and rolling papers, the deputy reported.

Maxwell was taken into custody and charged with simple possession of marijuana, drug paraphernalia and with possession with intent to sell Schedule VI drugs (marijuana).

Stolen Car Recovered

A 1988 Jeep Cherokee, reported stolen out of McMinnville, was recovered in the parking lot of Center Hill Baptist Church.

Drug Arrest

Brittani Ivie was charged with possession of Schedule II drugs (hydrocodone and adderall).

Burglary/Breaking and Entering

Ronald O Hayes of Monteagle was charged with aggravated burglary after smashing windows and pipes at a trailer home. A hearing is set for July 12 in General Sessions Court.

Public Drunkenness

Kristopher Mullins-Cross was charged with public drunkenness after he was discovered passed-out in the roadway at the intersection of Highway 53S and Hollow Springs Road. A hearing was set for August 9 in General Sessions Court.

Woodbury Police

DUI arrests

Jennifer Gail Reece was charged with DUI, first offense, and possession of a Schedule II controlled substance (morphine) by Patrolman John House. A hearing was set for September 13 in General Sessions Court.

Susan Elaine Ashford was charged with DUI, first offense, by Patrolman John House. A hearing was set for September 13 in General Sessions Court.

Jared Mullins was charged with DUI, first offense, and possession of drug paraphernalia by Patrolman John House. A hearing was set for July 12 in General Sessions Court.

Arrests and Inmate Count at Cannon County Jail



Date	Males	Females	Total
6/3	36	20	56
6/4	34	19	53
6/5	35	18	53
6/6	37	19	56
6/7	39	20	59
6/8	38	20	58
6/9	36	18	54

ARRESTS:
State VOP 2
VOP 2
Capias 4

- Amended VOP 1
- Aggravated Domestic Assault 1
- Domestic Assault 1
- Sealed Indictment 1
- MAN/SELL/DEL Schedule VI Marijuana 1
- Worthless Checks 3
- Unlawful Drug Paraphernalia 4
- Public Intox 1
- Simple Possession Schedule II 1
- DUI 5
- Driving on Revoked License 3
- Leaving Scene of Property Damage 1
- Disorderly Conduct 1
- Vandalism Over \$1,000 1
- Possession Schedule II Drugs with Intent 1
- Solicitation to MAN/DEL Schedule II 1
- Solicitation of Minor for Statutory Rape 1

PUBLIC NOTICE

The Town of Woodbury, Tennessee hereby provides certain financial information for for the Fiscal Year 2017 Budget in accordance with the requirements of Tennessee code Annotated Title 6 Chapter 56 Section 206. There will be a Public Hearing concerning the budget at Woodbury City Hall on Tuesday, July 5, 2016 at 7:00 PM. All interested citizens are welcome to attend.

	Actual 2014-2015	Estimated 2015-2016	Proposed 2016-2017
General Fund			
Estimated Revenue			
Local Taxes	\$1,035,576	\$1,025,398	\$1,066,631
State of TN	\$293,899	\$283,747	\$299,283
Fed Gov't	\$-	\$-	\$5,000
Other Sources	\$59,178	\$104,200	\$70,165
Total	\$1,388,653	\$1,413,345	\$1,441,079
Estimated Expenditures			
Salaries	\$471,355	\$520,348	\$504,235
Other Costs	\$748,180	\$865,166	\$909,571
Total	\$1,219,535	\$1,385,514	\$1,413,806
Estimated Fund Balance			
Beginning	\$2,321,654	\$2,490,772	\$2,518,603
Ending	\$2,490,772	\$2,518,603	\$2,545,876
Employee Positions (FT)	11	11	\$11
Mayor, Aldermen, Firemen (PT)	21	21	\$21
STATE STREET AID FUND			
Estimated Revenue			
State of TN	\$70,757	\$71,000	\$75,040
Other Sources	\$-	\$-	\$-
Total	\$70,757	\$71,000	\$75,040
Estimated Expenditures			
Salaries	\$6,583	\$6,583	\$6,583
Other Costs	\$21,873	\$64,417	\$68,457
Total	\$28,456	\$71,000	\$75,040
Estimated Fund Balance			
Beginning	\$196,096	\$238,397	\$238,397
Ending	\$238,397	\$238,397	\$238,397
EMPLOYEE POSITIONS (FT)	0	0	0
Harold Patrick, Mayor Charlene Odom, City Recorder			

