



Carry-out food full of 'demons'

See Page 8



These folks took road less traveled

See Page 4

CANNON COURIER

Home of BETTY JOHNSON

131st YEAR - NO. 38

Wednesday, March 30, 2016

TWO SECTIONS - 50¢ PER COPY

Domestic violence help offered here

S.A.V.E. continues to serve community

MIKE WEST
Courier Editor

Why worry when you can pray," states a desk placard in the office of S.A.V.E.

That little sign pretty much sums up the attitude of director Lisa Baird, who says, "we try to do all we can to serve all victims of domestic violence."

S.A.V.E. stands for Services and Violence Education, which partially helps explains the focus of the non-profit group.

"It's not just an agency. It's working together every day to stop the violence," explained Rebecca Womack, board member. "I think most people don't realize what we have here."

S.A.V.E.'s mission is right here in Cannon County. Last year, it helped at least 250 people.

"Until I came to the board I didn't realize the need for this type of facility in a rural county," Womack said.

The facility in question is S.A.V.E.'s emergency shelter for battered women, children and the elderly.

"That's what we are pro-

viding in Cannon County," she explained.

It is a safe, secure place for victims of this type of crime and funding its operation takes community support.

"Our electric bill averages \$800 a month and we don't have any federal grants," explained Baird. "We do receive help from local churches. First United Methodist's Thrift Store ... half the proceeds from the store go to us and the church on the hill (Woodbury Church of Christ) helps as well. So do other area churches.

United Way, Middle Tennessee Electric and Middle Tennessee Gas help out as well, she said.

"It's just been God taking care of everything," Baird smiled. "For example, we had a church come in this week with donated Bibles for us to provide to victims."

S.A.V.E. Also holds regular fund-raising events like a "lock-up" planned for April 20.

It is a low-profile pro-

See S.A.V.E., Page 9



MIKE WEST photo

Let's see ... is it Red Bud Winter or is it Dogwood Winter? There are traditional names for each of the Spring cold snaps. See Mike West's column on Page 4.

Short Mtn spring tour set April 16

A Spring Tour of the Short Mountain Ecotone & its watersheds is set for 9:30 a.m. Saturday, April 16.

<https://www.tn.gov/environment/article/na-na-short-mountain>

<http://www.stoneswatershed.org/KnowYourWatershed.pdf>

Leading the tour will be David Withers, Sunny Fleming and Neal Appelbaum. Tour fee is \$10 per person, children 12 and under free.

Registration required by April 6. To register, contact Loretha Leggett at 615-532-0431. General inquiries may be directed to David Withers at 615-532-0441 or david.withers@tn.gov.

Short Mountain, a remnant piece of the Cumberland Plateau nestled in the escarpment between the Central Basin and Eastern Highland Rim, is a geologic anomaly long considered a very charismatic and sacred part of Cannon County culture and lore. With sandstone, not limestone, at its crest, it contains decidedly different plant and animal communities than the lands surrounding it. It also drains to three different watersheds - the Collins River, Caney Fork River, and East Fork Stones River - the last being the primary source of water for Woodbury and surrounding communities.

See SHORT, Page 9



Cannon County Rescue Squad volunteers celebrate the new rescue truck for the community.



A USDA Rural Development grant helped pay for Cannon County Rescue Squad's first new rescue truck in 27 years.

Rescue Squad celebrates new truck

USDA Rural Development Area Director Jerry Jolley joined Cannon County Rescue Squad Chief Executive Officer Michael Underhill and Chief Financing Officer Tim Bell in celebrating an \$18,000 USDA RD Community Facilities grant and \$97,000 loan that was used to purchase a new rescue truck for the county.

"On behalf of Rural Development, we appreciate the hard-

working rescue volunteers who are from rural areas and know what it means to get just a few dollars to make things happen," Jolley said. "The bottom-line is this Rescue Squad does an excellent job while saving lives, and we hope the organization and surrounding community will benefit from the new rescue truck."

The grant paid for a maximum of 15 percent of the project, which

is estimated to be about \$120,000, along with the low-interest loan to help replace a 27-year-old rescue vehicle.

Since 2007, USDA RD has funded Cannon County Rescue Squad three times. Prior funding was used to purchase a rescue truck in 2008 and new rescue equipment in 2013.

Others participating in the event include Sen. Lamar Alexan-

der Field Representative Evann Freeman, Rep. Diane Black Field Representative Emily Buck, Town of Woodbury Mayor Harold Patrick, Cannon County Executive Mike Gannon, USDA RD Loan Specialist Chris Hampton, USDA RD Loan Specialist Alice Wills and USDA RD Public Affairs Specialist Thanh-Thanh Pham.

USDA Rural Development is moving investments to rural

America with housing, business and infrastructure loans and grants to create jobs and strengthen rural economies with an emphasis to assist areas of persistent poverty. Since 2009, the agency has assisted more than 1.5 million Tennessee families and businesses in 230 communities in all 95 counties of Tennessee, investing more than \$6.6 billion through

See RESCUE, Page 9

See Cannon Blast on Page 7



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Learn to Speak Robot

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TAKE A CLOSER LOOK

OBITUARIES



Cynthia Lee Montgomery

Cynthia Lee Montgomery, age 49, of Woodbury passed away Sunday, February 14, 2016 at Stones River Hospital. She was a native of Takoma Park, Maryland.

Survivors include her parents, James & Lois Markham Montgomery; Children, Rebecca Hall & Timothy Tidwell of Bradyville; Siblings, Jerry Waddell of Retina, LA, Shirley Sue Berry of Soddy Daisy, & Rosemary Waddell of Lebanon; and Grandchild, Olivia Kennedy.

Ms. Montgomery was a member of the Northfield Baptist Church and worked in Production at Tennex Boat Manufacturing.

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

*Cannon Courier, March 23, 2016
Woodbury, Tennessee*

James Allen Parker

James Allen Parker, 88, went to be with his Lord and Savior Jesus Christ on the 20th of March, 2016. He was born on Sept. 8th, 1927 to Shelia H. and Vernie Lou Hale Parker in DeKalb Co. In addition to his parents, he was preceded in death by his brothers, Shelia H. Jr. and Jackie Parker, sisters, Jean Parker Richardson and Billie Parker Grizzle.

He is survived by his wife of 30 years, Catherine Davis Parker of Woodbury; Children, Ronald (Sharon) Parker of Woodbury, Larry (Mae Rollins) Parker of McMinnville, Jeff (Tammy) Parker of Readyville and Pattie (Paul) Howard of Murfreesboro; Step Children, Clyde Alvin (Penny) Davis, II and Cheryl (Jerry) Edwards Both of Cleveland; Brother: John Henry (Edna Ruth) Parker of Watertown; Sisters, Jessie Mae Ferrell of Woodbury, Elizabeth "T" (Dave) Burnette of Bradyville and Joyce (Jim) Speakman of Murfreesboro; Grandchildren: Tabitha Parker, Tracy Parker, Layra Crook, Darrek Harley Parker, Tayler Thompson, Jamie Hill, Michael Hill, Brittany Ramirez, Alicia Cardona & Lindsey Prok. 14 great grandchildren, 3 great great grandchildren and a host of nieces and nephews. Also survive 2 step grandchildren, Andrea Todd Cathey and Nathan Todd and also more great grandchildren.

He was preceded in death by his parents, Shelia H. & Vernie Lou Hale Parker; sisters, Jean Parker Richardson and Billie Parker Grizzle. He will be missed by his little boy Cricket and his granddog, Tadpole.

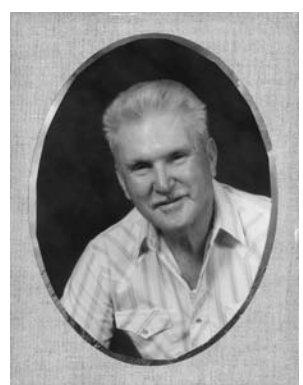
A member of the Woodbury Church of God, he was a heavy equipment operator and a farmer.

A special thanks to Dr. Suresh Saraswat

Funeral services will be 12 noon Thursday, March 24, 2016 in the Chapel of Woodbury Funeral Home with Bro. Clayton Neal and Bro. Leonard Herman officiating. Pallbearers include Layne Ferrell, J.D. Underhill, Ronnie Walker, Scotty Grizzle, Richard York, Darrek Parker, Wesley Wright, Clyde McCord. Interment will follow in the Hale Cemetery, DeKalb Co. Visitation with the family will be 4 pm until 8 pm Wednesday, March 23, 2016.

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

*Cannon Courier, March 23, 2016
Woodbury, Tennessee*



From the family of Willie Mae Young

Thank you for sharing your memories, support and love during the loss of our Mother, Willie Mae Young.

In addition to our friends and family, we would like to thank the following: Dr Spurlock, Dr. Michael Thomas, staff at the St. Thomas Stones River Hospital, the staff at Woodbury Health and Rehabilitation Center, Kenny Gilley and staff at Woodbury Funeral Home and Brother Herb Alsup, Brother Greg Mitchell and Billy Muncy.

Your kindness is deeply appreciated and will always be remembered.



UT Study: Nashville MSA Leads the State in Population Growth

Nashville and its surrounding areas continue to lead Tennessee in population growth, according to data released today by the Tennessee State Data Center.

The Nashville-Davidson-Murfreesboro-Franklin (Nashville) metropolitan statistical area (MSA) ranked high in both one-year and five-year growth rates, coming in at 36th and 31st in the nation. These rates are calculated from the U.S. Census Bureau's 2015 county and metro population estimates released today.

The Nashville MSA's population in 2015 was 1,830,345. The total population for Tennessee in 2015 was 6,600,299, making the Nashville MSA's population 27.7 percent of the total state population.

A partner to the U.S. Census Bureau, the center is housed at the University of Tennessee, Knoxville's Center for Business and Economic Research within the Haslam College of Business.

One-Year Growth Highlights: 2014 to 2015

The Nashville MSA ranked 36th out of 412 MSAs in the nation at 2.0 percent population growth.

The top 10 fastest-growing counties in Tennessee were either located in or bordered the Nashville MSA (Rutherford, Williamson, Wilson, Maury, Montgomery, Sumner, Dickson, Bedford, Davidson and Smith).

Knox County continued steady growth at 0.6

percent.

Sevier County ranked 14th in the state at 1.1 percent growth.

58 of 95 counties experienced growth.

25 counties grew faster than the state average of 0.8 percent.

Five-Year Growth Highlights: 2010 to 2015

The Nashville MSA ranked 31st in the nation at 9.2 percent growth; the Clarksville MSA ranked 61st at 7.4 percent.

While most of the 10 fastest-growing counties in Tennessee were within or bordered the Nashville MSA (Davidson, Maury, Montgomery, Rutherford, Sumner, Williamson and Wilson), three were in East Tennessee (Bledsoe, Bradley and Sevier).

Knox County ranked 15th in the state at 2.7 percent growth.

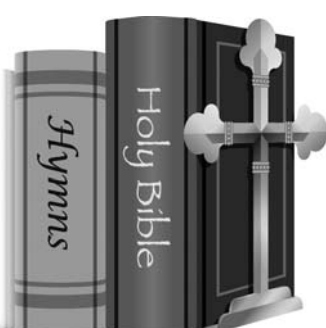
54 of 95 counties experienced growth.

16 counties grew faster than the state average of 3.8 percent.

View Tennessee population estimate graphics produced by the Tennessee State Data Center.

Access the 2015 county and MSA population estimates on the U.S. Census Bureau website.

The Tennessee State Data Center provides U.S. census data and products, training and technical assistance to users, feedback to the Census Bureau on data usability and assistance to state and local government.



You are cordially invited to attend our Gospel Meeting

at

Leoni Church of Christ
6818 McMinnville Highway
Woodbury TN

APRIL 3-6, 2016

Speaker:

"Gary McDade"

THEME:

"Lessons From the Book of Ephesians"

Covered dish lunch will follow Sunday morning worship services

Curlee Cemetery Trust Fund, Inc is accepting bids

To mow, weed eat, and keep the cemetery clean for the Cemetery at the Curlee Church of Christ on Curlee Road. *The bid will cover only the cemetery not the Church Grounds.*

The bid will cover the years of 2016 through 2018. **Ending date to submit the bid will be April 4, 2016.**

Please email your bid to jento@dtccom.net or mail your bid to **Jeanne Baxter, Secretary**
3378 Jimtown Road
Woodbury, TN 37190



Help for Kids who Stutter is as Close as Your Library

Kids who stutter have a lot to say, and friends can show them how in Stuttering: For Kids By Kids, a DVD in English and Spanish starring kids who stutter, available at most public libraries or through interlibrary loan.

Many children who stutter have never met others who struggle with the same disability. In this DVD from the Stuttering Foundation, they meet kids who recount how they handle challenges such as teasing, speaking out in class, and teaching others about stuttering.

Swish, a lively and engaging animated basketball character designed by students at Purdue University, narrates the DVD. The children, who range in age from first-graders to high school students, offer frank and sometimes differing views of stuttering.

For example, Matthew, age 10, says about his speech difficulties, "It's no big deal;" but Kate, age 9, worries about talking, what is going to happen next and whether or not she'll stutter. Arianne, age 14, says, "The hardest part

about stuttering is to get through it and to stay in there when you're stuck." Umang, age 12, agrees, "Sometimes it gets kind of annoying when you want to say something and you can't. I also get worried what other people might think if I do stutter and wonder if I'll be able to get out of my blocks and things."

"All those interested in helping kids learn more about stuttering will want to see this tape," said speech-language pathologist Bill Murphy of Purdue University. "The

children featured are a perfect example of how to openly and honestly handle stuttering." "This is an important tool for families and teachers of kids who stutter," added Jane Fraser, president of the nonprofit Stuttering Foundation.

The Foundation has provided free materials to over 8,700 public libraries nationwide. A library that will shelve them can download a request form at <http://www.stutteringhelp.org/libraries-information>.

MTSU Lifelong Learning Program puts war, sports, happiness in classroom in May

Bringing the love of learning to life at any age is the goal of the MTSU College of Liberal Arts' second Lifelong Learning Program.

The homework-free, exam-free classroom experience for older learners is slated for four Mondays — May 2, 9, 16 and 23 — in the Ingram Building, 2269 Middle Tennessee Blvd. in Murfreesboro. Free parking will be available in the Ingram lot.

Classes in "The Civil War" will take place from 9 to 10:30 a.m. "The History of American Sports" is slated for 10:45 a.m. to noon. "The Philosophy of Happiness" is scheduled for 12:15 to

1:45 p.m. Professor Emeritus James T. Brooks Jr., who will be teaching one of the sports history sessions, will bring his love of auto racing to the classroom.

Brooks will share teaching duties in the sports history class with Fred Colvin, a professor emeritus of history, and Warren Tormey, an English professor who organized the Baseball in Literature and Culture Conference at MTSU from 2006 to 2015 with fellow English professor Ron Kates.

Phil Oliver, a professor of philosophy, will bring multiple perspectives to the "Philosophy of Happiness"

course, a distillation of an MTSU course he has taught for several years. He draws from an education philosopher for his beliefs about keeping the brain engaged as we age.

"My favorite pithy statement on the value of lifelong learning is from John Dewey, who said in 'My Pedagogic Creed,' 'I believe that education is a process of living and not a preparation for future living,'" said Oliver. "In other words, it's forever. It's never too late to learn. It's always too soon to stop."

Dr. Robert Hunt, a history professor, will teach the entire course on the "The Civil War." Hunt, who has been at MTSU for

25 years, specializes in Civil War and Reconstruction, the antebellum American South, World War I, war memory and the history of war.

The fee for each course is \$20. Checks should be made out to "MTSU Lifelong Learning." To register by mail, send a check to Connie Huddleston, MTSU Box 97, Murfreesboro, Tennessee 37132.

For more information, contact Huddleston, coordinator for the College of Liberal Arts, at 615-494-7628 or connie.huddleston@mtsu.edu.

For up to date obituary information, go to

www.cannoncourier.com



News from the Mountain

BY CAROL GUNTER



Sunday March 20th, and it is the first day of spring. Got out of church and thought it was raining very hard, but soon discovered it was sleeting. Spring's transition into milder weather can sometimes be a bumpy one as we well know.

Busy week for sure around here using the weed killer spray to take down those pesky weeds that are hard to get at with the John Deere tractor. Everything coming to life with this lovely spring weather being ushered in as each day, if you will notice, the flowers are emerging so eagerly out of the soil. Great time of the year thankful that you can get outside to enjoy all the splendor and beauty of nature that God puts before you. It is so breathtaking to me.

Dust has accumulated to a depth I've not seen in quite a while on furniture and etc. Oh well, it may just have to accumulate some more as the outdoors just about always wins out over the house cleaning. I figure those rainy days in the springtime when I can't do outside work would be the perfect time to take care of that dust.

On TV this morning they were reporting terrorist attacks in Brussels Belgium today, Tuesday, March 22nd. Several people were killed and even more hurt. Only cowards do this kind of thing. Seems there's no place safe for anyone these days. Got to think-

ing whoever gets elected to the presidency at the top of their agenda they had better build up our military as never before in our history and take whatever other steps deemed necessary in protecting this country by more surveillance and everyone stepping up and watching out for each other. If something seems out of place and not right to you act on your "gut feeling" as most of the time it is right. These cowards have no regard for human life not even their own. We have set around twiddling our thumbs and had our heads buried in the sand long enough and now just look who's breathing down our necks ready to do us in any way they can. Are we dumb or just don't care what happens to this country? America is called the greatest place to live in but why don't we protect it? Have some of us got used to the so-called "good life" we have going on and can't see what's lurking on the horizon to bring us down? If you're not alarmed, you should be. An enemy like this America has never faced before. If you love this country, then be on guard for it wherever you go.

Please keep the following people in prayer: Edith Miller, Ruth Brown, Fay Pitts, Charlie Mai Daniel, Carlon Gunter, the family of Michael Underwood, and Denise Stanton. Well, those little green

men according to Bobby, are tired of all the honors being bestowed upon their leader Clyde as of late. Bobby says they are especially jealous of all the media attention Clyde has been getting and that he has forgotten them. They will be holding some kind of meeting to decide if Bobby should take the top spot as their new leader. Bobby says he's ready, willing and able to carry on with the important task at hand. I have no idea what important task at hand he's talking about do you? Bobby was supposed to get the little green fellas away from here not furnish them housing and a title to some land around that devil's hole. He's probably been paid off to not send them a packin. Clyde may not be willing to relinquish the coveted title as their leader and he most likely will attend that meeting to be heard. Would love to be a fly on the wall when the sparks start flying at that meeting between Clyde and Bobby wouldn't you?