CLASSIFIEDS

Classifieds Continues, Page 18

STATEWIDE CLASSIFIEDS

<p>Auctions</p> <p>GET THE WORD OUT about your next auction! Save Time & \$\$\$\$. One Call For All. Your ad can appear in this newspaper + 99 other TN newspapers. For more info, contact this newspaper's classified dept. or call 865-584-5761 ext. 117. (TnScan)</p>	<p>Cable/Satellite TV</p> <p>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)</p> <p>Divorce Services</p> <p>DIVORCE WITH OR WITHOUT children \$125.00. Includes name change and property settlement agreement. SAVE hundreds. Fast and easy. Call 1-888-733-7165, 24/7 (TnScan)</p> <p>Farm Equipment</p>	<p>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)</p> <p>Help Wanted</p> <p>CITY OF GRENADA V A C A N C Y ANNOUNCEMENT: CITY MANAGER. City of Grenada, Mississippi, population approximately 13,092. Salary commensurate with experience. Projected salary range \$70,000 - \$90,000, plus use of city automobile. Seven member Council-Manager form of government, with approximately 190 employees. Applicant must have a degree in Public Administration or related field and five</p>	<p>(5) years demonstrated experience in City or County Government. Submit a cover letter and three references to: City of Grenada - P.O. Box 310 - Grenada, MS 38902. Attention: "City Manager Applications." CLOSE OUT: September 1, 2016. The City of Grenada is an Equal Opportunity Employer. (TnScan)</p> <p>\$1000 WEEKLY!! Mailing Brochures From Home. Helping home workers since 2001. Genuine Opportunity. No Experience Required. Start Immediately www. CentralMailing.NET (TnScan)</p> <p>Help Wanted - Drivers</p> <p>CLASS A CDL Flatbed</p>	<p>Drivers *NEW PAY SCALE* NEW 389 Pete's/ Trucks set @ 70MPH/ Starting Pay up to .52cpm/Health Ins./401K/ Per Diem Pay/Home Weekends/800-648-9915 or www.boydandsons.com (TnScan)</p> <p>R E C R U I T I N G 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)</p> <p>Miscellaneous</p> <p>SAWMILLS FROM ONLY \$4,397.00- Make & Save Money with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com</p>	<p>com 1-800-578-1363 Ext.300N (TnScan)</p> <p>Mobile Homes for Sale</p> <p>MOBILE HOMES WITH ACREAGE. Ready to move in. Lots of room, 3Br 2Ba. Quick and easy owner financing (subject to credit approval). No renters. 865-291-0506 (TnScan)</p> <p>Services</p> <p>C L A S S I F I E D ADVERTISING WORKS! ONE call & your 25 word ad will appear in 100 Tennessee newspapers for \$275/wk or 39 Middle TN newspapers for \$120/wk. Call this newspaper's classified advertising dept. or go to www.tnadvertising.biz. (TnScan)</p>
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CLASSIFIEDS

FISH

FISH DAY!

It's Time To Stock Your Pond

Delivery
Thursday July 7
 Smithville 3:00 - 3:45 @
 DeKalb Farmers Coop
 McMinnville 4:15-5:00 @
 Warren Farmers Coop

Friday July 8
 Woodbury 7:30-8:15@
 Woodbury Farmers Coop
 Murfreesboro 9:00 - 9:45 @
 Rutherford Farmers Coop

FISH WAGON
 call 1-800-643-8439 to order
 www.fishwagon.com

FLEA MARKET

**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. TF



**USED APPLIANCES
 AND A/C UNITS FOR
 SALE - Please call**
 615-427-3193. TF-

FOR SALE
 Small Stock Trailer
 Like New - \$1200
 Hay For Sale
 Square Bales
 \$3/bale
 615-408-4260. til 6/22

FOR SALE
 Jazzy Electric Chair
 \$1100
 Dell Flat Screen
 Computer w/ Printer
 \$100.00
 615-563-4956 til 6/22

FOR SALE
 Silo for sale.
 Call 615-765-5396.
 ALSO, Elvis Presley
 Ladies Pocket Book - in
 extra nice condition.
 Call 615-765-5396 tf



FOR RENT
 2 Bedroom Duplex, 1 bath
 no pets, no smoking
 Woodbury Area
 \$500 per month
 Call 615-848-3580 tfn

HOUSE CLEANER

HELP WANTED

JOB OPENING

The Town of Woodbury, Tennessee is taking applications for the position of Public Works Director. Applications and a copy of the job description are available at Woodbury City Hall, 101 West Water Street, during regular business hours. Deadline to apply is June 30, 2016.

Harold Patrick, Mayor

"The Town of Woodbury is an equal opportunity provider and employer"

HELP WANTED

Drivers: New Dedicated Lanes! Excellent Pay & Benefits! Great Home time. No-Touch. Newer Equipment. Sign-on Bonus
<http://www.drivefalcon.com> CDL-A. 855-202-5066

HELP WANTED

**TIRED OF YOUR
 PROPANE SUPPLIER
 PRICE GOUGING YOU?**

Are you tired of your propane supplier price gouging you almost \$3 a gallon for propane gas every time it gets cold? You don't have to take it or pay it, give us a call we can furnish you a new tank, free swapout and a much lower gas price.

NO DELIVERY FEES
 Quality Propane Gas
 209 Knoxville Ave.
 Lebanon, Tennessee
 453-1081 • toll free 888-453-1081

**JPG
 United Propane Gas
 SALESMAN DRIVER
 INSTALLER**

Quality Propane Gas in Lebanon has an opening for a local propane gas delivery salesman truck driver and tank installer. Must have CDL-HazMat Tanker, best job with excellent pay and benefits. Please call (615) 453-1081 or 1-800-874-4427 ext. 144 or email: kwalker@upgas.com

NOTICE

HORSE FOUND
 Horse found on Doolittle Road
 Please call Justin
 615-624-2131 til 6/22



SCRAP PRICES

**SMITH'S TRUCK
 SALVAGE -**
 Let us bid on your scrap vehicle. Extra driver on weekends. 615-563-4343. TF-

POTTER'S ACE HOME CENTER
 948 South McCrary St, Woodbury TN
 615-563-4414 • www.pottersace.com
 FREE ESTIMATES! • FREE DELIVERY!

Potter's Ace Hardware and Home Centers are now accepting applications for a Full Time Sales Associate
 Please apply in person at the Woodbury store:
 Potters ACE Home Center
 948 South McCrary St
 Woodbury TN
 615-563-4414

Come join a growing company
 Equal Opportunity Employer

**Post Your Summer Help
 Wanted Jobs TODAY!**

When it comes to vacation time; have your part time help already lined up!

**Security Guards
 Wanted**
 Murfreesboro Area
 Call 615-713-7350

MPC
 Miniature Precision Components in Morrison, TN is searching for highly motivated individuals to fill the following positions on our team: Maintenance/Utility Technician, Administrative Assistant, Material Handler, and Operator. Employees will be hired direct and will enjoy paid vacation, paid personal days, paid holidays, onsite medical clinic and fitness center, and 401K with company match. Benefits are effective the first of the month after hire.
 Candidates must pass background check and drug screen.
 Apply online at <http://careers.mpc-inc.com/>

**Hire summer
 time help - full
 time - part time
 - once a month!**
 Make summers more enjoyable!
 Advertise here for a quick, local response!