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

Thou art worthy, O Lord, to receive glory and honour and power: for thous hast created all things, and for thy pleasure they are and were created. Revelation 4:11

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Featured Property of the Week



NEW LISTING

78 Auburn Hills

MLS# 1710775



0 Iconium Rd
13.3 Acres
MLS# 1702906



Burt Burgen Road
32.18 Acres
MLS # 1535024



0 Iconium Road
12.1 Acres
MLS # 1688409



1 Fann Road
24 Acres
MLS# 1656023



Burt Burgen Road
33.78 acres (see listing)
MLS #1687599



Will Daniel Road
5 acres
MLS # 1644070



NEW LISTING
177 Cherokee Dr
MLS # 1711683



Kennedy Creek Road
5.6 Acres off Hwy 96
MLS# 1121480



22 Melton Lane
1.37 Lot
MLS# 1653892



MTSU's Todd Art Gallery is featuring two new exhibits through April 7, showcasing some of the best in student art alongside work by a San Antonio, Texas-based collage artist and photographer.

The MTSU Department of Art's Student Art Alliance Juried Show features the top work of 11 current students as judged by an MTSU art alumnus, while "The Photography of Kathy Vargas" includes her ventures into "magic realism" via multiple exposures and hand coloring.

The Student Art Alliance show, which is being exhibited in Room 210 of the Todd Gallery, includes works by sophomore graphic design major Lauren Beeler; junior art education major Shane Hicks; sophomore graphic design major Rickie Le; junior studio art majors Noelle Dederer, Cesar Pita and Romerus Greer; and senior studio art majors Brianna Brescka, Mika Mollenkopf, Patrick Newby, Suzie Pettey and Erin Potter.

Brady Haston, a 1992 Bachelor of Fine Arts graduate of MTSU, served as the student show's juror. Haston is

currently an associate professor at Nashville's Watkins College of Art and Design and a successful artist with nearly a dozen solo exhibits and the same number of two-person, group and curated shows so far in his career.

The Vargas exhibit is in Room 224 of Todd Hall. A native of San Antonio, Texas, who currently teaches in the art department at the University of the Incarnate Word there, Vargas has said that much of her work is based on her research of Mexican and pre-Columbian myths and literature and the ghost stories of her father and grandmother.

The exhibits are on display during the Todd Gallery's regular hours: 8:30 a.m. to 4:30 p.m. Monday through Friday. It's closed on weekends and state and university holidays.

A searchable, printable campus parking map is available at <http://tinyurl.com/MTSUParkingMap>. Off-campus visitors visiting the exhibits should obtain a special one-day permit from MTSU's Office of Parking and Transportation at <http://www.mtsu.edu/parking/visit.php>.

The Todd Gallery's "Hatch Show Print: A Retrospective" exhibit also has been extended until April 7. It first opened Feb. 18 and celebrates the career of MTSU Professor Emeritus Christie Nuell through her art and that of a trio of Hatch artists.

Set in Room 224A of Todd Hall, the exhibit features work by Nuell, Hatch master printer Jim Sherraden, Hatch manager Celene Aubry and Hatch artist Heather Moulder.

Sherraden and Moulder are MTSU art alumni and were students of Nuell's during her 31-year career at the university.

Brothers C.R. and H.H. Hatch founded their printing firm in 1879 in Nashville. Their company now produces 500 to 600 posters each year with their same techniques, using hand-carved blocks laid out in reverse on plates, inked and run through antique letterpress machines by hand.

For more information about the Todd Art Gallery, including parking and directions, contact gallery director Eric Snyder at 615-898-5653 or eric.snyder@mtsu.edu or visit <http://www.mtsu.edu/art>.

AUCTION Saturday, April 9th 10:00 AM



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There's also a large pantry, tankless water heater, new double pane windows, central heat & air, and a rocking chair front porch! Outside you'll find a great yard with concrete drive, 2 car carport with shop plus other outbuilding.

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AUCTIONEER: JOHN HIGGINS
615-207-4555



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Courier Columnist

These friends took roads less traveled

Do you have remarkable friends who took roads in life less traveled? Meet the late A.J. Neel, who invented the "farm road wave code" of my youth.

It was rare for a stranger to motor down our dusty farm lane, but when they did, A.J. instructed "younguns" up and down our farm road to "Wave at 'em, for farm folks are known to be friendly folks."

A simple index finger "wave" was usually ample for strangers venturing down our road in a cloud of dust.

If A.J. actually knew the "passing through" person, he instructed us to give a little "extra wiggle" of the index finger.

But it was another "finger" that A.J. reserved for "damn Republicans" who had the audacity to come on our road. I thought "damn Republicans" was one word until I was about 15 years old.

Cannon County native son C.L. Vickers took roads less traveled ...

One of life's highest, but saddest honors came when I was asked to eulogize the country weather prognosticator not long after he was baptized at his favorite Baptist Church.

Have you ever met someone you instantly liked? I first spied C.L. Vickers and wife, Sandy, as they sat on the Courthouse steps in Murfreesboro one Fourth of July. No sooner had I walked up to C.L. to introduce myself, when this broad-framed man, in his patented overalls featuring no shirt, proclaimed: "You're an agitator and trouble-maker, ain't cha!" To which, I replied: "Takes one to know one."

From there, a cherished friendship evolved. I later learned that C.L. was locally famous for forecasting garden-growing seasonal weather conditions by the signs of nature.

The following is one of Woodbury Mayor Harold Patrick's favorite C.L. stories: "Reporter Whittle had interviewed C.L. in my office for that springs' weather forecast for growing garden vegetables. When the reporter laid down his pad and pen, he asked C.L. if that weather forecasting stuff was a bunch of B.S.? To which, C.L. replied: "Yes sir, but I only get to B.S. one day a year in the newspaper ... you get to do it 365 days a year. That ended the interview."

I was with C.L. one cool, fall morning, when a farm neighbor named Jernigan inquired if C.L. would sell him 10 pounds of potatoes: "Yeah, but I'm not about to cut one of my taters, for a mere 10-pounds."

My favorite C.L. story: C.L. called me on the phone after being off work for several weeks due to my hip-replacement surgeries in 1995. "Mr.

Whittle, I know you've been off work because of two surgeries, and I've gone around our community, and took up a little collection of money, from some farmers and some logging men."

I replied I was making it OK financially, but out of curiosity I asked how much money he was talking about.

"It's just a little over \$2,000, and it ain't no loan," C.L. confirmed.

I didn't need the cash, but I never forgot the offer. None of my blood-kin had offered to help out during my sick days.

The late Dr. Leon Reuhland journeyed roads less traveled. Although a medical man, he was best friends to statewide law enforcement professionals.

"I've never known anyone more supportive to police authorities than Dr. Reuhland," confirmed retired Cannon Courier Publisher Andy Bryson.

"Leon Reuhland stood up for fair law enforcement," former Rutherford County Sheriff Truman Jones credited on his radio talk show.

Doc Reuhland was a stranger to me back in 1993, when he called my newspaper office phone, complaining he could not get adequate and timely medical treatment for veterans at either the York VA or Nashville VA hospitals.

"Would you meet me at York VA, as a reporter?" Doc Reuhland requested. "I called the VA last night, and they would not take one of our very sick veterans."

Needless to say, the VA bureau cats displayed high anxiety, upon learning a reporter was there taking notes about the shabby examples of non-treatment Doc Reuhland was describing on behalf of multiple ailing military veterans of our community.

After we did a front page story, Doc Reuhland diagnosed: "All of my veterans are getting good and prompt care at the VA now that we put it out in the newspaper."

Dr. Leon Reuhland served for more than 20 years as coroner of Cannon County. He never took one cent in salary. He was that kind of public servant.



Words of Wisdom
 DAN WHITTLE



Courier Editor

Yup, it's Red Bud Winter locally ...

Are we in the middle of Red Bud Winter?

I reckon so. That little drop in temperature late last week was accompanied with by the beautiful pinkish red blossoms of the red bud trees so plentiful in our Cannon County countryside.

So what's next? That blast of white that accompanies my favorite, Dogwood Winter.

Of course, there's scientific explanations for colors highlighting pring in Tennessee, but I prefer to think of the five winters which were once common knowledge shared around the pot-bellied stoves of country stores.

Generally,
 Red bud Winter: early April
 Dogwood Winter: late April
 Locust Winter: early May
 Blackberry Winter: mid May
 Long-handles Winter: late May

We called that last winter Stump Winter because an old stump or two might by the only wood left for the woodstove or fireplace that late in the season.

My grandparents followed the signs on their calendars usually provided by a seed company or the old Bank of Commerce in Woodbury.

Those calendars were placed in a prominent spot close to the kitchen door. Youngsters, especially grandsons, didn't dare touch them. It was best not to even look at them closely. If you did, the calendars were a mystery full of all sorts of information like the moon signs.

Moon signs? Yes sir! Going by the signs of the moon are the only way of having a successful garden season.

Nowadays, the old Farmers Almanac is the favorite way of charting that sort of thing. The moon calendar tells you which days to

avoid (barren days), the best time to kill weeds and the best days to plant root crops or above-ground plants like tomatoes.

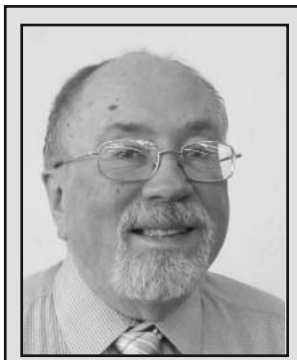
This year's calendar says that April 23 and 24 are the most fruitful days of the month. (So keep that in mind, if you plan on growing tomatoes.) Of course, truly dedicated gardeners already have seeds growing into plants on their window sills. Folks like me are still just pondering the situation.

Generally, my "crop" is usually just tomatoes and peppers, but this year we are expanding not unlike my waistband. Bad knees and a fat belly don't work too well when it comes to gardening. And no self-respecting gardener can sit on his hind-end while working the soil. That mean's something has got to give. So where's my gardening stool?

Thank goodness (?) the grand kids are more than ready to help out. Trouble is the oldest ones are just to the age when you can trust them to fetch water. And the young ones ... well, you better watch out for your toes when the start swinging that hoe.

But the excitement of those youngsters is catching so we are gardening.

Now if I can only convince them that a 3-foot by 5-foot garden is plenty big! (And keep the missus from buying all those seeds). I'll be reporting back.



My Take
 MIKE WEST

Courier Columnist

iPhone battle filled with major issues

As the battle between Apple Computers and the FBI continues to make its way through the courts, one of the arguments we're hearing from the government is, "what if," as in, "What if the phone we're trying to crack contains information we need?"

And that certainly is an argument that needs to be considered. But there are other "what ifs" that militate against forcing Apple to break into the phone.

"What if," despite all of the protections, the code Apple is being asked to create gets out into the environment? We've seen time and time again how so-called protected services have been breached. Sometimes the breach is been merely embarrassing. Other times, and fairly recently, the breach has impacted national security, the very thing the government is supposed to be protecting.

Or, "what if" Apple accedes to the government request? Will this be just the first step in massive attempts to force other companies to crack open dozens, hundreds or even thousands of other supposedly secure devices? Once that legal door has been opened it will probably be only a matter of

minutes before other law enforcement agencies try to force device manufacturers to give access to devices, ones either owned by the companies themselves or those owned by millions of private citizens.

Or, "what if" Apple is forced to open the phone, will that make us any more secure? Will it give the government the access it claims it needs to encrypted devices in order to prevent crime or terrorism? The answer is, no it will not. If Apple, and other software manufacturers are forced to provide so-called "back doors" to encryption programs, the bad guys will merely install encryption software from other countries that do not have such protections.

What will then happen is that non-criminals will make use of less secure systems, while criminals will simply switch to software and devices that are specifically designed to thwart access.



Media Matters
 LARRY BURRISS

LETTERS TO THE EDITOR

Letters are welcome on any subject printed in the pages of this newspaper. All letters must be under 250 words and are subject to editing for improper language and verified by address or phone number.

Letters may be sent online to news@cannoncourier.com or by mail to Letters, Cannon Courier, 113 West Main St.

NASP STATE CHAMPIONSHIPS TO CELEBRATE 10TH ANNIVERSARY

The Tennessee National Archery in the Schools Program (NASP) State Championships celebrates the 10th anniversary when the 2016 event is held March 29-30 in Murfreesboro.

The NASP State Championships will return to the Miller Coliseum for the seventh consecutive year. A record field of more than 1,900 students is expected to participate by the time the registration concludes. The students will be representing more than 90 schools.

Sponsored by the Tennessee Wildlife Resources Agency (TWRA), many of the Volunteer State's best student archers will again participate in this year's event. The NASP program began in Tennessee in 2004 and has seen tremendous growth since its inception. "The NASP program continues to grow and this year should be very competitive in the three divisions," said Don Crawford, the program's coordinator for the TWRA. "We continue to welcome new schools and students

to the program each year."

There will be three divisions. Schools will compete in the elementary, middle school and high school divisions. Awards will be presented to the top teams and individual finishers in each division.

The record field has caused the increase of an additional flight to be added on the first day. Competition will start at 1 p.m. on Tuesday with the first flight and three more flights to follow. On Wednesday, there will be six flights with the first flight to begin at 8:30 a.m. and continuing until the final flight starts at 3:30 p.m. The awards ceremony is expected to begin at 5 p.m. The public is welcome and invited to attend. There is no admission charge.

Last year, White County repeated as the high school division champion, while Rutherford County's Buchanan won the elementary title and Central Magnet claimed the middle school crown. Tennessee began NASP in late 2004 with 12 pilot

schools participating in the program. The number of schools has grown to 282 that now participate in the program. NASP is a two-week curriculum taught during school that teaches International Style Target Archery.

Each student will shoot 30 arrows, 15 from 10 meters and 15 from 15 meters with a maximum score of 300. The top team and top 10 individuals in each division automatically receive a bid to compete in the 2015 National NASP Tournament to be held May 7-9 in Louisville, Ky. There will also be at-large bids for those who qualify.

If a school or teacher is interested in starting a NASP program, please contact Don Crawford, Assistant Chief of Information and Education at Don.Crawford@tn.gov or (615) 781-6542 or Matt Clarey, Regional Training Coordinator in TWRA Region III at Matt.Clarey@tn.gov or (931) 484-9571.

ESTATE AUCTION

**Saturday
April 2nd
10:00 AM**



**211 COLLEGE STREET
WOODBURY, TN**

Beautiful Cottage Home on Large Lot Antiques & Personal Property

Estate of Virginia Banks and Judge Kenneth Banks

Home features include: brick exterior, 2 or 3 bedrooms (one vaulted with exposed beams), 2 en suite baths (one is combination utility), large living room with gas fireplace, french doors, built-in bookcases, very large sunroom with beaded board ceiling and tile floor, large kitchen and dining room combination with island sink, custom cherry cabinets (made by Judge Banks) with white tile tops, partial basement/storm cellar with extra storage, Trane gas HVAC unit, gas water heater, large deck with seating, and detached 38x25 two bay garage and workshop. Home is situated on a large and level lot that is well landscaped with lots of mature trees.



***Auctioneer's Note: Come early, bring a comfortable chair and experience one of the best auctions of antiques and real estate of the year!**

FURNITURE: Walnut slant front Victorian secretary, walnut marble top 3 drawer chest, walnut Victorian rocker, Victorian stool, walnut 2 shelf bookcase, Emperor grandfather clock, period sofa, 2 piano stools, oak pump organ, wood painted hamper, old treadle sewing machine, 31" oak pedestal, old oak roll top desk, walnut 3 leg table, oak desk chair, small solid oak desk chair, large walnut wood pegged wardrobe, pressed back cane bottom rocker, windsor back rocker, Victorian parlor chair, 2 step cherry stool, walnut dresser w/marble insert, marble top Eastlake washstand, Lillian Russell cherry bed, very old spool bed (double), cherry finish dresser & matching chest, old lamp table, cherry round lamp table, pressed back oak rocker, metal & wood trunk, mahogany table w/leaf, walnut pegged corner cupboard, walnut pegged pie safe, marble top Eastlake table, cherry drop leaf dining table, 6 cherry dining chairs, wicker (sofa, 2 side chairs, 3 small tables), round iron table w/ 3 matching chair, 2 round glass top wicker base tables, 2 sets of 4 patio chairs, small oak 3 drawer chest, power lift recliner

GLASSWARE: pair Roseville pitchers, 30+ pieces of Fenton (vases, bowls, plates, glasses, milk glass), Hull vase, milk glass basket, bird figurines, glass basket, ginger jars, decanters, service for 12 Noritake w/ serving pieces, cut glass, pattern glass, pressed glass, etched stemware, service for 8 Bavarian china w/serving pieces, signed Rosenthal German bowl, 2 Oriental tea sets, red Fostoria glasses, amber & green White Hall glasses, milk glass pitcher & 12 glasses, blue Fostoria glasses, 6 milk glass goblets, several sets of glasses, several pieces of pottery, service for 12 Homer Laughlin china (white), leaded crystal

COLLECTIBLES: large selection of framed prints & paintings, oil lamps, fireplace set, 43x34 gold frame mirror, 3 floor lamps, very early sewing basket & sewing box, Blackstone guitar, Cannon County pictorial history book, several nice lamps, banquet lamp, oak mantle clock, brass candle sticks, several old rugs, walnut picture frames, baskets, silver plate, 12 pieces of black iron skillets & misc., 1 very large black iron skillet, large collection of cookbooks, 6 miniature lamps, copper molds, old water can, ukulele by Barclay

MISC.: small kitchen appliances, 2 TV's, wooden salad bowls, gas grill, hand tools, yard tools, 8 ft. step ladder, 20 ft. ext. ladder, wheel barrow, hose & reel, misc. baskets, wheel chair, Christmas decorations

APPLIANCES: Kenmore refrigerator, washer, dryer

This is only a partial list of items to sell. Don't miss this great sale!



**AUCTIONEER:
GARY NICHOLS
615-904-5001**

DIRECTIONS: Located on College Street in Woodbury's Historic District. Directly across from National Register Adam House and Adam's Library.
TERMS: REAL ESTATE: 10% down day of sale, balance due in 30 days.
PERSONAL PROPERTY: Cash, check, Visa or Mastercard day of sale.
TAXES: Prorated **POSSESSION:** With Deed

SPECIAL NOTE: Homes built prior to 1978 are subject to lead-based paint. In accordance with federal law, all potential buyers will be allowed 10 days prior to sale to have the home inspected at their expense.



ALL ANNOUNCEMENTS MADE DAY OF SALE TAKE PRECEDENCE OVER PREVIOUS ADVERTISING. ALL INFORMATION DEEMED RELIABLE BUT NOT GUARANTEED.



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DCCARC Members & Friends

A meeting of the DeKalb/Cannon County Amateur Radio Club will be held on Thursday, March 31st, 2016 - 6:30 PM at the DeKalb County Complex, 722 South Congress Blvd., Smithville, TN 37166. 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>.

TRACTOR SUPPLY COMPANY SCHOOL GARDEN PROGRAM IMPACTS OVER 6,000 ELEMENTARY STUDENTS IN TENNESSEE

"Dig It" Launches in 33 Schools Across Tennessee



Tractor Supply Company, the largest rural lifestyle retail store chain in the United States, has launched "Dig It," a school garden pilot program designed for students in the kindergarten through fifth grade across Tennessee. Tractor Supply awarded \$500 to 33 schools to either start or sustain a school garden program.