HELP WANTED
 Woodbury Medical Center
 Family Practice
 Seeking LPN or Certified Medical Assistant to join our team. Send resume' to woodburymedical@yahoo.com or fax 615-563-4582 t6/29

'Big Yellows' are rolling
 See Page 19

'Lockjaw' the political versic
 See Page 6

CANNON COURIER

The Cannon Courier Is Sold At These Locations:

- B & W Market
- Cannon Market
- Davenport's Service Station
- Dollar General Market
- Dollar General Market on Jim Cummings Hwy.
- Dutton's Market
- FirstBank
- First Stop
- Highway 53 Market
- Joe's Place
- Osborne's Piggly Wiggly
- Parsley's Market
- Potter's Ace Hardware
- Quick Shop Market
- Rite Aid
- Russell's Market
- Short Mountain Market
- Smitty's Market
- West End Tobacco Outlet
- Woodbury Farmer's Co-Op
- Woodbury Save-a-Lot
- Woodson's Pharmacy

LAWN CARE - TREE SERVICE - STUMP REMOVAL

GOFF'S TREE SERVICE
 Complete tree service, free estimates. We remove trees and climb those impossible ones. Licensed and insured.
 615-943-TREE (8733). TF-

**ROOTED AND GROUND
 LAWN CARE -**
 Locally owned and operated, insured. 17 years experience. Dependable, affordable, quality service for commercial and residential clients. We mow, weedeat, trim hedges, mulch, seed, prune, etc. Visa, MC, AmerExp accepted. 615-318-6093. TFN

STILLS TREE SERVICE
 Specializing in Tree Topping, Removal, Whatever needs to be done at an AFFORDABLE Price!
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 Cell 615-962-1912
 May 2016

EDDIE'S LAWN CARE
 Free estimates. All commercial equipment. Will also do landscaping. 11 years experience. Residential & commercial lots.
 Call or text
 Eddie 615-427-3840 or
 John 615-904-5178 tfn

**NOW OPEN
 A-1 LAWNMOWER
 REPAIR -**
 Now Open 6 days a week to service your push mower, riding mower, weedeater, tiller or chainsaw. A full service repair shop that sells new and used parts. Pick up and delivery service available. Same day service on some items!
 Buy, Sell, trade. 2 miles south of Parsley's Market on Highway 64 (Bradyville Road). Call 563-7352 for more information. TF-

MOBILE HOMES

**FINISHED SHEETROCK
 DOUBLEWIDE** only \$39,900. Pick your paint colors, set up and delivered. TN's largest independent dealer.
Meadows Homes
 4651 Manchester Hwy
 McMinnville
 (931) 668-7300
www.meadowshomes.com

Special Limited Time Only, New Doublewide, Energy Star Qualified, 2x6 ext walls and free heat pump set up and delivered with concrete footers for \$39,900. Davis Homes, Inc. 2598 Smithville Hwy, McMinnville, TN 37110, davisshomesinc.net

**NEW ENERGY STAR
 HOME** 2x6 walls, Thermopane windows, black appliance package, only \$23,900.
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 McMinnville
 (931) 668-7300
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THE HERITAGE
 Just arrived, must see. Triple Dormers, ceiling beams, built-ins with stone accents, movable island, spa master bath. Customize yours to a 3, 4 or even 5 bedroom. TVA free heatpump upgrade. Exclusively available at **Meadows Homes**
 4651 Manchester Hwy
 McMinnville
 (931) 668-7300
www.meadowshomes.com TF

THE BIG BANG 3 bedroom, 2 baths, 16' wide, free heatpump upgrade! \$29,900. More bang for your bucks! Greatest Home Show on Earth now in progress at **Meadows Homes**
 4651 Manchester Hwy
 McMinnville
 (931) 668-7300
www.meadowshomes.com TF-C