"We live in a world where more than three out of four Americans believe children are more likely to know where Justin Bieber is from than where their food comes from, and that shows us the opportunity we have in our communities to help children learn more about their food source," said Tractor Supply's Director of Store Marketing Lisa White. "Dig It gets kids outside and out of the traditional classroom setting, using their hands and minds in different ways that we hope will nurture a growing curiosity about what is on their own dinner tables, while encouraging a budding interest in how the world around them works."

Tractor Supply partnered with the National Agriculture in the Classroom, an organization which promotes agricultural literacy, to create a curriculum centered on providing enriched, hands-on learning opportunities that reinforce responsibility and teamwork, while deepening the students' connection to where food comes from.

Dig It's lesson plans support what a majority of Americans believe to be important and beneficial when it comes to classroom learning. A recent opinion survey of 1,000 Americans commissioned by Tractor Supply found:

75% believe hands-on learning is more effective than memorization

97% believe hands-on learning activities help children have a more positive attitude toward learning

"There is a clear disconnect concerning children's basic understanding of where their food comes from, so if we can get kids excited about learning, we not only help teachers connect with their students in a more meaningful way, but we also set those students up for success," said Jessica Holmes, Store Marketing Manager at Tractor Supply and creator of the program. "Schools are the center of our communities, which is why Tractor Supply invested in Dig It, so future generations will grow up appreciating and understanding what it takes to get a tomato from the ground to the plate."

Dig It is designed around the growing season and lasts through the end of the school year. Each participating student receives a kid-friendly garden tool set and a Master Gardener Certificate from Tractor Supply upon completion of the program

curriculum, which culminates in a ceremony for family and friends at their local Tractor Supply store.

Click here to view and download a list of participating schools in Tennessee. Fifty-five schools in New York are also participating in Dig It, for a total of over seventeen thousand students across both states.

About Tractor Supply Company As of December 26, 2015, Tractor Supply Company operated 1,488 stores in 49 states. The company's stores are focused on supplying the lifestyle needs of recreational farmers and ranchers and others who enjoy the rural lifestyle, as well as tradesmen and small businesses. Stores are located primarily in towns outlying major metropolitan markets and in rural communities. Tractor Supply Company offers the following comprehensive selection of merchandise: (1) equine, livestock, pet and small animal products, including items necessary for their health, care, growth and containment; (2) hardware, truck, towing and tool products; (3) seasonal products, including heating, lawn and garden items, power equipment, gifts and toys; (4) work/recreational clothing and footwear; and (5) maintenance products for agricultural and rural use. For more information, please visit www.tractorsupply.com.

Meat 'n' Potatoes

MIKE VINSON



Gunnar Kaasen, with lead dog Balto forcing his canine teammates to strive onward, arrived with the antitoxin in Nome, Alaska, early morning February 2, 1925. Balto's statue, standing in New York City's Central Park, has proved an inspiration for countless generations of youngsters.

Background on Balto, the canine hero

The glowing bronze of this statue on a rock outcropping near the East Drive at 67th Street in NYC's Central Park reflects the loving pats of countless children and adults who recall the story of a heroic dog. In January 1925, the city of Nome, Alaska experienced an outbreak of diphtheria.

A relay of mushers and their dog-sled teams was the only way to deliver the fur-wrapped twenty-pound package of serum to the ailing community 674 miles from Nenana. The route followed the old Iditarod Trail used by mail drivers from Anchorage to Nome (now the route of the dog-sled championships). The 20 teams of over 200 dogs covered the frozen terrain at about six miles

per hour, in blizzard conditions with temperatures of 50 degrees below zero.

The last musher, Gunnar Kasson, and his team lead by Balto, a black and white Alaskan malamute, raced over the frozen tundra in only five days and seven hours – a world record time.

Balto survived the journey, and toured the United States with the rest of the dog team. On December 17, 1925, 10 months after his arrival in Nome, Balto was present as this bronze statue was unveiled in Central Park.

Balto died in 1933 in Cleveland, Ohio, where his stuffed body is on display at Cleveland's Natural History Museum.

Inspirational 'Iditarod': The Last Great Race on Earth

Though they seldom receive their commercial due—often times forgotten, or, yet, totally unknown—true accounts of primal survival, man against nature, do resonate with most walks of life. Adding credence to this stance is Leonardo DiCaprio winning the 2016 Oscar for Best Actor in the 2015 film "The Revenant," based on a true story that took place in the early 1820s.

In "The Revenant," DiCaprio portrays Hugh Glass, a legendary hunter and trapper. Mauled horrifically by a mother grizzly bear, Glass is left for dead by fellow trappers. Driven by pure grit and a venomous need to exact vengeance, Glass braves nature's harsh elements and crawls, stumbles, and drags himself a great distance (for a month, some say) until he catches up with the two men who abandoned him.

That said, have you ever heard of the "Iditarod Trail Sled Dog Race"? First, some geographical insight: The "Iditarod Trail" is located in Alaska, and is approximately a 1,000-mile stretch of extremely rough wilderness, beginning in Anchorage, located in the lower southeastern portion of Alaska, and ending in Nome, located diagonally in the upper northwestern portion of Alaska, the coastline of Nome touching on the Bering Sea.

Officially inaugurated in 1973, the Iditarod Trail Sled Dog Race is an annual long-distance sled dog race run in early March. A human dog driver, a.k.a. "musher," and 16 dogs (mostly Alaskan Huskies) pulling a sled compose each team. Navigating the 1000-mile trek from Anchorage to Nome, competing teams are forced to endure treacherous landscape, acute-angled mountainous turns, and frozen rivers, while also encountering blizzards, white-out conditions, gale-force winds, and threatening wildlife, such as moose.

At least 6 dogs must be on the "gangline," which attaches the dogs to the sled, at the finish line. The teams generally cover the distance in 9-15 days. Common injuries for mushers are frostbite, broken bones, and concussions. As indicated, not all the dogs make it across the finish line in Nome. The winners of the Iditarod Trail Sled Dog Race are hailed as heroes in Alaska ... and understandably so!

However, regarding the Iditarod Trail Sled Dog Race, it is the story behind the story that I find most fascinating.

BACK STORY:

Late winter of 1925 Curtis Welch was the only medical doctor in Nome, Alaska. Dr. Welch ran a 25-bed hospital, accompanied by a

small staff of nurses. His supply of diphtheria antitoxin had expired, and although he had placed an order with the health commissioner in Juneau, capital city of Alaska, the order did not arrive before the waterway port closed for the year.

During January 1925, several people in Nome died from diphtheria. Realizing he had a medical crisis at hand by late January 1925, Dr. Welch telegraphed a message of duress to the governor of Alaska and, also, to the U.S. Public Health Service in Washington, D.C., expressing the urgent need for an immediate supply of antitoxin to battle the diphtheria epidemic.

Health officials and Alaskan governor Scott Bone immediately gathered and held an emergency meeting. Someone suggested flying in the antitoxin to Nome. Though some biplanes were available, the idea was quickly sacked due to minus-50-degree Fahrenheit weather: Neither the available airplanes nor the available pilots had been tested and proven under such hazardous conditions. The only option for delivering the much-needed antitoxin was by "sled dog relay."

January 26, 1925, 300,000 misplaced/forgotten units of the serum were discovered in the Anchorage Railroad Hospital. The first team in the relay—to become known as the "Great race of Mercy"—was steered by "Wild Bill" Shannon, who was handed some 20 pounds of the antitoxin at the train station in Nenana, northeast of Anchorage, on January 27, 1925, late at night. The distance from Nenana to Nome was approximately 650 miles.

After many handoffs to other sled dog teams, many of the dogs perishing along the way, and many men suffering physical injury, musher Gunnar Kaasen, with lead dog Balto forcing his canine teammates to strive onward, arrived with the antitoxin in Nome, Alaska, early morning February 2, 1925.

The teams of mushers and their sled dogs had made the 650-mile trip—under the most dire of weather conditions, nonetheless—in just a little over 127 hours.

Since some consider it the greatest display of willpower for both man and animal in recent history, it's not a wonder the Iditarod Trail Sled Dog Race is called "The Last Great Race on Earth."

Fittingly enough, a statue of Balto, the lead dog on the last relay team, is located in Central Park in New York City. An inspirational story, indeed!

(NOTE: The town of Iditarod is located between Anchorage and Nome, Alaska, thus the "Iditarod Trail.")

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Saturday, April 9th, 2016 (Dr. Gayle Tate)

- Auburntown School.....8:30 - 9:00 am
- Gassaway Store.....9:30 - 10:00 am
- Short Mountain School.....10:15 - 10:45 am
- Eastside School.....11:00 - 11:30 am
- Pleasant View11:45 - Noon

Saturday, April 9th, 2016 (Dr. Lewanda Lance-Jordan)

- West Side School.....8:30-9:00 am
- Bradyville (Church of Christ).....9:15 - 9:45 am
- Ivy Bluff (Methodist Church).....10:15 - 10:30 am
- Woodland School.....10:45 - 11:15 am

Saturday, April 16th, 2016

- Cannon Co. Courthouse.....8:30 - 9:30 am (Dr. Gayle Tate)

Saturday, April 23rd, 2016

- Sunny Slope Church.....8:30 - 9:30 am (Dr. Lewanda Lance-Jordan)

After clinic dates, call your Cannon County Veterinarians who will honor this reduced price ALL during the month of April. Stop by or call your veterinarians office for more details.

Cannon Co. Animal Clinic- Dr. Gayle Tate (615) 563-4022
Woodbury Vet Hospital – Dr. Lewanda Lance-Jordan (615) 563-8387

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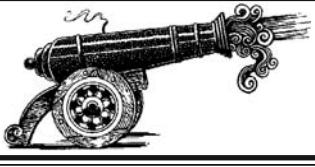
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All items sold "as is". All properties are sold "as is", both surface & subsurface having invited Bidder to inspect prior to bidding.



THE CANNON BLAST

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

Celebrate Recovery

A Christ-centered recovery program created to help people overcome any struggle in life meets Tuesdays at 6:30 p.m. at First Baptist Church. Celebrate Recovery is a safe place where people can be honest about real problems, real hurts, habits and hang-ups, and together experience free freedom and new life through God's love. On Tuesday, March 22, Celebrate Recovery will have a communion service to reflect on sacrifices made and to remind each other who we are, how we got here and why it matters. Contact: Hunter Hay 615-542-2132
musclers66@yahoo.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.

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.

Southern Self Taught Artists Selections from the Caldwell Collection Now On Display in Cannon Hall

Open Tuesday-Saturday, 10 a.m.-4 p.m. Admission is Free

Dr. Benjamin Caldwell, Jr. and Mrs. Gertrude Caldwell generously donated the collection to the Arts Center of Cannon County in 2005. The Caldwells have collected art for more than forty years. Mrs.Caldwell says about collecting art, "I am attracted to art immediately for some reason, either the color, the form or action...As we began to go places and meet the artists, I came to love the people." The collection includes numerous internationally recognized self taught and outsider artists from the south, including works by Mose Tolliver, Jimmie Lee Sudduth, Bessie Harvey, and Homer Green.

Auburntown Lions Club Fish Fry Saturday, April 2 @ Noon - 7 p.m. at the Community Center in Auburntown.

Billy Kitchen Friday, April 9

Cannon County Senior Center

Doors open at 6 p.m. Show starts at 7 p.m. Come enjoy a mix of both county and 60s rock n roll.

Your Buddy, Aaron Tessis A Tribute to Buddy Holly Saturday, April 9, 7:30pm

Arts Center of Cannon County

Slap on your dancing shoes! Roll up those faded jeans! And get ready, ready Teddy to go back in time to the late 1950s, to what the world looked like through the visionary eyes of the late great, Father of Rock & Roll, Buddy Holly. Aaron Tessis, a Nashville based artist, began performing at age 6. Visit AaronTessis.com

Teddy Bear Tea Saturday, April 9 Community Center

Girls entering kindergarten and first grade are invited to join the Girl Scouts for a Teddy Bear Team Party. Put on your party clothes and bring a special stuffed friend for an afternoon filled with Girl Scout fun. You'll make new friends, enjoy a fun etiquette session, make a craft and more. April 9 from 10 a.m. to noon at the Community Center, 630 Lehman St., Woodbury.

Music Night Cannon County Senior Center Friday, April 15

Uptown Country will perform at 7 p.m. Doors open at 6 p.m. Admission is \$5.

Cannon County Commission Meeting Saturday, April 16 @ 10 a.m. - noon At the Cannon County Courthouse.

3rd Annual James Stembriage Friends Open Jam On the Square in Woodbury Saturday, April 16; 11 a.m.

Come on out for the 3rd Annual James Stembriage Acoustic Jam. All musicians and music lovers are welcome! Join in for a day of friends, family and music. Free open acoustic jam. Just bring your instruments and a chair. Sponsored by local Cannon County businesses. Call James at 615-542-8035 for more information.

Music Night Cannon County Senior Center Friday, April 15

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

Forever Abbey Road Saturday, April 23 7:30 p.m. Arts Center of Cannon County

From the Beatles' early years of "She Loves You" and "I Want to Hold Your Hand" to the psychedelic period of "Sgt. Pepper's Lonely Hearts Club Band" to their later years of "Hey Jude" and "Let It Be" - Forever Abbey Road performs it all with exciting energy, heart and accuracy.

Yard Sale on the Square in Woodbury Saturday, April 23

Iron Pig Antiques at 103 N. Cannon St. plus several other antique businesses around the square will hold a Yard Sale beginning at 8 a.m., great sales, lots of fun, invite your friends and spend the day in Woodbury. Contact Trish at Iron Pig Antiques at 615-563-5375 for more info.

Cruise-in On The Square in Woodbury Saturday, April 23 @ 4 to 7:30 p.m.

All makes, models and motorcycles welcome beginning at 4 until 7:30 pm. No entry fee, enjoy dj music, cruiser of the month award, door prizes and register for the Grand Prize donated by DTC Communications to be awarded at the Oct. Cruise In. Contact John Barker at 615-542-4065 or Carolyn Motley at 615-563-2222 for further information.

Bluegrass Music at Gassaway Friday, April 29 Gassaway Community Center Live, free Bluegrass music open to the public.

Music Night Cannon County Senior Center Friday, May 6

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

Music Night Cannon County Senior Center Friday, May 13

Lonnie Jones and Tennessee Shine will perform at 7 p.m. Doors open at 6 p.m. Admission is \$5.

Daisy Day at Camp Sunday, May 22

Girls entering kindergarten and first grade are invited to hang out in the Daisy Den and go for a hike around camp. Games and crafts are planned. Bring a picnic lunch and find a place to eat, then feel free to explore our camp from 2 to 4 p.m. May 22 at Camp Piedmont, 230 Pilot Knob Road, Readyville.

Cannon County Commission Meeting Thursday, May 5 @ 5-7 p.m. At the Cannon County Courthouse.

Mule Day Saturday, May 14 @ 11 a.m. - 6 p.m.

Middle Tennessee Mule Skinners Association presents "Mule Day" in Cannon County. Gates open at 11 a.m. at the Horse Show Arena located on Lehman St. in Woodbury. Contact Andy Duggin at 615-624-1708 for further information.

Cannon Courier "Hall of Fame" Sports Banquet May 19 @ 5-9 p.m.

The Cannon Courier "Hall of Fame" Sports Banquet will take place at the Arts Center on John Bragg Hwy. Join in when athletes of the past and present are acknowledged for their accomplishments in Cannon County Sports, dinner will be included. Contact the Cannon Courier for details at 615-563-2512.

The Good Ole Days May 20 - 21

May 20-21: The Good Ole Days, sponsored by the Cannon County Senior Center will take place On The Square in Woodbury. Enjoy, music, pageants, food, vendors and special attractions beginning at 8 a.m. until the fun is over each day. Contact the Senior Center at 615-563-5304 for further information and vendor applications.

What's Happening in Cannon County Schools

March 29—CCHS Baseball game at Macon Co., 6:00 p.m.

March 29—CCHS Softball game at Upperman

March 29—CCHS Soccer match with Macon Co. at home, 5:00 p.m.

March 31—CCHS Softball game with Dekalb Co. at home, 4:30 p.m.

April 2—CCHS Baseball games with Mr. Juliet Christian at home, 1:00 (DH)

April 4—CCHS Baseball game at Central Magnet, 5:00 p.m.

April 4—CCHS Tennis match with Goodpasture at home, 3:30 p.m.

April 5—CCHS Baseball game with Central Magnet at home, 5:00 p.m.

April 5—CCHS Softball game with York at home, 4:00 p.m. (DH)

April 5—CCHS Soccer match at Merrol Hyde, 7:00 p.m.

April 7—CCHS Softball game at Livingston (DH)

April 7—CCHS Soccer match with Bledsoe Co. at home, 6:00 p.m.

April 7—CCHS Tennis match with Merrol Hyde at home, 3:30 p.m.

April 8—CCHS Tennis match at Central Magnet, 4:30 p.m.

April 8-9 - CCHS Baseball at Clarkrange Classic

April 11—CCHS Soccer match at Warren Co., 6:00 p.m.

April 11—CCHS Tennis match at Providence Christian, 4:30 p.m.

April 12—CCHS Tennis match at Dekalb Co., 4:30 p.m.

April 11—CCHS Baseball game with Upperman at home, 5:00 p.m.

April 12—CCHS Baseball game at Upperman, 5:30 p.m.

April 12—CCHS Softball game with Central Magnet at home, 4:30 p.m.

April 14—CCHS Softball game with Smith Co. at home, 4:30 p.m.

NOTE—May 6, 2016 will be a regular instructional day. This will also be the make-up day for Part 2 of TN Ready testing.

Trading Post Chat

BY SAVANNAH CUNNICK



The Foremost demon in the food consumption category ... Well the most 'convenient' of course - CARRY OUT & PREPARED

BEING A BAMBOOZLED CONSUMER IS NOT A TASTY TREAT!

There are soooo many mixed messages out there about what is and is not good to eat....all I see is one good FOOD FIGHT!

Remember we have been talking about the labeling of natural versus organic products and how it can be confusing for us...well now, here is even more info regarding what and what not we should eat. I know it is bad enough that we have to spend our precious time grocery shopping, but now we have too play: I SPY on just how nutritious our purchases truly are. The more I study this subject, the more I wonder just how our body puts up with it. It's already (or should be) understood that carry out and prepared foods is the foremost demon in the food consumption category. But, it is CONVENIENT but we eat it anyway and forget it. Understood, it is necessary at times to grab the quick fix....but let's not make it an undying habit that can literally lead to a dying effect! So, quite frankly, it all boils down to caution with selective dining, sensible grocery shopping and proper meal preparation.