SERVICES

**ABUNDANCE ALL
 SERVICE**
 Remodels, Decks, New Construction, Electrical, Plumbing, Free Estimates.
JOSH STANSBURY Home
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 Cell (615) 416-9009 TF-

**PATTERSON'S
 HANDYMAN SERVICE**
 Painting - Plumbing - Minor Electrical - Carpentry - Roofing - Vinyl Siding - Deck Building - Pressure Washing - and more. No job too small. Free estimates.
Home 563-5057 or cell 464-8177. TF-

**ATTENTION
 CONTRACTORS AND
 EXCAVATORS -**
 Top soil and fill dirt delivered. No job too big.
Tim Cooper,
 shop (615) 273-2854 or cell (615) 464-3736.TF

WRECKER

**SMITH'S WRECKER
 SERVICE**
 is running 24 hour wrecker service. Towing for 29 years
**Day is 615-563-4343
 Night is 615-653-5643.** TF-



**Beautiful
 Weather**

**Let's Hear From
 You**

**Advertise Your
 Sales
 TODAY**

**This Space Is For
 YOU**

**It's Yard Sale Time
 Tell everyone ...
 where it is
 when it is &
 what you have to sell
 with an ad in the
 Cannon Courier
 615-563-2512**

Let us help you have a successful yard sale!

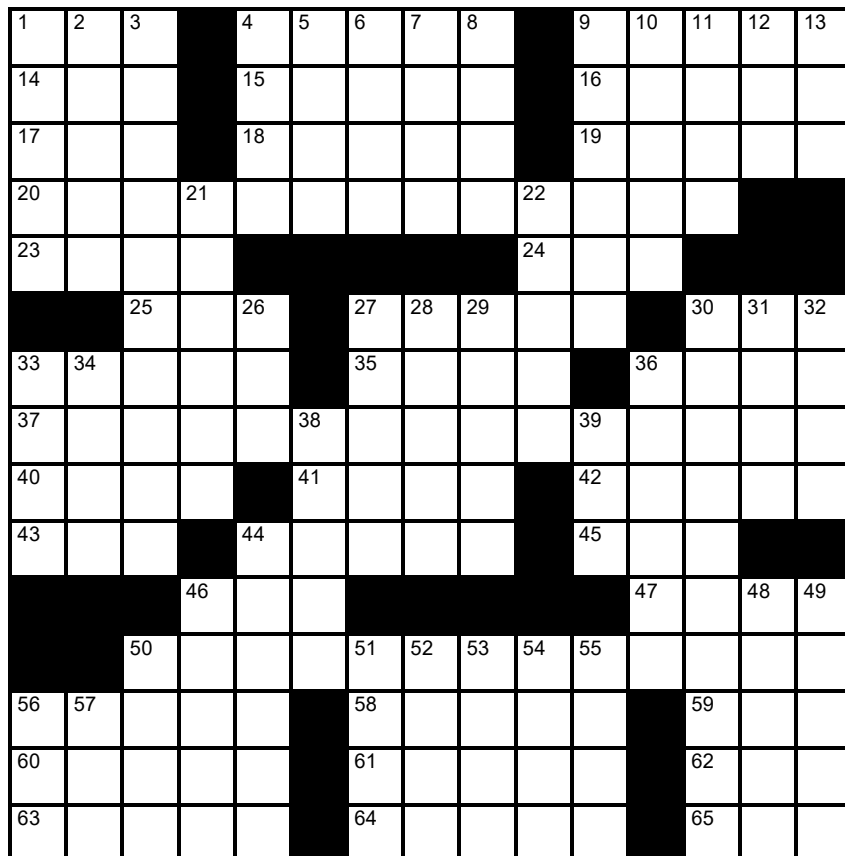
TEASERS & TRIVIA

CROSSWORD

"Fun in the Sun"