It's the SALT content in processed foods that we have to watch. Too much salt and fat levels found in fast foods that bless us with the risk of heart disease and strokes. There are sooo many preservatives that will do NOTHING to preserve us!

At the grocery stores a loophole exists as far as proper labeling the contents of what we are buying. The food and drug administration requires packaged foods to carry nutritious facts labels...but is not mandatory for many fresh prepared foods.

When shopping always check labels on the food you buy. Check sodium levels, if artificial sweeteners or coloring and the big killer: CORN SYRUP.

It may seem senseless and time consuming to check all the labels....but after all...what is a little time versus a life-saving measure for you and your loved ones?

Ever look at the pictures taken back in the 50's and the 60's where families actually are seated around a table enjoying a home-cooked meal and WHAT? actually talking to each other? No television on, no cell phones ringing, ever notice how healthy these folks look. Now, obesity is a big concern. Our children are the size of Andres the Giant full of preservatives and steroids (overly used to grow today's beef, pork and chicken).

From their birth to year after year of WRONG NUTRITION they grow up and continue to be uneducated about just what they are eating.

What in heaven's name has happened from the 60's to today 2016? It's never too late to reverse this cycle.

Finally, the FDA is enforcing new rules that require further labeling of what is actually in prepared foods in coffee shops, movie theatres, restaurants, and vending machines. Additional information such as calorie intake will also be mentioned. This will take place by the end of the year. And, WHY?...

C'mon you know....because we are now demanding to choose a more healthy lifestyle. Don't shake it off...don't shrug your shoulders. Serious messages have just been sent your way....make use of them and see how much better you feel and how much better your body looks and functions. Prove to me that all my concerns for your health have not been in vain. Thank you

On the other hand, Cousin Clarence remains numb to my warnings and opens a Pizza business. Uncle Festus asked him just why he wanted to do that, and Clarence said: He wanted to make some DOUGH! Festus said: Well, OK, I'll order one...will it be LONG? No, it will be ROUND, Clarence replied. Aunt Martha said to cut HER pizza in 6 pieces, because she could never eat 12! Cousin Patsy asked him: What is the best thing to put in a pizza pie? Your TEETH, of course! Uncle Pete also has quite an appetite. If his teacher told him that his homework was a piece of cake: He would eat it. Auntie Ann decided to start cooking at home for a change....it was going to be a surprise, but the fire department ruined it!

Thus, my family as usual...remains in their own little world and don't listen...

Aunt Martha told me the other day that she even has to tell Festus to put on a CLEAN pair of socks every day....

by Friday, he couldn't even get his boots on! (for real??...)

The Short Mountain Trading Post plans to open in late spring....May 20th. We will be hosting a huge family flea market and free lunch for all.

No charge to set up your tables or canopies...so call me and reserve your free spot at: #615-464-7824. Don't miss out! Lots of FUN ahead!

The Feed America First gang is still handing out free food and clothing every Saturday from 7:30 AM to 9:30 AM by the Woodbury Community Center.

Please join them and come to collect things that you and your family may need at this time!

The Woodbury Animal Rescue will be hosting their fund raising event in Woodbury on June 4th. Please attend and when you do bring a bag of cat or dog food, litter, blankets, animal toys and cages that you no longer use. All of your contributions are much needed and very appreciated!

Good Luck, Sue, with your event. Many thanks for YOUR efforts and everyone who also contributes their



Savannah's barn cats call the mice riding skateboards: "Meals on Wheels."

time and love to those little guys that need homes and a warm meal.

J.D. just told me a joke that really relates to my nutritious food article: Why do the French eat SNAILS? Because they don't like FAST food!

OK...enough...enough....Gotta run for now, Folks... get busy on your healthy eating and smart safe shopping....and as always, take care of your loved ones, help your neighbors, hug your pets, drive carefully, smile and above all LAUGH while you dance in the rain!

Hugs Savannah

Woodbury Livestock

3/22/2016

* w/v = wean/vaccinated

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Hfrs	455	165.00
Hfrs	539-574	150.00-156.50
Hfrs	655	133.50
Bulls	390	193.50
Bulls	595	158.50
Strs	595	165.00
Strs	620	154.50

COWS	Lean	65.00-70.00
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Parkinson's Patient Helped To Live A Better Life With Chiropractic

The Annals of Vertebral Subluxation Research published a case study on June 1, 2015, documenting a case of a patient with Parkinson's Disease (PD) being helped over the course of a decade to have an improved quality of life. The authors noted the purpose of this study saying, "In this case study we will add to the small but growing body of evidence that reports on the association between chiropractic care and PD." According to the WebMD website, "Parkinson's disease affects the nerve cells in the brain that produce dopamine. Parkinson's disease symptoms include muscle rigidity, tremors, and changes in speech and gait. After diagnosis, treatments can help relieve symptoms, but there is no cure." The authors of this study add that PD affects about one percent of the population over the age of 65.

"PD has a major effect on the quality of life of patients, who gradually lose autonomy and cognitive function. The decline in quality of life proceeds at a rate that is five to seven times faster than the average yearly decline caused by normal aging in individuals without the disease," state the study authors.

In this study, a 63-year-old man went to the chiropractor seeking relief

from the desk of
Dr. Trea Wessel

from his lower back pain. He was also suffering with tremors in his right arm for five years and had been

led to the determination that subluxations of the spine were present. Based on these findings a specific



diagnosed with Parkinson's two years prior. He was on a daily medication for his Parkinson's. The case history showed that the man's main complaints related to his PD were tremors in the right hand, gait disturbances in the left leg mainly caused by foot drop, and trouble walking with a loss of balance.

A chiropractic examination was performed including spinal range of motion, neurological and orthopedic tests, and spinal x-rays. The results

series of chiropractic adjustments were begun.

The patient initially was seen 3 times per week for the first month. After the initial 12 visits the frequency of care was reduced to once per week. The man continued his chiropractic care for another 10 years before the writing of this study.

After 10 years, the now 73-year-old man reported that his PD symptoms had not worsened, but had actually improved since he started chiropractic care.

He noted that the tremor in his right hand was not present as often and had not spread to any other part of his body. He reported that he was able to return to playing badminton more easily due to improvements in balance and an improved range of motion.

The study authors point out that this study and others they reviewed showed that some patients with PD had a slow down or stopping of the progression of their disease. They point out this is contrary to medical care alone which can treat the symptoms but does not seem to have any effect on the progression of PD.

"The aim of chiropractic care is to enhance nervous system function so the body is better able to heal itself. In contrast, the medical treatment of Parkinson's relies on external input," note the study authors. "The findings in our case study support previous literature which has examined the symptomatic progression, quality of life and neurological function of PD patients under chiropractic care."

"For more information on Chiropractic care contact:

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

USDA Seeks Applications for Loans and Grants to Help Grow Rural Businesses and Spur Economic Development

Rural Business Administrator Sam Cooperative-Service Ridders today announced

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that USDA is seeking applications for loans and grants to help support the start-up or expansion of rural businesses.

USDA is making \$37 million in loans and \$11 million in grants available. A recipient may receive a loan of up to \$1 million, or a grant of up to \$300,000.

For information on how to apply for REDLG loans or grants, contact your Rural Development state

office or see page 14415 of the March 17 Federal Register. The first round of applications is due March 31, 2016, and the second round of applications is due June 30, 2016.

President Obama's historic investments in rural America have made our rural communities stronger - strengthening America's economy, small towns and rural communities.

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TF-Aug. 6-C

SHORT...

Recently, portions of the Short Mountain massif were acquired and are now managed as the 1,000-acre Headwaters WMA by the TWRA, with each of the three watersheds represented.

For this spring tour, we will begin atop the mountain at the Short Mountain Bible Camp, learning about the history of the area and its inhabitants, and the significance of the Plateau remnant to water quality of area springs, seeps, and caves. We'll then trek northeast to the headwaters of Clear Fork Creek, where we will make a brief hike to see a beautiful waterfall typical of the shale contact zone between the Central Basin and Eastern Highland Rim. Here we will view a large population of the endemic Short Mountain Crayfish (*Cambarus clivosus*), presently recorded only from Cannon and Dekalb counties.

From there we'll avail ourselves of the hospitality of friends from North Short Mountain Road, sit on the porch for a time, and learn about the special plants and plant communities in the area. Then we take a leisurely cruise through this lush part of the mountain and move onwards towards the Stones River Road portion

of the Headwaters WMA. Here we will learn about TWRA's management of the WMA, and meet the Brawley's Fork Crayfish (*Cambarus williamsi*), a state-endangered species known only from the cobbles and cool streams of Cannon County.

With another quick ride we'll move back up to the Eastern Highland Rim and back to the Short Mountain Distillery for a special tour of their grounds and facility. Here we will learn about how the Short Mountain landform supports the local community and economy and is likewise influenced by both. We'll learn about ongoing actions to improve conditions in area watersheds - and how each of us can become further involved.

Following the event all are welcome to tidy up and enjoy lunch (bring your own) on the grounds at the distillery.

David Ian Withers is the staff zoologist with the Tennessee Natural Heritage Program of the Division of Natural Areas, and has been involved with stream surveys, environmental review, and crayfish inventory in the East Fork Stones River watershed since the mid-1990's.

Sunny Fleming is a Natural Heritage biologist with the Division of Natural Areas and focuses primarily on rare plants

of state and federal concern. Much of her work in recent years concerns rare and endemic plant species from the cedar glades and barrens of middle Tennessee.

Neal Appelbaum is a Cannon County resident, advocate, and past president of the Stones River Watershed Association (SRWA). He currently serves on the board of the SRWA and in 2014 became the Executive Director of the Arts Center of Cannon County.

This multi-stop route will begin and end at the upper limits of three watersheds on Short Mountain. Participants should wear sturdy shoes or boots you don't mind getting wet, and bring along some dry clothes and footwear as well. Although not required, attendees may also wish to bring a notebook and pencil, a hand lens or magnifying glass, and camera. You can address specific questions about the outing to david.withers@tn.gov. Don't forget to BYO lunch and water!

Transportation will be provided and this event is limited to the first 20 registrants. Pick up and drop off will occur at the Short Mountain Distillery, 8280 Short Mountain Rd, Woodbury, TN 37190. Pick up and orientation will occur at 9:30 AM CT.

The Tennessee Consumer Outlook Index and Components

Increase / Decrease from December 2015

	TN		West TN		Mid TN		East TN	
	March '16	Change	March '16	Change	March '16	Change	March '16	Change
Outlook Index	45	27	22	48	92	3	17	
Satisfaction Index	-35	22	-58	28	-4	20	-46	
Expectations Index	37	1	39	9	46	-11	26	
Index	43	4	41	11	50	-6	37	

Consumer outlook up across Tennessee

MURFREESBORO — Tennessee consumers are more upbeat about the economy even as concerns linger about their future finances and current job prospects, according to the latest statewide consumer survey results from Middle Tennessee State University.

The overall Tennessee Consumer Outlook Index rose to 45 this month, up noticeably from 18 in December. The current online survey of 606 randomly selected Tennessee consumers was conducted between March 1 and March 15, with a margin of error of 4 percent.

The Office of Consumer Research in the MTSU

Jones College of Business conducts the quarterly survey, which measures areas such as how consumers feel about the local, state and national economies as well as their personal financial situations and the job market. A pdf copy of the full report is available at <http://bit.ly/1VNEc8i>.

Dr. Tim Graeff, director of the Office of Consumer Research, offered a caution about the uptick, noting the fact that the "current situation index," a subcategory of the survey, is still in the negatives. That means a greater percentage of consumers have negative views of the current economy than have

positive views. The current situation index rose to -35, up from -57 in December.

Broken down by the state's three regions, West Tennessee showed the largest regional improvement in the index (up 48 points). And even though Middle Tennessee saw modest decreases in future outlook and views toward making large purchases, the Midstate still leads the state regarding consumers' perceptions of the economy, Graeff noted. East Tennessee saw modest increases overall.

For more information, contact Graeff at 615-898-5124 or Tim.Graeff@mtsu.edu. Or visit www.mtsu.edu/consumer.

S.A.V.E.

gram due to the level of confidentiality it must maintain.

"You may not need it, but you know people, families, that do," Baird said. S.A.V.E.'s services extend to more people than abused wives. "Elder abuse, child abuse are major problems in our community."

In addition to Rebecca Womack, S.A.V.E.'s board includes Sharon Canady, Sandy Hollandsworth, Leroy Brandon, Sharon Prater, Jennifer Duke and Tammy Jones.

"We've got a wonderful board," Baird said.

"It's a good working board. We are friends, but we are not afraid of expressing our opinions all while working toward the same goal," Womack explained. "I want everybody to have a fair shot at life."

The S.A.V.E. Shelter does have ongoing needs

In-Kind donations needed include diapers, baby wipes, hygiene products, paper towels, bathroom tissue, laundry detergent, fabric sheets, dishwashing liquid, dish soap, children's snacks, coloring

books, crayons, furniture and computers.

Monetary Donations can be made by check paid to the order of Cannon County S.A.V.E. and sent to P.O. Box 329 Woodbury TN 37190.

If you would like to volunteer, please contact Director, Lisa Baird at 615-563-6690 or 615-464-5555.

If you would like to make a monetary donation to this agency please contact 65-563-6690 or mail endorse check to Cannon County S.A.V.E.. Mailing address: PO Box 329 Woodbury TN 37190

Plant window box for pollinators

WASHINGTON — At the annual White House Easter Egg Roll, the United States Department of Agriculture (USDA) urged Americans of all ages to "Plant a Window Box for Pollinators" by using a new, free online tool available at the redesigned People's Garden Initiative website.

The new tool allows people to determine which plants will provide pollinator forage based on their zip code. Site visitors can then print out the list of plants to take to their local garden store and grown them in a window box. There is also a virtual window box game. Even a space as small as a window box can help pollinators by ensuring they don't have to fly too far to find food. The interactive People's Garden website also includes the popular live USDA "bee cam" which broadcasts honeybee activity on the roof of USDA's headquarters building in Washington, D.C.

The new People's Garden website is just in time as Agriculture Secretary Tom Vilsack designated April as National Garden Month.

"Gardens provide a positive setting for pollinators such as bats, bees, birds, butterflies, beetles, and other animals that

contribute substantially to the U.S. economy and play a vital role in keeping fruits, nuts, and vegetables in our diets," Vilsack said in the proclamation.

In addition to the window box tool, the website features an interactive map of the more than 2,100 People's Gardens planted since Vilsack launched the effort at the start of the Obama Administration. The new website shares People's Garden success stories and numerous resources, from videos to checklists, on how-to create a garden that benefits the community and incorporates sustainable practices.

"The website's 'Plant a Window Box for Pollinators' tool is a fun way for gardeners to select native plants for their gardens and, at the same time, help bees, butterflies and other pollinators flourish," said Agricultural Marketing Service Administrator Elanor Starmer.

The People's Garden Initiative works with agencies and offices across USDA and with federal, state and local partners to start and sustain gardens with the mission of growing healthy food, people and communities. USDA's Agricultural Marketing Service, Transportation and Marketing Program oversees the Initiative for

United Way projects available

Projects for United Way's Days of Action volunteer event, presented by Nissan, are now available. Days of Action is an opportunity for volunteer teams in the community to complete projects that benefit United Way partners. Volunteers will participate in activities such as cleaning, yard work and painting to help organizations complete projects that need to be done. United Way is focusing on projects impacting the areas of education, health and financial stability.

This year's Days of Action is also a partnership

with Middle Tennessee State University's The Big Event and United Way. On April 16, students will be working in concentrated areas within Old Fort Park to improve the park grounds.

"MTSU is a long-standing partner of United Way and we are honored to work with the students during The Big Event," said Lisbeth Couser, Director of Community Engagement for United Way, "This event encourages students along with the community to come together to make a difference in Rutherford and Cannon Counties."

Volunteer teams can adopt projects by visiting www.unitedwayvolunteer.org. For questions, contact Lisbeth Couser at Lisbeth.Couser@yourlocaluw.org or by calling (615) 893-7303 ext. 111.

Event sponsors include Nissan, Miller Loughry Beach and Advance Financial Foundation.

Participating organizations include Middle Tennessee State University, MTSU Student Government Association, National Park Service, and the City of Murfreesboro.

Lt. Gov. Ron Ramsey honored

The Tennessee Financial Literacy Commission presented Lt. Governor Ron Ramsey with the Financial Literacy Champion Award. The Commission hosted its annual benefit dinner on Wednesday night, with special guests Lt. Governor Ron Ramsey and Speaker of the House Beth Harwell. State Treasurer David H. Lillard, Jr., Chair of the Tennessee Financial Literacy Commission, thanked the Lt. Governor for his energetic and faithful support of the Commission since its inception.

Lt. Governor Ron Ramsey has been a special guest host of the annual event for the last five years. He has given generously of his time and demonstrated his dedication to seeing financial literacy education grow throughout Tennessee. He has also supported the Commission's critical work by appointing strong board members during his legislative tenure.

"This is something I have felt strongly about since Treasurer Lillard first mentioned it to me,"

Lt. Governor Ron Ramsey said. "Growing up on a farm in East Tennessee, my grandfathers impressed upon me that it's not how much you make, it's how much you keep. We need the Tennessee Financial Literacy Commission to help make sure all Tennessee children and adults learn how to practice these basic financial principles."

The Tennessee Financial Literacy Commission was created in 2010 with the mission to equip Tennesseans to make sound financial decisions when it comes to planning, saving, and investing. The Commission has trained over 3,000 Tennessee public school teachers to teach the nationally recognized Financial Fitness for Life® curriculum in their classrooms. The Commission has also implemented an online program for direct use by students and has educated over 3,000 students in this manner. The Commission has the goal to reach every K-8 classroom in Tennessee.

In 2010 Tennessee state government had

no organized function in financial literacy. Today, Tennessee has received a grade of "A" for its structure and efforts to improve financial literacy in the state. None of this would have been possible without Lt. Governor Ramsey and the legislative leadership.

"The decisions Tennessee leaders make are critical to the quality of life individual Tennesseans will achieve," said State Treasurer David H. Lillard, Jr. "I believe history will ultimately judge that the decisions Lt. Governor Ramsey and the legislative leadership made to set a goal for Tennessee to be first in the nation in financial literacy will be seen as the turning point on the road to a much better future for all Tennesseans. The Financial Literacy Champion award recognizes his role in that pivotal decision."

The Commission is a tax exempt 501(c)(3) non-profit organization that relies mostly on donations from individuals and businesses for its funding.

Older drivers with falling history likely to wreck

KNOXVILLE, Tenn. (Mar. 25, 2016) — Older drivers with a history of falling are 40 percent more likely to be involved in crashes than their peers, according to a new study released by the AAA Foundation for Traffic Safety. Falls limit an older drivers' ability to function behind the wheel and can make driving risky for themselves and others on the road. These findings are important since annually a record 12 million older adults will experience a fall.

"Drivers age 60 and older are involved in more than 400,000 crashes each year, and it's important that we find ways to keep them and others safe on the road," said Don Lindsey, Tennessee Public Affairs Director, AAA - The Auto Club Group. "This research is critical because it shows that we can now use an older driver's fall history to identify if they are at greater risk for a crash."

The report, Associations Between Falls and Driving Outcomes in Older Adults, is the latest research released in the AAA Foundation for Traffic Safety's Longitudinal Research on Aging Drivers (LongROAD) project. Researchers from the University of Colorado Anschutz Medical Campus along with the AAA Foundation for Traffic Safety say that falls can increase crash risk in two

ways:

Falls can result in a loss of functional ability (i.e. wrist fractures or a broken leg), which can make it difficult for older drivers to steer or brake to avoid a crash.

Falls can increase an individual's fear of falling, which can lead to a decrease in physical activity that weakens driving skills.

"When it comes to physical health, you either use it or lose it," said Lindsey. "Falls often scare people into being less active, but decreasing physical activity can weaken muscles and coordination and make someone more likely to be

in a crash."

The research suggests that seniors and their families should view falls as a possible early indicator of declining physical fitness. Addressing the health issues that originally led to the fall such as lower body weakness, poor balance, slow reaction time, certain medications, dizziness, or vision problems, can help older drivers strengthen their functional ability and lower their risk for crashing or experiencing another fall in the future.

Even a low impact fitness training program or driver improvement course can help safely.

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Open 7 Days a Week

Auburntown kiddo's head into spring break with lots of Easter Eggs, Stuffed Bunnies & Goodies

Glad to hear Terry Whited is home and doing better following back surgery that was supposed to be an "in-and-out-the-same-day" procedure but turned into several days due to complications. Wife/nurse, Debbie, is taking good care of him.

Terry (and Debbie) came home Sunday and Monday her mom was rushed to St Thomas, Nashville, where she underwent a successful heart ablation procedure

without complications.

It was a Bridal Tea Sunday afternoon for Carli Summar, bride-elect of Jason Reed. The event took place at Auburn Baptist Church.

During the morning service, Auburn held a baptismal service with Deborah Kirkham the candidate.

All of our family was at Dillon Street Baptist for their morning service to witness the baptism of our grandson, Rylon Morrison.

Auburntown News

By ANNA PATRICK

Then it was back to our house for the March birthdays. Janna Womack and Kyle Patrick were the honorees. Janna's dessert consisted of her two favorites - Oreo cookie dough red velvet blondie layer cake while Kyle's favorite was put into ice cream which was Reese's

Peanut Butter Cup.

Lots of baskets full of Easter eggs got boarded the morning school bus and were still full when getting off at the afternoon route but with different eggs and even some stuffed bunnies in the mix. Don't know how they hunted as none were wet from rain!

Jessie Tucker-Baugh begins our birthday list this week on the 30th.. Then it's April Fool's Day and a special birthday for our granddaughter, Alayna Reed when she hits the 18th year. Roy Nelson Pugh gets to celebrate on the 2nd. The 4th is set aside for Dean Nichols. Winding up the week's worth of wishes are Eddie Nichols (his 72nd) and our grandson, Dustin Patrick (his 26th). Happy, happy birthday you all!

Hope all students,

faculty and school employees have a safe and happy Spring break.

If you have news for this column, please e-mail me at apatrick@dtccom.net, or call 615-464-4310 and leave a message if no answer.

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.

Clarksville Nonprofit Uses Federal Money to Personally Benefit Executive Director



The Tennessee Comptroller's investigation of the Cherry Tree Food Program in Clarksville, TN raises questions about \$181,135.59 spent by the nonprofit. Much of that money personally benefited the former executive director.

Cherry Tree is primarily funded by the federal Child and Adult Care Food Program, which is administered in Tennessee by the Department of Human Services (DHS). As of July 1, 2015, Cherry Tree supported 267 daycare homes and 23 daycare centers in Tennessee by assisting them in filing monthly claims for meal reimbursements. Cherry Tree is reimbursed for its administrative expenses.

Comptroller investigators are questioning \$181,135.59 spent by Cherry Tree between October 1, 2012 and June 30, 2015. These expenditures were not approved by DHS in Cherry Tree's annual budgets. Many of these unauthorized payments benefited the former executive director. The offices for Cherry Tree were located in a portion of the former executive director's personal residence.

These expenses include: \$38,792.31 for a gazebo, new water heater, wrought iron handrails, replacement of windows and vinyl siding, installation of tile floors, installation of kitchen and bathroom sinks, ceiling fans, electrical work, and various other maintenance and repairs to the former executive director's home.

Unauthorized lease payments totaling \$17,900 to the former executive director or her family.

\$47,426.70 in unauthorized payments and questionable reimbursements to the former executive director

\$57,072.98 in other unauthorized and questionable disbursements including charges for hotel rooms, air travel, rental cars, furniture, fuel, and electronics.

\$10,043.60 in food and beverage purchases at both stores and restaurants.

\$9,300 in unauthorized Christmas bonuses, and personal loans with a total outstanding balance of \$600 paid to employees.

The findings and recommendations in the investigative report have been reviewed with the district attorney general for the Nineteenth Judicial District. "The Tennessee Department of Human Services and Cherry Tree's board dropped the ball in this case," said Comptroller Justin P. Wilson. "DHS and the board should have reviewed disbursements to ensure they conformed to the approved budgets. A lack of oversight allowed these problems to continue for more than 2 1/2 years."

To view the investigation online, go to: <http://www.comptroller.tn.gov/ia/>

If you suspect fraud, waste or abuse of public money in Tennessee, call the Comptroller's toll-free hotline at (800) 232-5454, or file a report online at: www.comptroller.tn.gov/hotline. Follow us on twitter @TNCOT

Red Cross has significant need for type O negative blood

Type O negative is often needed in trauma situations

The American Red Cross has a significant need for type O negative blood donors to donate blood for patients.

Type O negative blood can be transfused to patients with any blood type and is often used in emergency situations. While less than 7 percent of the U.S. population has type O negative blood, hospitals

needed, type O negative donations are necessary in emergency situations when there is no time to determine a patient's blood type. Because there is such a high demand for type O negative blood, O negative donors are needed to donate often."

Blood donation appointments can be quickly and easily

I'd return the favor."

Randecker became a regular blood donor and gave for many years. This past year, her family fulfilled her wish to give blood together. Five of the family members who gave were type O negative, and since then, donating blood has become a family tradition. "If I teach them nothing else, it's that they

a full list of participating parks, visit redcross.cedarfair.com.

How to donate blood

Simply download the American Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood donors can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started and learn more, visit redcrossblood.org/RapidPass and follow the instructions on the site.

About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.



Carla Randecker makes regular donations as a way of helping others.

depend on frequent O negative donations to ensure it's always available for patients in need.

Eligible donors with type O negative blood are encouraged to make a whole blood or double red cell donation, where available, through the Red Cross. During a double red cell donation, two units of red blood cells are collected while most of the plasma and platelets are returned to the donor.

"Type O negative donors are an important part of the Red Cross trauma team," said Garry Allison, director of donor recruitment for the Red Cross Tennessee Valley Blood Services Region. "While all blood types are

scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

Because of generous donors, the Red Cross is able to provide blood products to trauma patients like Carla Randecker. In 1995, a semi-truck failed to halt at a stop sign, changing Randecker's life forever. She suffered a broken neck and femur. She woke from surgery to see a bag of blood attached to her IV.

"I'm O negative, a rarity," said Randecker. "All I remember was, wow, someone gave their blood for me. I made a promise that day to do the same. When I was well enough,

should always, always, do for others," said Randecker.

The Red Cross must collect approximately 14,000 blood and platelet donations every day for the patients at about 2,600 hospitals and transfusion centers nationwide. Blood and platelets are needed to respond to patient emergencies, including accident and burn victims, heart surgery and organ transplant patients, and those receiving treatment for leukemia, cancer or sickle cell disease.

Those who come to donate now through May 15, 2016, will be entered to win four single-day tickets to any of 10 Cedar Fair theme parks in the U.S. For

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Step into a live fairytale where enchantment meets wonder, Beauty meets Beast and fairy godmothers grant wishes at Rock City's 3rd annual Fairytale Nights, beginning nightly April 1st through the 17th, 6 pm - 8 pm. Entrance begins at the castle gates, as royal guests are announced in an opening ceremony at 6 pm. Once beginning the Enchanted Trail, girls become princesses and boys train to be knights. New characters this year include Hansel and Gretel, Beauty and the Beast and returning favorites: Cinderella, Snow White, Prince Charming, Little Red Riding Hood and Merlin (plus many others)! Additional activities include the knight's training academy where children are crowned by Queen Guinevere upon completion. Meet some live falcons at an interactive

exhibit near the Stone Forge Tavern, and talk with a live troll named Ik! Enjoy story time and other kid's activities like decorating a crown or the activity station with Jack at the Giant's lair. And try some dragon wing stew at the Beast's Castle! Reservations are also still available for a special Tea with Alice and the White Rabbit for April 10th or 11th at 4:30 pm. Cinderella, The Fairy Godmother, Snow White and other beloved characters are also attending! Enjoy a three-course tea menu including crumpets, sandwiches, fresh fruit, desserts and delicious beverages. Tickets include a souvenir photo and a gift. For reservations and discounted tickets to the knight's training, go to www.seerockcity.com/fairytale. Rock City Gardens is proud to partner with Emily's Power for a Cure

(EPFAC) Neuroblastoma Foundation during Fairytale Nights. This foundation was started in 2006 by Wendy and Jonathan Ransom in memory of their two-year-old daughter, Emily. She passed away after a heroic four-month battle with Stage 4 Neuroblastoma, a deadly pediatric cancer. The goal of EPFAC is to raise awareness and funds to find a cure for Neuroblastoma, while helping with the immediate needs of children and their families fighting this disease now. For more info, please visit www.emilyspowerforacure.com. Located only six miles from downtown Chattanooga, Tenn., Rock City is a 14-acre natural and scenic attraction with unique rock formations and gardens atop Lookout Mountain.

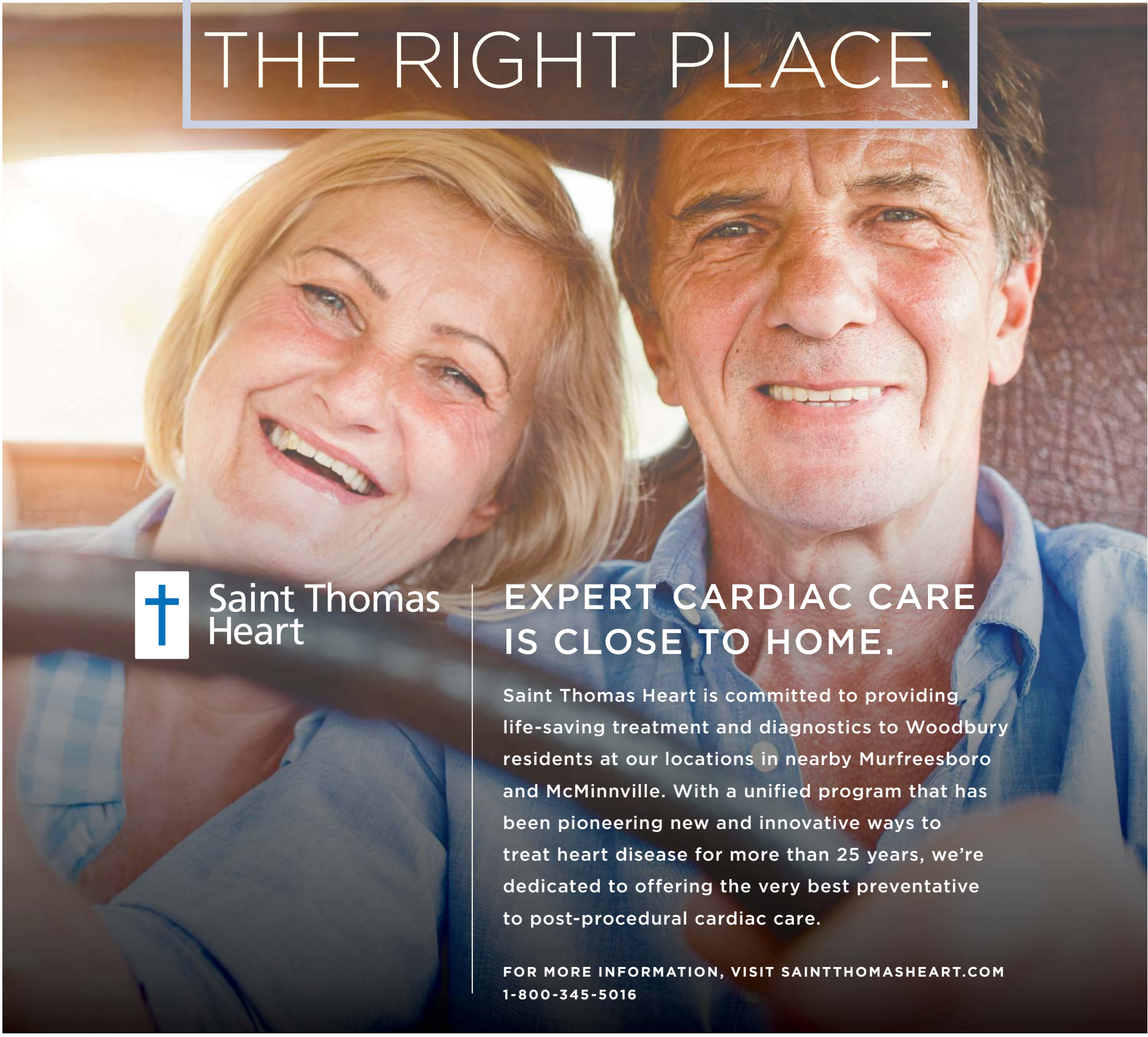
TENNESSEE TOURISM TURNS UP THE VOLUME ON THE WELCOME CENTER EXPERIENCE

Tennessee Department of Tourist Development Commissioner Kevin Triplett today announced important improvements to Tennessee's 14 Welcome Centers, including a new music feature highlighting a more than 140 song playlist of Tennessee music. The state's welcome centers attract more than 13 million visitors annually, who will now be greeted with "The Soundtrack of America, Made in Tennessee." The announcement was made at the I-40 Shelby County Welcome Center in Memphis. "Our welcome centers offer an outstanding opportunity to make an authentic first impression to the millions of people from around the world who choose Tennessee as their travel destination," said Commissioner Triplett, Tennessee Department of Tourist Development. "As we continue to grow as the global music destination with unparalleled scenic beauty, amazing attractions, and important history, we felt it was time to turn up the volume on the welcome center experience." Several new improvements have been incorporated with the most noteworthy being the implementation of the actual "Soundtrack of America, Made in Tennessee." The playlist features songs by Tennessee artists, songs recorded in Tennessee, and songs about Tennessee, representing each of the genres of music born here: blues, bluegrass, country, gospel, rock 'n' roll, and soul. Guests will hear the 'Soundtrack of America, Made in Tennessee' from the moment they arrive to the parking area until the moment they depart. "Greeting the more than 13 million welcome center visitors with a Tennessee song is the perfect way

to say 'welcome,'" said Commissioner Triplett. "Every minute of every day, our guests will be inspired by the music and reminded that the soundtrack of America is definitely Made in Tennessee. They can hear it for themselves." Additional steps to take the welcome center experience to a new level include implementing several technology updates like free Wi-Fi and providing iPads to the welcome center staff. Sustainability is always an area of continued improvement as well, as all 14 centers maintain green certifications with energy efficient lighting, insulation and weather stripping, rain barrels for landscaping use, recycling areas, and continued education for welcome center staff. New signage is also a significant addition reflecting Tennessee's new marketing campaign, "The Soundtrack of America, Made in Tennessee." The signage offers a perfect photo-op for guests and includes the state's social media handle @tnvacation and hashtag (#madeintn), encouraging travelers to share their Made in Tennessee experience throughout their visit. Accompanying the recent launch of the 2016 Official Tennessee Vacation Guide, each center also has a life-size replica of Tennessee native and international entertainment icon Dolly Parton, creating an additional photo opportunity. Parton graced the cover resulting in record-breaking numbers year-over-year for guide requests online and in print. Tennessee Welcome Centers host more than 13 million visitors annually and are located primarily along the interstate highway system. The centers are constructed by the Tennessee Department

of Transportation and operated by the Tennessee Department of Tourist Development. Tourism is currently the second largest of Tennessee's industries, with an economic impact of \$17.7 billion, a 6.3 percent increase over the previous year and an all-time high for the state. Tourism generates 152,900 jobs for Tennesseans and produces \$1.5 billion in state and local sales tax revenue. Travel to Tennessee recently topped 100 million, achieving 101.3 million person stays, a first in Tennessee history. For more information, contact Molly Brown, public relations media manager for the Tennessee Department of Tourist Development, at 615-532-0484 o., 615-289-7495 c., or by email at Molly.Brown@tn.gov. For more information about Tennessee Welcome Centers, call 615-741-2159 or e-mail WelcomeCenters@tn.gov. The mission of the Tennessee Department of Tourist Development is to motivate travel to and within Tennessee by inspiring enjoyment, creating memories, producing a desire to return, and establishing key long-term relationships that result in visitors becoming residents. The promise of Tennessee—the birthplace of the blues, bluegrass, country, gospel, soul, and rock 'n' roll—is to be the global music destination of choice. To deliver an unparalleled experience of beauty, history, and family adventure, infused with music that creates a vacation that is the "Soundtrack of America. Made in Tennessee." Explore more at tnvacation.com and join other Tennessee travelers by following "tnvacation" on Facebook, Twitter, Pinterest, Instagram and YouTube.

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Calla lilies, like 'Night Cap' with its black flowers and the white blooms of 'Crystal Clear,' are spring planted bulbs that thrive in full sun or part shade and can be cut to create an elegant display indoors. Photo credit: Longfield Gardens

Melinda Myers has over 30 years of gardening experience and has written over 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything: Food Gardening For Everyone"* DVD set and the nationally syndicated *Melinda's Garden Moment TV & radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Longfield Gardens for her expertise to write this article.

Extend the Garden Season with Spring Planted Bulbs

Keeping your garden looking its best throughout the growing season and into fall is possible with the help of low maintenance spring planted bulbs. Plant them in spring among other annuals or perennials and watch as these bulbs brighten the garden, adding new life to your late season gardens.

Whether your gardens and containers are in full sun or shade you'll enjoy the attractive foliage and pop of color that dahlias, cannas, calla lilies, caladiums and elephant ears will add to the landscape.

These easy care plants reward you with loads of beauty. Just plant, water and enjoy. Quality online retailers like Longfield Gardens (longfield-gardens.com) offer the greatest variety of color, shapes and sizes as well as planting and care instructions.

Grow dahlias in sunny areas with at least six hours of sunlight for the best floral display. Simply plant the tuberous roots four to six inches deep with the stem facing up after the danger of frost has passed.