Across

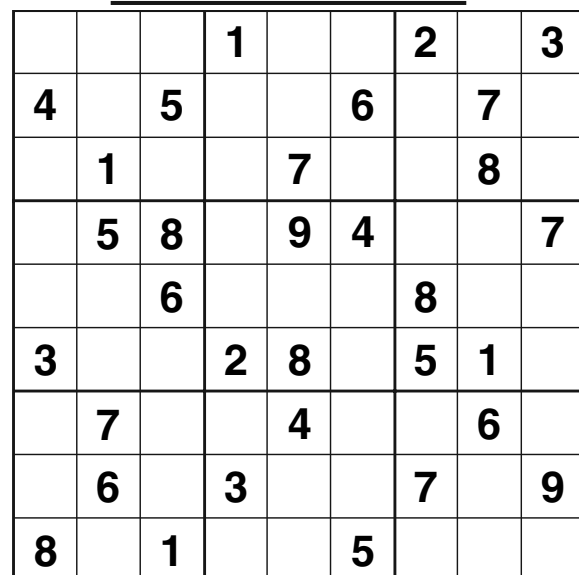
- 1 Lose oomph
- 4 Jewish holy man
- 9 Menace
- 14 Tijuana gold
- 15 Roundish
- 16 Suffering
- 17 To's partner
- 18 French town
- 19 Tiny amount
- 20 Prepared hides
- 23 Spinner
- 24 Trendy
- 25 Actress Longoria
- 27 Black cattle breed
- 30 Hosp. readout
- 33 Blinded painfully
- 35 Loud sound
- 36 "___ have to do"
- 37 Fancy infant keepsake
- 40 Gillette razor
- 41 Deceive
- 42 Lowlife
- 43 Old cartoonist Hoff
- 44 Makes eyes at
- 45 "Seinfeld" uncle
- 46 Status ___
- 47 Church area
- 50 Unedible diner food
- 56 Low spirits
- 58 Scarlett ___
- 59 Bond rating
- 60 Blood line
- 61 Bluffer's game
- 62 Patriot's org.
- 63 Collect slowly
- 64 Programs, briefly
- 65 Go after, in a way



Down

- 1 Sound in German?
- 2 Deck out
- 3 Say publicly
- 4 Drift
- 5 Enthusiastic
- 6 Type of weevil
- 7 Digestion aid
- 8 Guess
- 9 Feeling of pity
- 10 Everglades wader
- 11 Crowd sound
- 12 Business mag
- 13 Alkaline liquid
- 21 Nine-day ritual
- 22 Opposable digit
- 26 Woodworker's tool
- 27 Pop star Paula
- 28 Lofty
- 29 Hat trick trio
- 30 Addis Ababa folk
- 31 Carolina college
- 32 Mirth
- 33 Wall St. hirees
- 34 Chichi
- 36 "That's no lie!"
- 38 Prod
- 39 Big inits. in fashion
- 44 "___ Flint"
- 46 Share
- 48 Mix-up
- 49 French equivalent
- 50 Yawner
- 51 The best
- 52 "Well, alright then"
- 53 Mountebank
- 54 Mr. Flinstone
- 55 Rabbit ___
- 56 Kind of order
- 57 Chat room abbr.

SUDOKU



© 2009 Hometown Content

Medium

Savvy Senior

The New MIND Diet May Help Prevent Alzheimer's
Dear Savvy Senior,
I've heard that there's a new diet that can help prevent Alzheimer's disease. What can you tell me about this? My 80-year-old mother has Alzheimer's and I want to do everything I can to protect myself.
Concerned Daughter

Dear Concerned,
It's true! Research has found that a new diet plan – called the MIND diet – can have a profound impact on your brain health as you age, and can even lower your odds of getting Alzheimer's disease.

The MIND diet takes two proven diets – the heart-healthy Mediterranean diet and the blood-pressure lowering DASH diet – and zeroes in on the foods in each that specifically affect brain health.