Use dahlias in a cutting garden or as an attractive screen along fences and property lines. Use the shorter more compact border dahlias, like 'Gallery

Pablo' in containers on your patio, balcony or deck where you and the hummingbirds will enjoy their blooms.

Wait until the danger of frost has passed to plant cannas in a full sun to partially shaded locations. Plant the canna rhizomes horizontally two to three inches deep with the growing point facing up. Take advantage of their bold foliage and use cannas as a backdrop in the flower border or screen in the landscape. Use as a vertical accent in a large container or select dwarf varieties for smaller pots.

Calla lilies are another spring planted bulb that thrives in full sun or part shade. The speckled foliage adds color to the garden all season long. Include these one- to two- foot-tall plants in the front or middle of the flower garden or as a vertical accent or filler in a pot. And don't forget to cut a few flowers to enjoy indoors. The black flowers of 'Night Cap' teamed with the white blooms of 'Crystal Clear' create an elegant display.

Like the other bulbs, wait for the danger of frost to pass before planting them outdoors. Plant the knobby rhizomes two to four inches deep with the growing point facing up.

Add some color and plenty of wow factor to shaded areas with the foliage of caladiums and elephant ears. These tropical beauties thrive when soil and air temperatures are warm. Wait for the danger of frost to pass and the soil to warm, 65 to 70 degrees before planting them in the garden.

Use caladiums to brighten containers, dress up window boxes or edge a shady pathway. The colorful leaves stand out amongst the greens of shade gardens. Team variegated varieties with complimentary colored begonias, coleus or impatiens.

Include elephant ears in the garden or containers. Their large heart shaped leaves give a tropical feel to the patio, deck or pool area. Consider planting one, two or more to create an impressive welcome for guests or a bold statement in the landscape. They pair nicely with caladiums, coleus and other shade loving plants.

Make this the best season yet with the help of spring flowering bulbs. You'll enjoy the variety and late season color these easy care plants provide.

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SPORTS

Lions, Lionettes in action as spring season begins



DAVID HUNTER
The Cannon Courier

It's time to get started

I was thrilled when my alma mater, MTSU, recently pulled off one of the biggest upsets in men's NCAA Basketball Tournament history. It was a great moment when the No. 15 seed underdog Blue Raiders beat No. 2 seed Michigan State which was picked by many, including me, to win it all.

Of course, when the bracket was announced a week prior, I thought this was the worst match up possible for the Blue Raiders but they proved everybody, including me, wrong. So congrats, on showing why the NCAA Basketball Tournament is the best post-season series in amateur sports.

Anyway, the upset got me thinking about Cannon County's athletic programs as spring sports started last week. None of the four spring sports (baseball, softball, tennis and boys' soccer) have made the Spring Fling cut, however, all four have progressed.

Let's start with the softball team, last season the Lionettes were one game away from advancing to the Region Tournament for the first time in a long time. So most of these current players understand what it takes to win at this level. Now, enter in new head coach Brittany Cook, who is working hard to install the culture of winning.

Their first game of the season last week at Murfreesboro Central Magnet was a debut to remember as CCHS won a high-scoring district victory, 19-16. But this is a tough district and Cannon County will have to be at their best every game in order to continue winning, along with finding a solid No. 1 pitcher, or go by committee on the mound. Both ways have worked in all levels of softball.

The other sport on the diamond, baseball, also has a new manager at the helm in Colin Jones, but the Lions 2016 debut last week was just as good. CCHS dominated the visitors from Boyd Christian 11-1 in six innings, thanks to three things teams needed to be successful on the field: solid defense, good pitching and timely hitting. If they continue to achieve all three each game - especially in the district - this could be a special season for the Lions.

I believe the talent is there for both diamond teams, now it is all about being at their best in every game this season since there is only a small margin of error.

DAVID HUNTER The Cannon Courier

All of the Cannon County athletic teams were in action last week, including the start of the CCHS boys' soccer season. Both the Lions and Lionettes finished with mixed success in the final week of action before Spring Break. However, the middle school diamond, along with the high school tennis teams are off.

Junior Lion Baseball

The young but talented middle school squad dropped to 0-4 in 2016 after falling at home 14-0 to Upperman Middle on March 21. Jack Davis had the only hit for the Junior Lions in the loss.

CCHS Baseball

The Lions opened up district play with a two game home-and-home series against

Livingston on March 21 and 22. They fell on the road in a tough 6-5 game for their first loss of the season as play jumped out to a 4-0 lead after three innings, but the Wildcats came from behind to win in eight innings. In the loss, Austin Martin scored twice, including stealing home on a strikeout, and connected on a double. Jared Judkins added a two RBIs single in the loss.

In the second game of the series, the Lions fell behind early to the Wildcats, 4-1 heading into the final inning. However, LA scored two more runs to make it 6-1 as the CCHS had one more chance to win. The Lions had runners on second and third with two outs, and Martin reached base with Charlie Parrish scoring. The game and the rally ended when Preston

Campbell was caught at home.

CCHS Softball

During the March 18-19 weekend, the Lionettes went 0-4 against tough competition at the Gordonsville Tournament. However, they continued district play at Smith County on March 22 and hosted Macon County a day later in the first home game of the season.

The Lionettes bats came to life again against the Lady Owls as they fell behind early 6-0 after the opening inning. However, CCHS scored nine runs in the final three innings to pull out the 11-8 win, which improved them to 2-0 in the district. Kallie McCrary scored three times, including crushing a three-run homer in the final inning to put the Lionettes ahead for

good. "I am very proud," Lionettes head coach Brittany Cook said. "I told them going into this tournament we were going to face a lot of good teams. We needed to learn from this experience, and use this as a learning experience so we are trying to win. My girls took that to heart, and we talked about it. We pulled out the win."

The following day, the Lionettes dropped their first district game of the season in their home opener to Macon 17-0 in three innings.

CCHS Boys' Soccer

The Lions opened up the 2016 season at home against Watertown on March 22. It was the first under new head coach Jeran Tenpenny, and the Lions nearly pulled it off as Qwentin McMackins scored for the host. However, Watertown answered

to take a 2-1 advantage, but CCHS had a chance late to even the match. CCHS junior Jake Walkup missed a penalty kick wide left with less than a minute left in the match, and Watertown held on for the win.

CCHS Tennis

The Lions and Lionettes had a busy week at home this week with two matches against Macon County (March 21), Webb School (March 22). Both teams fell at home against Coffee County on March 18 and Macon County on March 21 as both teams lost all of their matches. The Lionettes finished up the week with a 1-7 loss to the Feet with Alli Howard picking up the only win for the host.

You can reach David at dhunter@cannoncourier.com

10 Questions



CCHS softball senior
Kelsie Smith:

Favorite Food: Sushi
Favorite Sport to Watch on TV: College Softball
Favorite Team: Tennessee
Favorite Subject: English
Favorite Part about Playing for Cannon County: The closeness of the town. You not only have the support of your family and teammates, but the whole town. They support every team in every sport tremendously.
Future Career Choice: Criminologist
Favorite Athlete: Former Oklahoma softball player Lauren Chamberlain
Biggest Influence in Your Life and Why: My grandmother, because she does so much for me and my family. She is great.
Favorite Movie: Fried Green Tomatoes



Short Mountain Basketball and Junior Lion Baseball Eighth Grader Luke Alexander:

Favorite Sport to Watch on TV: College and Professional Basketball
Favorite Team: Golden State Warriors
Favorite Subject: Science
Favorite Part about Playing for Cannon County: I just like to play sports, and being with the guys and having fun.
Favorite Athlete: Bryce Harper
Biggest Influence in Your Life and Why: My dad, because he teaches me a lot of life lessons.
Favorite Musician: Breaking Benjamin
Favorite Type of Music: Rock

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SOCIETY



Make One Great Dish

Roast Pork

By the editors of Relish Magazine

Succulent pork with honey and sage makes a great weekend dinner. With a slightly sweet crust, this pork pairs wonderfully with asparagus and new potatoes for a spring dinner that screams comfort.

There are two secrets to a moist pork loin: Sear it to lock in the flavor and don't overcook it. To sear, leave the loin undisturbed in a hot pan, except for turning, so that the outside caramelizes. Then pat with seasonings and finish roasting, fat side up, only to 145F.

To keep leftover pork moist, try this tip. Thinly slice the pork loin, to the bottom of the roast but not through. Press together. Drizzle olive oil over the top, allowing it to seep between slices. Wrap tightly in plastic wrap, and store in the refrigerator. Pork loin slices are perfect served on sandwiches.

2 tablespoons extra-virgin olive oil
1 tablespoon minced fresh sage or 1 teaspoon dried

1. Preheat oven to 400F.
2. Combine garlic powder, salt and pepper. Press on pork evenly. Let stand 15 minutes to 1 hour.
3. Heat vegetable oil in a shallow ovenproof pan. Add pork and sear 3 minutes per side. Place pan in oven and roast 25 minutes.
4. Mix honey, olive oil and sage together.
5. Remove pork from oven, coat with honey mixture on all sides. Return to oven. Roast 10 to 15 minutes, until pork reaches an internal temperature of 145F. Remove from oven and transfer pork to a platter; cover loosely with foil. Let rest 10 minutes. Slice pork on the bias. Serve with pan sauce. Serves 8.

Recipe by Andrew Cotto
Photo by Mark Boughton Photography / styling by Teresa Blackburn

Roast Pork with Honey and Sage

- 1 teaspoon garlic powder
- 2 teaspoons coarse salt
- 1 teaspoon ground black pepper
- 2 1/2 to 3 pound boneless pork loin
- 2 tablespoons vegetable oil
- 1 tablespoon honey

Look for Relish magazine, celebrating America's love of food, each week in The Cannon Courier.

Now Accepting Nominations for Cannon Courier Sports Hall of Fame

Send a detailed letter outlining the nominee's qualifications and accomplishments. Keep in mind that the information you provide will be our primary, and possibly only, source of information on the nominee, so please be thorough. Helpful information includes career highlights (with dates, where available) honors, awards, post high school play, etc.

Attach your letter of nomination along with the following:

Name of Nominee: _____

If living, please provide the following:

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City/State/Zip _____

Phone _____

Email _____

Person Making Nomination: _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Mail or drop your nominations by:

Cannon Courier
Attn: Sports Hall of Fame
113 West Main St
Woodbury TN 37190

If you have questions or need additional information call 615-563-2512.

Deadline to submit nominations:
Friday April 8th, 2016



Eastside TIGERS Pawing Out Great Grades for Spring Semester!

East Side School would like to announce the following honor students (Principal's List - All A's), Honor Roll (A's and B's) and students with perfect attendance for the third grading period ending March 4:

Mrs. Ana Smith's Kindergarten -

Principal's List: Whitman Walls. Honor Roll: Ross Lorance, Elaina Turner, Lilly Allen, Jacob Pirtle, Aden Seymour. Perfect Attendance: Mackenzie McCurry, Aden Seymour, Lilly Allen, Jacob Pirtle, Kennedy

Mrs. Paige Holt's First Grade -

Honor Roll: Lyric Pittard, Lilly Allen, Jacob Pirtle, Aden Seymour. Perfect Attendance: Mackenzie McCurry, Aden Seymour, Lilly Allen, Jacob Pirtle, Kennedy

Mrs. Karen Cook's Second Grade -

Honor Roll: Emily Manus, Laila Underwood, Gage Nokes, Wyatt Valentino, Laney Mullinax,

Marissa Jones. Perfect Attendance: Madelyn Gannon, Jolen Gurdak, Gage Nokes, Matthew Sullivan.

Mrs. Connie Phillips' Third Grade -

Principal's List: Sadey Grizzle, Olivia Moss, Connor Napier, Kurstin Warrick. Honor Roll: Jack Grant, Slade Grizzle. Perfect Attendance: Jack Grant, Slade Grizzle, Sadey Grizzle, Chase Kelly, Liv Prater, Kurstin Warrick.

Mrs. Connie Foster's Fourth Grade -

Principal's List: Emma Muncy, Sadie Prater. Honor Roll: Allie Skimehorn, Callie Vance. Perfect Attendance: Jeremy Earls, Tristen Barber, Devin Grant, Callie Vance, Sawyer Parton, Allie Skimehorn.

Mrs. Brad Underwood's Fifth Grade -

Principal's List: Katie Davis. Honor Roll: Montana Davis, Alden Purdy, Kole Higgins. Perfect Attendance: Katie Davis, Montana Davis, David Palmer, Alden Purdy.

Mrs. Gay Burger's Sixth

Grade -

Principal's List: Cathan Cecil. Honor Roll: Braxten Alexander, Emma Richardson. Perfect Attendance: Amanda Hall, Ashley Mooneyham, Lane Nichols, Chloe Pack, Johnnie Pirtle, Micah Prater, Dallas Roller, Dalton Young.

Mrs. Amy Underwood's Seventh

Grade - Principal's List: Eli Cantrell. Honor Roll: Stella Brown, Hunter Davis, Emalee Rogers. Perfect Attendance: Stella Brown, Eli Cantrell, Leah Hall.

Mrs. Jackie Burger's Eighth Grade -

Principal's List: Lacon Parton. Honor Roll: Lucas Clark, Clay Fagan, Austin Grant, Culyer Isenhardt, Shawn Matheny, Cody McPeak, Mattison Prater, Brent Scott. Perfect Attendance: Culyer Isenhardt, Mattison Prater, Jasmine Young, Shawn Matheny, Cody McPeak, Clay Fagan, Brent Scott, Madison Graham.

Les Paul 100th anniversary tour is coming to MTSU

Les Paul's Big Sound Experience is coming to MTSU as part of the Les Paul 100th anniversary nationwide celebration. As part of the two-day stop along the nationwide tour, Les Paul's Big Sound

Experience will be open to students to explore and experience music innovations and technology aboard a state-of-the-art 53' touring unit.

Students and visitors will have the chance to take the tour and learn all about the fascination that led Les Paul to become one of the greatest music innovators of all time. The hours are Wednesday, March 30th from 10 a.m. - 5 p.m. and Thursday, March 31 at 10 a.m. - 5 p.m.

Les Paul's Big Sound Experience video here: www.lespaultour.com

The huge interactive mobile tour takes visitors behind the scenes into the world of Les Paul giving them an opportunity for numerous interactive exchanges within 1,000 square feet full of music, technology. Guests can immerse themselves in music exploration, sound and technology innovations and hands-on interactive entertainment.

The tour is free to the public and will give fans the opportunity to walk away with their own virtual Les Paul souvenir. To date Les Paul's Big Sound Experience

has been crisscrossing the nation visiting universities, music festivals, special events and trade shows, all in celebration of Les Paul's 100th Anniversary.

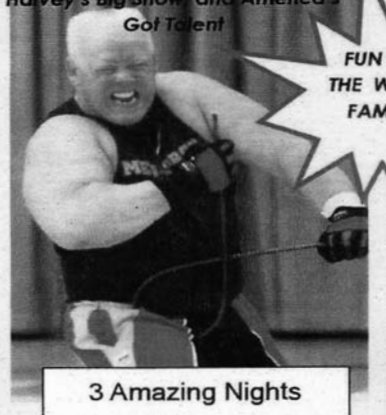
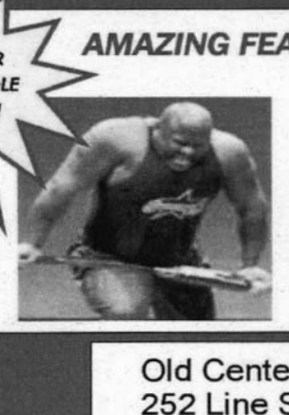

Les Paul was an innovator, an inventor, a GRAMMY Award winner, an inductee of the Rock and Roll Hall of Fame, The National Invention Hall of Fame and so much more. Les Paul's Big Sound Experience is all about the music, the inventions, the fans and the legacy of Les Paul. Known also as the "Father of the Solid Body Electric Guitar," "The Wizard of Waukesha," "Rhubarb Red," "The Father of Modern Music," and more. Les Paul's curiosity about sound began at a very young age.

Contemporary artists such as Slash, ZZ Top's Billy Gibbons, Green Day's Billie Joe Armstrong, Rock and Roll Hall of Fame Inductee Joan Jett, Jimi Hendrix and many others have paid homage to Les Paul throughout their careers. To find out more about Les go to www.les-paul.com. For more information on Les Paul Foundation visit www.lespaulfoundation.org.

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April 10 Sunday 11am
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2355 Lonnie Smith Ro
Woodbury TN

Sunday, Monday, Tuesday evening 7 pm
Centertown Christian Academy
252 Line St
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CANNON COUNTY DEVOTIONAL PAGE

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H&R BLOCK
563-5773
P.O. Box 476
224 McMinnville Hwy.

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
Full Gospel Assembly of God
3212 Murfreesboro Rd.
Woodbury, 615-563-8403</p> <p>Grace Assembly of God
2999 John Bragg Hwy.
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1087 Burt Rd.
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8560 John Bragg Hwy.
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967 Odell Powell Rd.
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116 Shiloh Church Rd.
Auburntown, 615-464-4971</p> <p>Sycamore Baptist Church
7165 Sycamore Creek Rd.
Woodbury, 615-563-4205</p> <p>CHRISTIAN
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McMinnville, 615-563-4649</p> <p>Bradyville Church of Christ
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Bradyville, 615-542-9609</p> <p>Browntown Church of Christ
1024 Browntown Rd.
Woodbury, 615-765-5553</p> <p>Church of Christ at Wood
99 Sally Parton Road
Woodbury 615-563-5722</p> <p>Curlee Church of Christ
251 Curlee Church Rd.
Readyville, 615-563-2046</p> <p>Elkins Church of Christ
67 Lincoln Lane, Woodbury
615-563-6328
www.churchofChristatElkins.org</p> <p>Gassaway Church of Christ
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Liberty, 615-563-2387</p> <p>Iconium Church of Christ
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Woodbury, 615-563-2089</p> <p>Ivy Bluff Church of Christ
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615-765-5313</p> <p>West High St. Church of Christ
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615-663-6194</p> <p>Woodbury Church of Christ
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Woodbury, 615-563-2119</p> <p>CHURCH OF GOD
Short Mountain Church of God
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615-563-1415</p> <p>Ivy Bluff United Methodist
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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
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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
303 W. Colonial St.
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Cannon Community Church
209 Murfreesboro Rd.
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
725 West Main Street
Woodbury, TN 37190
615-278-6016</p> <p>Spirit of Life Ministries
931-952-9076
Kelly J. Ferrell</p> <p>Living Springs Church
7804 Hollow Springs Rd.
Bradyville, 615-765-5181</p> <p>Love Fellowship Ministry, Inc.
66 Peeler Hill Road
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Ascension of Jesus

In God's plan of salvation, Jesus Christ had been crucified for the sins of mankind, died, and rose from the dead. Following his resurrection, he appeared many times to his disciples. Forty days after his resurrection, Jesus called his 11 apostles together on the Mount of Olives, outside Jerusalem. Still not completely understanding that Christ's messianic mission had been spiritual and not political, the disciples asked Jesus if he was going to restore the kingdom to Israel. They were frustrated with Roman oppression and may have envisioned an overthrow of Rome. Jesus answered them:

"It is not for you to know the times or dates the Father has set by his own authority. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." (Acts 1:7-8, NIV)

Then Jesus was taken up, and a cloud hid him from their sight. As the disciples were watching him ascend, two angels dressed in white robes stood beside them and asked why they were looking into the sky. The angels said:

"This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven." (Acts 1:11, NIV)

At that, the disciples walked back to Jerusalem to the upstairs room where they had been staying and held a prayer meeting.

Points of Interest from the Ascension of Jesus Bible Story:

- In the Bible, a cloud is often the expression of God's power and glory, as in the book of Exodus, when a pillar of cloud guided the Jews in the desert.
- Earlier, Jesus had told the disciples that after he ascended, the Holy Spirit would come down upon them with power. At Pentecost, they received the Holy Spirit like tongues of fire. Today, every born-again believer is indwelt by the Holy Spirit, who gives wisdom and power to live the Christian life.
- The command of Jesus to his followers was to be his witnesses in Jerusalem, Judea, Samaria, and the ends of the earth. The gospel first spread to the Jews, then to the Jewish/mixed race Samaritans, then to the Gentiles. Christians have a responsibility to spread the good news about Jesus to all who have not heard.



PUBLIC NOTICES



NOTICE TO CREDITORS

Estate of Burton Eugene Moulder

Notice is hereby given that on the 8th day of March, 2016, letters of administration or letters of testamentary in respect of the estate of Burton Eugene Moulder deceased were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons both resident and non-residents, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 8th day of March, 2016.

Cynthia Lance Administratrix of the estate of Burton Eugene Moulder deceased.

NATHAN S NICHOLS CLERK & MASTER

MATTHEW COWAN ATTORNEY

NOTICE TO CREDITORS

Estate of Ralph Mooneyham

Notice is hereby given that on the 10th day of March, 2016, letters of administration or letters of testamentary in respect of the estate of Ralph Mooneyham deceased were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons both resident and non-residents, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 10th day of March, 2016.

Lovie Phillips Executrix of the estate of Ralph Mooneyham deceased.

NATHAN S NICHOLS CLERK & MASTER

MATTHEW COWAN ATTORNEY

NOTICE TO CREDITORS

Estate of William R Moore

Notice is hereby given

that on the 7th day of March, 2016, letters of administration or letters of testamentary in respect of the estate of William R Moore deceased were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons both resident and non-residents, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 7th day of March, 2016.

William R Moore, jr & Kimberly K Bailey Co Executor of the estate of William R Moore deceased.

NATHAN S NICHOLS CLERK & MASTER

MATTHEW COWAN ATTORNEY

NOTICE TO CREDITORS

Estate of Robert E Tooley

Notice is hereby given that on the 8th day of March, 2016, letters of administration or letters of testamentary in respect of the estate of Robert E Tooley deceased were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons both resident and non-residents, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 8th day of March, 2016.

Carolyn Mazurik Administratrix of the estate of Robert E Tooley deceased.

NATHAN S NICHOLS CLERK & MASTER

MATTHEW COWAN ATTORNEY

NOTICE TO CREDITORS

Estate of Clarence Gilley Sr

Notice is hereby given that on the 15th day of March, 2016, letters of administration or letters of testamentary in respect of the estate of Clarence Gilley Sr deceased were issued

to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons both resident and non-residents, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 15th day of March, 2016.

Martha Jo Gilley Matthews Executrix of the estate of Clarence Gilley Sr deceased.

BOBBY SMITH COUNTY CLERK

AMY BROOM POLLING ATTORNEY

NOTICE OF FORECLOSURE SALE

STATE OF TENNESSEE, CANNON COUNTY

WHEREAS, Jessica B. Prater and Steven R. Davenport executed a Deed of Trust to Regions Bank d/b/a Regions Mortgage, Lender and FMLS, Inc., Trustee(s), which was dated April 27, 2012 and recorded on April 27, 2012 in Book 138, Page 323-338, Cannon County, Tennessee Register of Deeds.

WHEREAS, default having been made in the payment of the debt(s) and obligation(s) thereby secured by the said Deed of Trust and the current holder of said Deed of Trust, Regions Bank d/b/a Regions Mortgage, (the "Holder"), appointed the undersigned, Brock & Scott, PLLC, as Substitute Trustee, by an instrument duly recorded in the Office of the Register of Deeds of Cannon County, Tennessee, with all the rights, powers and privileges of the original Trustee named in said Deed of Trust; and

NOW, THEREFORE, notice is hereby given that the entire indebtedness has been declared due and payable as provided in said Deed of Trust by the Holder, and that as agent for the undersigned, Brock & Scott, PLLC, Substitute Trustee, by virtue of the power and authority vested in it, will on April 26, 2016, at 12:00PM at the usual and customary location at the Cannon County Courthouse, Woodbury, Tennessee, proceed to sell at public outcry to the highest and best bidder for cash, the following described property

situated in Cannon County, Tennessee, to wit:

LOCATED, lying and being in the Ninth (9th) Civil District of Cannon County, Tennessee and being more particularly described as follows, to-wit:

BEGINNING at an iron rod in the north margin of Highway 146, same being the southwest corner of the lands herein described and running thence North 02 degrees 44 minutes East 430.12 feet; North 02 degrees 05 minutes East 371.11 feet; North 06 degrees 51 minutes East 140.02 feet; North 01 degrees 53 minutes East 91.27 feet; North 00 degrees 35 minutes West 86.14 feet; North 80 degrees 55 minutes West 6.73 feet; North 01 degrees 14 minutes West 59.76 feet; North 02 degrees 54 minutes East 199.61 feet; North 00 degrees 45 minutes West 98.31 feet; North 04 degrees 09 minutes East 153.41 feet; North 03 degrees 06 minutes West 30.26 feet; North 04 degrees 03 minutes East 250.58 feet; North 07 degrees 21 minutes East 49.36 feet; North 01 degrees 42 minutes East 248.86 feet; North 04 degrees 28 minutes East 176.28 feet; North 03 degrees 07 minutes East 153.01 feet; North 08 degrees 09 minutes East 56.67 feet; thence 100 feet to the pond, thence in a southeasterly direction, a new line, 800 feet to an iron rod, thence in a southerly direction, a new line, 1980 feet to an iron rod in the north margin of Highway 146, thence in a westerly direction, a new line with Highway 146 to the point of beginning and containing forty (40) acres, more or less.

INCLUDED in the above description, but expressly EXCLUDED from this conveyance are the following tracts of realty: 1.28 acres conveyed in DB-160, PG. 274; 2.02 acres conveyed in DB-161, PG. 31; 20.39 acres conveyed in DB176, PG. 406; and 11.87 acres conveyed in RB-56, PG. 195, all in the Register's Office for Cannon County, Tennessee.

FOR source of title to said realty reference is made to Warranty Deed from Phillip Pelham, et al to Jessica B. Prater and Steven R. Davenport, dated April 27, 2012 and recorded on April 27, 2012 in Record Book 138, Page 321, Register's Office, Cannon County, Tennessee.

THIS property is subject to and includes any and all

lawful easements, setback lines, restrictions, etc. of record and applying to the within described property and to the zoning regulations of the appropriate governmental body.

Parcel ID Number: 028 038.00 000
Address/Description: 8615 Short Mountain Road, Woodbury, TN 37190.
Current Owner(s): Jessica B. Prater and Steven R. Davenport.
Other Interested Party(ies): .N/A

The sale of the property described above shall be subject to all matters shown on any recorded plat; any and all liens against said property for unpaid property 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; a deed of trust; and any matter than an accurate survey of the premises might disclose; and

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 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.

This office is attempting to collect a debt. Any information obtained will be used for that purpose.

Brock & Scott, PLLC, Substitute Trustee
c/o Tennessee Foreclosure Department
277 Mallory Station Road Suite 115
Franklin, TN 37067
PH: 615-550-7697 FX: 615-550-8484
File No.: 15-17561 FC02

NOTICE OF TRUSTEE SALE

Whereas default having occurred in the performance of the covenants, terms and conditions of a promissory note dated March 5, 2012, secured by Deed of Trust to Jay B. Jackson Trustee recorded in Record Book 137, Pages 319-328 Register's Office Cannon County, Tennessee payable to Ronald Hayes executed by Patricia Gilchrist conveying the following

described property: And by appointment as Substitute Trustee recorded in Record Book 165, Page 770 Register's Office for cannon County, Tennessee,

NOTICE IS HEREBY GIVEN that on the 21st day of April, 2016 at 10 a.m. At the South door of the Cannon County Courthouse the undersigned will sell to the highest bidder for cash:

Being all of Lot Number Two (2) Hayes Overlook Subdivision as shown on Plat of record which is recorded of record in Plat Book 3, Page 49A, Register's Office cannon County Tennessee. To which plat reference is made for a more complete and accurate description. For identification purposes only see Map 47, Parcel 91.00 Deed reference Record Book 137, Page 316, Register's Office Cannon County, Tennessee.

This sale is made subject to any liens or encumbrances of record and what a current survey or an inspection of the premises might reveal.

March 22, 2016
MELISSA BRYSON TRUSTEE

NOTICE TO CREDITORS

Estate of Dennis Roger Whitlock

Notice is hereby given that on the 19th day of March, 2016, letters of administration or letters of testamentary in respect of the estate of Denis Roger Whittlock deceased were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons both resident and non-residents, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 19th day of March, 2016.

Denise Whitlock Duke Executrix of the estate of Dennis Roger Whitlock deceased.

BOBBY SMITH COUNTY CLERK

SANDRA Y TRAIL ATTORNEY

TN DEPT. OF LABOR WORKING TO PREVENT UNEMPLOYMENT FRAUD

Government Documents/Benefits Fraud Number One Type of Identity Theft in TN Last Year

Tennessee Department of Labor & Workforce Development has implemented LexisNexis InstantID from LexisNexis Risk Solutions as an added measure to prevent people from fraudulently applying for unemployment benefits. LexisNexis InstantID, integrated into Tennessee's unemployment insurance claims process, helps to confirm the applicant's identity before processing their unemployment insurance claim. The program uses identity analytics that combine billions of public records and advanced linking technology to generate a knowledge-based quiz, designed so only the true individual would be able to answer the questions. This process of verifying and authenticating the applicant, called identity proofing, enables Tennessee to know whether the individual filing the claim is truly the owner of the identity. Since implementing LexisNexis Risk Solutions on December 15, 2015, more than 75,000 claimants have engaged in the identity verification process. Eighty-percent of these claimants passed and were able to submit an unemployment claim. When the system prevents a person from filing, they must contact

TDLWD for assistance. Less than half of the 20 percent who fail to answer the security questions actually made contact with TDLWD to correct any issues. There is the possibility that those failing the verification process, but not contacting us could have been attempting to file fraudulent claims. If that is the case, the potential cost savings for Tennessee's trust fund could be as high as \$48.6 million, just in the first few months of operation. "By authenticating the identity of our claimants during the initial claims process it reduces the risk of the department making improper payments from the unemployment trust fund," said Unemployment Insurance Administrator Linda Davis. "This keeps the trust fund at a higher level and potentially reduces employer taxes." Unemployment insurance fraud is when individuals knowingly collect benefits based on false information. This may occur when an individual continues to work, but reports they are unemployed, or when someone files a claim using a different identity. When this happens, the fraudulent filing does not show up on the victim's credit report and the crime goes unnoticed. The only way a victim would

become aware someone has stolen their identity is if they needed to file an unemployment claim of their own and their name was already in the state's system. "We felt utilizing the identification verification feature of LexisNexis Risk Solutions was a necessary step toward preventing fraud in the unemployment system," Commissioner Burns Phillips commented. "So far, the numbers show it has been effective in eliminating potential fraudulent claimants, resulting in major cost savings." The National Federation of Independent Business (NIFB) recently nominated the Department and its Employment Security Division for the Unemployment and Workers' Compensation 2016 Unemployment Insurance Integrity Award. The NIFB Tennessee director cited in his nomination the significant progress the Department has made in combatting fraud and abuse, which has resulted in lower tax rates for Tennessee employers. The organization's director specifically noted in his letter to UWC the LexisNexis InstantID program and how successful it has been in stopping fraudulent unemployment insurance claims.

The Town of Woodbury Board of Mayor and Aldermen will meet in regular session, Tuesday, April 5, 2016 at 7:00 PM at Woodbury City Hall. The meeting is open to the public. Harold Patrick, Mayor



Nashville Child Care Center Falsified Documents in Order to Receive Federal Money

An investigation by the Tennessee Comptroller's Office has uncovered significant problems related to the Academy for Kidz (AFK) child care center in Nashville, Tennessee. Comptroller investigators are questioning \$83,881 in federal reimbursements paid to the center for feeding children. Academy for Kidz is a for-profit child care center that is licensed by the state to care for a total of 56 children. AFK feeds children their breakfast, lunch, and an afternoon snack. All of these children qualify for free meals. Meal reimbursement claims are filed each month with the Tennessee Department of Human Services (DHS) which administers the federal Child and Adult Care Food Program on behalf of Tennessee. Comptroller investigators question the legitimacy of all \$83,881 paid to AKF from July 1, 2014 through September 30, 2015. Investigators found that meal reimbursement claims reflected an inaccurate amount of children served. The AFK owner would prepare meal count records indicating that all children enrolled were present each day for the month. For multiple months in a row, AFK claimed 100 percent attendance and meals served to all enrolled participants. Additionally, daily sign-in/sign-out attendance records were not accurate and, in many instances, were falsified. In some cases these sheets were photocopied for the entire month. Other sheets were dated on Sundays when the day care was closed. Investigators also noted white-out was used on these records to conceal the actual child count. "The Comptroller Office's continues to find problems with the food programs administered by the Department of Human Services," said Comptroller Justin P. Wilson. "Effective monitoring is essential to uncovering fraud within these programs. The monitoring in this situation did not detect obvious irregularities." The findings and recommendations in the investigative report have been reviewed with the district attorney general for the Twentieth Judicial District. To view the investigation online, go to: <http://www.comptroller.tn.gov/ia>

CRIME & COURTS

“Unattended Children do Stray” fast actions of neighbors and deputies saved the day

Cannon County Sheriff's Office

A Bradyville couple was charged with child neglect/ endangerment by Cannon County Sheriff's Office.

Deputy Joshua Thomas and Deputy Daniel Preston were dispatched to an address on Jim Cummings Highway after a caller discovered a small, 4-year-old child on her front porch.

“The child was wearing short sleeves, pants and no shoes. The temperature outside was 43 degrees,” Deputy Thomas reported.

“We then went to make contact with the child's family and as we were pulling out of the driveway, I observed several people looking in the woods across the street from where I was. I asked dispatch if anyone had called in about a missing child. I was advised they were on the phone now,” Thomas said.

“I observed a female on the phone and crying so I pulled over to speak with the woman,” he continued.

The woman, identified as Julie E. Wray, said she and her husband were asleep and were awakened by the sound of the back door

slamming. She discovered her son was missing.

While Thomas was conversing with Wray, a man walked up and identified himself as Kyle Merritt, the father of the boy. The officers soon discovered the couple had left a 2-year-old daughter at home by herself.

“I told them to get home now. We were across the road from the child alone and unattended. I drove to their home and checked on the welfare of the 2-year-old. The child was still asleep,” the deputy said.

Citations were written for both parents on child neglect/endangerment charges. A hearing was

set for April 4 in General Sessions Court.

Semi Damaged

Charles “Gene” Howland reported the seats were stolen from his International Eagle semi. Additionally, the seat belts had been slashed along with the airlines to the driver's seat. Damages were estimated at \$800.

Burglary

A weekend/hunting residence owned by Luis Lujan was burglarized and vandalized. The right front window was broken, a Matthews compound bow was stolen along with arrows and a trail cam was taken.

Charged

Deputies Josh Thomas and Daniel Preston was traveling west on state Route 96 in Auburntown when they spotted a vehicle traveling at 73 mph in a 55 mph zone. Jerrell Thersunn Wilkins of Memphis was charged with being an unlicensed driver. A hearing was set for April 4 in General Sessions Court.

Warrants

Joseph A. Winfrey, violation of probation.

Woodbury Police

Caden K. Jones was charged with evading police,

violating a court order and domestic assault by Patrolman Tommy Miller. A hearing is set for April 12 in General Sessions Court.

Driving on Revoked

Richard Martin Early was charged with driving a vehicle on a revoked license by Patrolman Jimmy Hayes. A hearing is set for April 12 in General Sessions Court.

Criminal Trespass

Charles E. Moody was charged with criminal trespassing by Patrolman Chris Bell. A hearing is set for April 12 in General Sessions Court.

Arrests and Inmate Count at Cannon County Jail



Date	Males	Females	Total
3/11	49	17	66
3/12	49	16	65
3/13	46	16	62
3/14	51	17	68
3/15	42	12	54
3/16	39	11	50
3/17	37	13	50

ARRESTS:

Public Intoxication 1

Vandalism 1

DUI 2

Possession of Schedule II Drugs 1

Possession of Schedule IV Drugs 1

Possession of Schedule VI Drugs 1

Possession of Handgun while Under the Influence 1

Disorderly Conduct 1

Theft under \$500 1

Criminal Trespass 1

Driving on Revoked License 2

State VOP 3

Amended State VOP 1

Capias 1

Aggravated Assault 1

Legal Aid Society's David Kozlowski Takes on New Role as Director of Advocacy

Legal Aid Society of Middle Tennessee and the Cumberlands, Tennessee's largest non-profit law firm, announced today that David Kozlowski, managing attorney of Legal Aid Society's Columbia office, has assumed the additional role of director of advocacy—a new position at Legal Aid Society.

In this role, Kozlowski will lead and coordinate the non-profit law firm's advocacy work throughout its eight offices and entire 48-county service area. He will continue to serve as managing attorney of the Columbia office.

“Our mission at Legal Aid Society is to enforce, advance and defend the legal rights of low-income and vulnerable individuals. Historically, our efforts have been magnified when we champion big-picture solutions to systemic

problems. Creating this position, to be ably filled by David, allows us to build on our past successes in this area,” said Gary Housepian, Legal Aid Society's executive director. “David is a skilled lawyer with extensive courtroom experience, and he's shown outstanding commitment to advocacy work. He is—without a doubt—the right person to inaugurate this role.”

Kozlowski is a graduate of Vanderbilt University Law School and joined Legal Aid Society, through its predecessor Legal Services of South Central Tennessee, in 1980. In 2001, he worked with the Tennessee Justice Center on several class action cases. The following year, he became assistant general counsel to Legal Aid Society and managing attorney of the Columbia office.