The MIND diet, which stands for "Mediterranean-DASH Intervention for Neurodegenerative Delay," was developed by Martha Clare Morris, a nutritional epidemiologist at Rush University Medical Center, through a study funded by the National Institute on Aging.

The study followed the diets of nearly 1,000 elderly adults, who filled out food questionnaires and underwent repeated neurological testing for an average of 4.5 years.

It found participants whose diets most closely followed the MIND recommendations had brains that functioned as if they were 7.5 years younger, and it lowered their risk of developing Alzheimer's disease by as much as 53 percent. And even those who didn't stick to the diet perfectly but followed it moderately well reduced their risk of Alzheimer's by 35 percent.

The MIND Menu
The MIND diet has 15 dietary components. The emphasis is on eating from 10 brain-healthy food groups, and limiting foods from five unhealthy groups. Here's a rundown of the healthy foods you should work into your diet:

- Green leafy vegetables (like spinach and salad greens): Eat at least one serving per day.
- Other vegetables: At least one other vegetable a day.
- Whole grains: Three or more servings a day.
- Nuts: Five one-ounce servings a week.
- Beans: At least three servings a week.
- Berries: Two or more servings a week.
- Fish: Once a week.
- Poultry (not fried): Two times a week.
- Olive oil: Use it as your primary cooking oil.
- Wine: One glass a day.
- And the five unhealthy food groups you should limit include:
- Red meat: Eat fewer than four servings a week.
- Butter and margarine: Less than a tablespoon daily.
- Cheese: Less than one serving a week.
- Pastries and sweets: Less than five servings a week.
- Fried or fast food: Less than one serving a week.

Other Benefits
One of the best things about the MIND diet is that it's easier to follow than most other diets and you don't have to stick to it perfectly to gain the benefits, which makes it more likely you'll follow it for a long time. And the longer you eat the MIND way, the lower the risk of getting Alzheimer's disease.

Another advantage is that the MIND diet can help you lose some weight too, if you keep your portions in check and are careful about how the food is prepared.

It's also important to understand that even though diet plays a big role, it's only one aspect of Alzheimer's disease. So get regular exercise, if you smoke, quit, and learn how manage your stress to lower your risk even more.



WORD SEARCH

The Flash



- BRAVE
- COMA
- GORILLA GROOD
- DR. CAITLIN SNOW
- IRIS WEST
- BARRY ALLEN
- CENTRAL CITY
- STAR LABS
- LIGHTNING
- FORENSICS
- SPEED
- GAS MAN
- DR. WELLS
- SUPER
- FLASH
- HERO
- STRONG
- METAL MAN

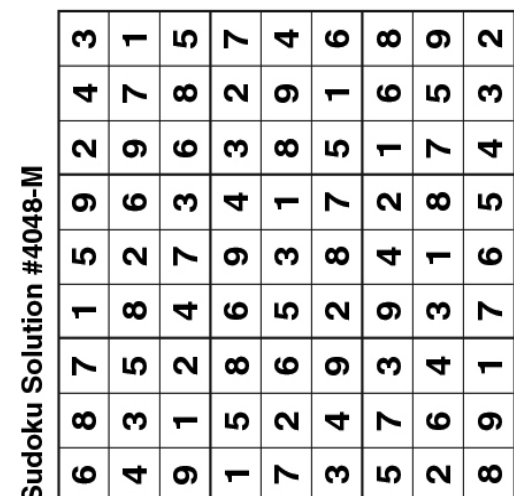
Play this puzzle online at : <http://thewordsearch.com/puzzle/7941/>

ANSWERS

CROSSWORD



SUDOKU



Sudoku Solution #4048-M

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recliner

[FACTORY AUTHORIZED]

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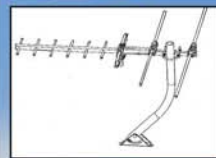
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