Kozlowski has been lead counsel on many significant state and federal court decisions in Tennessee involving prisoner and juvenile rights and has extensive appellate experience in Tennessee. He is the author of leading reference works on Tennessee unemployment security law and chapters on appeals from juvenile and general sessions courts in Tennessee Appellate Practice and Tennessee Law of Children.

In 2014, the Tennessee Supreme Court reappointed Kozlowski to a third three-year term on its Advisory Commission on the Rules of Practice and Procedure. The Tennessee Supreme Court invited Kozlowski and his colleague, Rae Anne Seay, to co-chair the civil subcommittee of the Court Improvement Committee

for the purpose of revising the Tennessee Rules of Juvenile Procedures. Seay is an attorney in Legal Aid Society's Tullahoma office.

Legal Aid Society of Middle Tennessee and the Cumberlands advocates for fairness and justice under the law. The non-profit law firm offers free civil legal representation, educational programs and advice to ensure people in its region are able to protect their livelihoods, their health and their families. It serves 48 counties from offices in Clarksville, Columbia, Cookeville, Gallatin, Murfreesboro, Nashville, Oak Ridge and Tullahoma. Legal Aid Society is funded in part by United Way. Learn more at www.las.org, or by following the firm on Facebook.

FOR RENT
3 bedroom, 1 1/2 bath, central gas heat/air, new flooring and paint. Tenant to provide own stove. No pets. 110 McBroom St. \$645 month. \$645 deposit. Call 615-585-7929

tfn

CLASSIFIEDS

ANTIQUES

CHILD CARE

FISH

FISH DAY!

It's Time To Stock Your Pond

Delivery
Thursday April 14
Smithville 3:00-3:45 @
DeKalb Farmers Coop
McMinnville 4:15-5:00 @
Warren Farmers Coop

Friday April 15
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

FOR SALE

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

FOR SALE

FOR SALE GOING BUSINESS



GAS STATION/CONVENIENCE STORE

THE BLUE WING
5716 McMinnville Hwy
Beside Eastside School
For More Information Call:
615-275-7547

HAY & STRAW FOR SALE

Small square bales
Straw \$3.50/bale
Grass Hay \$3.75/ bale
Call 615-765-7804
615-542-2832
Bradley Coppinger
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FOR SALE

1995 Mobile Home 14x60
2 bedroom 2 bath
Buyer responsible for moving. Home in good shape. Call 615-542-0440
t3/23,30

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

GREENHOUSE GOODS

CAIN'S GREENHOUSE OPENING FRIDAY APRIL 1st

Plants for your garden, flower beds and patio pots. Hanging baskets including ferns. If you need something before April 1, feel free to call 615-765-5538

Diane Cain
197 Watson Lane,
Woodbury TN
t3/30, 4/6

HANDYMAN LAWN SERVICE

Mike Anderson of Anderson's Lawn Care now has a new cell phone number. 615-684-3567. Free estimates, reliable, affordable, dependable. Competitive pricing. Also will do odd jobs and power washing. TF-

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HOUSE CLEANER

FOR YOUR HOUSE CLEANING NEEDS
Call Jessica!
Reasonable Rates
Weekly, Bi-Weekly, or Monthly Cleaning Offered.
Call or Text
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t3/16-4/6

Get Help with your Spring Cleaning !

HELP WANTED

NOW HIRING

Generations at Woodbury is looking for individuals dedicated to serving people with mental illness. We are hiring full and part time for Clientele Technicians. Must have a high school diploma or GED, be able to pass a drug screen and no felonies. Please come by 691 Auburntown Rd. Any questions call 615-563-1350 and speak with NaTina Alexander. til 6/8

HELP WANTED

IMMEDIATE JOB OPENING

We have an immediate opening for a skilled/semi-skilled construction worker. Farm hands or those with construction knowledge are preferred. Email: Reedsremodeling@gmail.com
tf

Place an ad here & get the extra help you need today.

HELP WANTED

VINYL SIDING CO

Seeking full time experienced installers and laborers to cut siding. Must have transportation and tool belt. Jobs are in Murfreesboro. Full time work. 615-330-3299



NOW HIRING!!!!!!

Full-Time Positions with Health Insurance:

Direct Care Staff

Those best suited for this rewarding opportunity shall have a passion for working with people with special needs, be patient, energetic, and display a positive attitude. A valid driver's license and dependable transportation is required.

Experience preferred, but not required – paid training is provided. **Health insurance and paid leave for eligible FT employees.** Part-time positions available

Independent Opportunities Inc. is a nonprofit organization dedicated to providing high quality community based services to persons with intellectual disabilities and the elderly. Those interested in being considered may apply at:

Independent Opportunities, Inc. (I.O.I.)

Attn: Burlinda Wright, Director
25 W. Broad St, suite 11
Cookeville, TN 38501 – E.O.E.
(931)-528-7701 telephone
(931)-528-7702 fax
bwright@ioi-tn.com
or apply online at www.ioi-tn.com

CLASSIFIEDS

HELP WANTED

HELP WANTED

HELP WANTED

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AAA Cooper Transportation Carthage TN

Regional Routes Open. Home weekly and most times once through the week.
New sleeper trucks on all routes.

Great benefit package with Blue Cross Blue Shield Health and Dental at roughly \$44.00 per week. Vision insurance as well and Charles Schwab 401K. Possibilities of transfer to local roles after one year.

Pay is roughly 60K per year.

Call Wilma Angel, 256-810-1716.

HELP WANTED

Cumberland Lumber & Mfg Co Inc is currently taking applications for
LABORERS

Requirements:
Valid ID
Must be Eighteen Years of Age or Older
Pre-Employment Drug Screen & Physical

Starting Pay \$10.00 Hr
Day Shift or Nightshift
*Shift Premium for Night Shift

Benefits Include:
Paid holidays
Paid Vacation
401K Program
In-Plant Savings Plan
Medical Insurance
Seniority Compensation
Safety Training Programs
TN Drug Free Workplace

Interested Applicants Please Apply at
Cumberland Lumber & Mfg. Co. Inc.
202 Red Road
McMinnville TN 37110
Monday-Friday 8:00am - 2:30 pm

QUERIDO AYUDA

Cumberland Lumber & Mfg Co Inc esta tomando actualmente aplicaciones para
TRABAHADIRES

REQUISITOS:
Identificacion Valida
Debe serdieciocho anos de edad o mayor
Pre-empleo droga pantalla y fisico

Salario inicial \$10.00 por la hora
Turno del dia o turno de noche
*Turno De Noche Premium

Los Beneficios IncluyenPaid holidays
Dias defestivos pagadas
Vacaciones Pagadas
Programa De Retiro 401K
Plan de ahorro En La Planta
Seguro de Medico
Compensacion De Antiguedad
Progamas de formacion de seguridad
Trabajo Libre De drogas De Tennessee

Los interesados por favor aplican en
Cumberland Lumber & Mfg Co Inc
202 Red Road
McMinnville TN 37110
Lunes Al Viernes 8:00 AM-2:30PM

Drivers: Ryder Has Class A CDL Openings Available in Spring Hill, TN 37174. Monday-Friday Work Week. Home Daily w/some overnights!! Average \$47k per year!! Hauling flat, structural, and steel/aluminum Flatbed Trailers-Curtain Side. Uniform/Boots Allowance of \$150 per year. Cell Phone Allowance \$30 per month. Full Benefits Package. Must have Class A CDL w/9 months tractor trailer exp. Call 1-888-662-2380 and refer to job #17604 Or apply online at: www.driver-ryder.icims.com



Ryder is a EEO Employer/Vet/Disabled

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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.



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Lebanon, Tennessee
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JDG 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

Looking for summer help? Get a jump on the summer hires by advertising your openings now!

FREE COURIERS available for puppy training, packing, school supplies, art work, etc. Stop by and see us!

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

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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

MOBILE HOMES
FINISHED SHEETROCK DOUBLEWIDE only \$39,900. Pick your paint colors, set up and delivered. TN's largest independent dealer.
Meadows Homes
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McMinnville
(931) 668-7300
www.meadowshomes.com
TF-June 30-C

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, davishomesinc.net TF

NEW ENERGY STAR HOME 2x6 walls, Thermopane windows, black appliance package, only \$23,900.
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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
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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
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McMinnville
(931) 668-7300
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NOTICE

NOTICE OF UNCLAIMED VEHICLE
The following vehicles are in our possession and being held by Woodbury Auto Express, 615-563-5320 until amount owed is paid in full. If payment is not made in full by April 10, 2016 the owner/ or lien holder relinquishes all rights to vehicle under T.C.A. 55-16-105 95 Ford Mustang vin 1FALP40485F160748

Need to post a public notice?
This is an economical place to do so!

SERVICES

A T T E N T I O N 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

ABUNDANCE ALL SERVICE
Remodels, Decks, New Construction, Electrical, Plumbing, Free Estimates. **JOSH STANSBURY Home (615) 563-1914 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

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

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BAIN STUMP GRINDING & LOT CLEARING
No job to big or small Satisfaction guaranteed and reasonable rates.
A man is only as good as his word
Dustin Bain
931-743-4635 / 931-314-9026
3/2,9,16,23

TREE SERVICE

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

STILLS TREE SERVICE
Specializing in Tree Topping, Removal, *Whatever needs to be done at an AFFORDABLE Price!*
615-563-8482
Cell 615-962-1912
May 2016

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

YARD SALE

YARD SALE Saturday, June 4 Benefit Trunk Sale for CCCA.
2 parking spots for \$20. 8 a.m. to 4 p.m.
Call Sue at 615-563-2874
t6/4

\$6.00 a week to advertise your yard sales.
\$6.00 a week to place your treasures in the for sale section.

STATEWIDE CLASSIFIEDS



Summer vacations are upon us your business needs doesn't stop seek your summer extra help here in the Cannon Courier!

Auctions

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)

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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)

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VIAGRA and CIALIS USERS! Cut your drug costs! SAVE \$5! 50 Pills for \$99.00. FREE Shipping! 100% Guaranteed and Discreet. CALL 1-800-791-2049 (TnScan)

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ENTRY LEVEL HEAVY EQUIPMENT Operator Career. Get Trained - Get Certified - Get Hired!

Bulldozers, Backhoes & Excavators. Immediate Lifetime Job Placement. VA Benefits. National Average \$18.00-\$22.00. 1-866-362-6497 (TnScan)

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

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25 DRIVER TRAINEES NEEDED! Learn to Drive for Werner Enterprises! Earn up to \$42K first year! CDL & Job Ready in 3 weeks! 1-888-407-5172 (TnScan)

CLASS A CDL FLATBED DRIVERS/ NEW 389 Pete's/Trucks set @ 70MPH/Starting Pay up to .41cpm/Health Ins./401K/ Per Diem Pay/Home Weekends/800-648-9915 or www.boydandsons.com (TnScan)

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CPM based on experience. High miles. Full benefits. Pets allowed. Requires CDL-A and 1-year OTR. 888.476.4860 www.drivechief.com (TnScan)

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Miscellaneous

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 1-800-578-1363 Ext.300N (TnScan)

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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)

Sporting Goods

GUN SHOW APRIL 2-3 Sat. 9-5 & Sun. 9-4 Nashville The Fairgrounds (625 Smith Ave) Exit 81 off I-65. Exit 6 off I-440. Buy-Sell-Trade. RK Shows Info: (563) 927-8176 (TnScan)

AT&T U-Verse INTERNET STARTING at \$15/month or TV & Internet starting at \$49/month for 12 months with 1-year agreement. Call 1- 800-786-8031 to learn more. (TnScan)

YOUR LOW COST ADVERTISING Solution! 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)

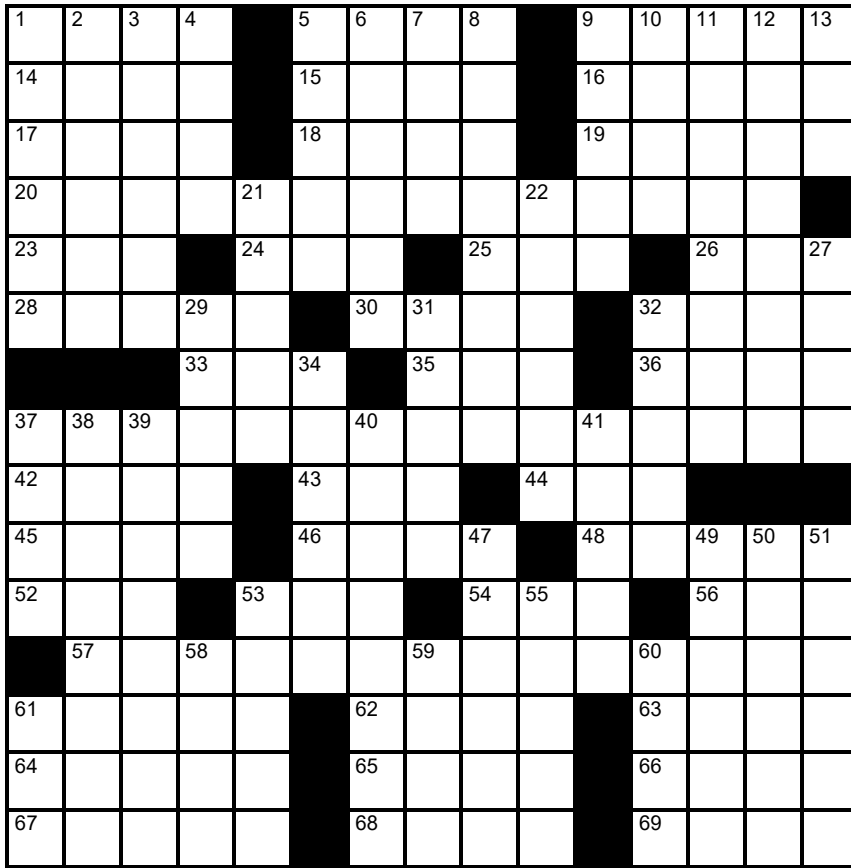
TEASERS & TRIVIA

CROSSWORD

"Send Money"

Across

- 1 Skatepark feature
- 5 Buddy
- 9 Profundity
- 14 ___ vera
- 15 Nozzle site
- 16 "Aren't we ___?"
- 17 Out-of-focus picture
- 18 "___ your pardon"
- 19 Actress Zellweger
- 20 March Madness failure
- 23 Intense rage
- 24 Certain intersection
- 25 John ___ Passos
- 26 Close relative
- 28 Elon Musk's company
- 30 Cows and sows
- 32 Jemima, e.g.
- 33 Fingers
- 35 ABA mem.
- 36 Physical location
- 37 Eschewed tradition
- 42 Gutter holder
- 43 "___ had it"
- 44 Bit of binary code
- 45 Genesis garden
- 46 Bud holder
- 48 Begin
- 52 Knight's title
- 53 Perfect rating
- 54 Formerly
- 56 Domingo, for one
- 57 Diner food preparer
- 61 Habitual practice
- 62 Obscure
- 63 Penny ___
- 64 Penny, nickel, dime, etc.
- 65 "If only ___ known..."
- 66 In ___ of



- 67 Chilean mountains
- 68 Like some dorms
- 69 Sticker fig. on a car

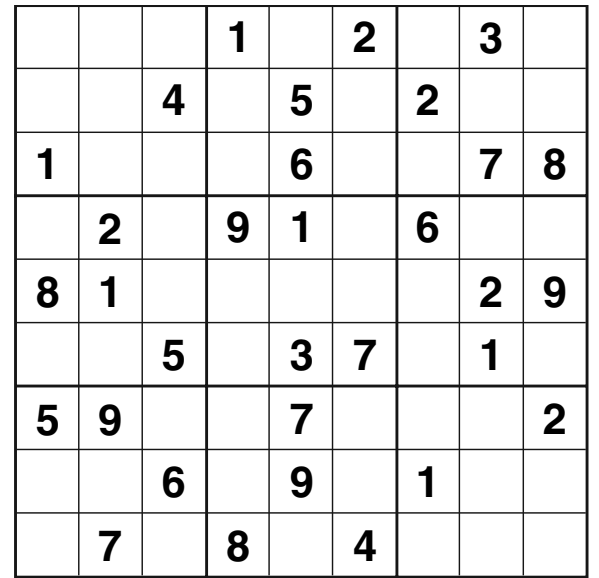
Down

- 1 Bugs Bunny, e.g.
- 2 Magnetism
- 3 Cursor movers
- 4 Bold and saucy
- 5 Upbraid
- 6 "Calvin & ___"
- 7 Exploitative type
- 8 Classic L.A. metal band
- 9 Some laundry loads
- 10 Fencer's blade

- 11 Hilary's outfit
- 12 Connects with
- 13 Charlemagne's realm: Abbr.
- 21 Give the slip
- 22 Sam's Club rival
- 27 Kind of cell
- 29 Equate
- 31 Abominates
- 32 Black ink item
- 34 Nervous excitement
- 37 Honey makers
- 38 Big name in hotels
- 39 Like tennis serves
- 40 Tennis star Ana
- 41 Indy racer Al
- 47 Salad leaf

- 49 Hunk
- 50 Water cannon target
- 51 Begin
- 53 Deuce beaters
- 55 Caught congers
- 58 Arch molding
- 59 Start again
- 60 Waveless
- 61 Actress Thurman

SUDOKU



© 2009 Hometown Content

Medium

Savvy Senior

Elder Mediation Can Help Families Resolve Caregiving Conflicts

Dear Savvy Senior,
Are there any services that you know of that help families resolve caregiving conflicts? My mother – who just turned 82 – recently had a stroke, and to make matters worse, my two siblings and I have been perpetually arguing about how to handle her caregiving needs and finances.

Bickering Siblings

Dear Bickering,
It's not unusual when adult children disagree with each other regarding the care of an elder parent. If your siblings are willing, a good possible solution is to hire an "elder care mediator" who can help you work through your disagreements peacefully. Here's what you should know.

Elder Mediation

While mediators have been used for years to help divorcing couples sort out legal and financial disagreements and avoid court battles, elder care mediation is a relatively new and specialized service designed to help families resolve disputes that are related to aging parents or other elderly relatives.

Family disagreements over an ill or elderly parent's caregiving needs, living arrangements, financial decisions and medical care are some of the many issues that an elder care mediator can help with. But don't confuse this with family or group therapy. Mediation is only about decision-making, not feelings and emotions.

The job of an elder mediator is to step in as a neutral third party to help ease family tensions, listen to everyone's concerns, hash out disagreements and misunderstandings, and help your family make decisions that are acceptable to everyone.

Good mediators can also assist your family in identifying experts such as estate-planners, geriatric care managers, or health care or financial professionals who can supply important information for family decision making.

Your family also needs to know that the mediation process is completely confidential and voluntary, and can take anywhere from a few hours to several meetings depending on the complexity of your issues. And if some family members live far away, a conference or video call can be used to bring everyone together.

If you're interested in hiring a private elder care mediator, you can expect to pay anywhere from \$100 to more than \$500 per hour depending on where you live and who you choose. Or, you may be able to get help through a nonprofit community mediation service which charges little to nothing.

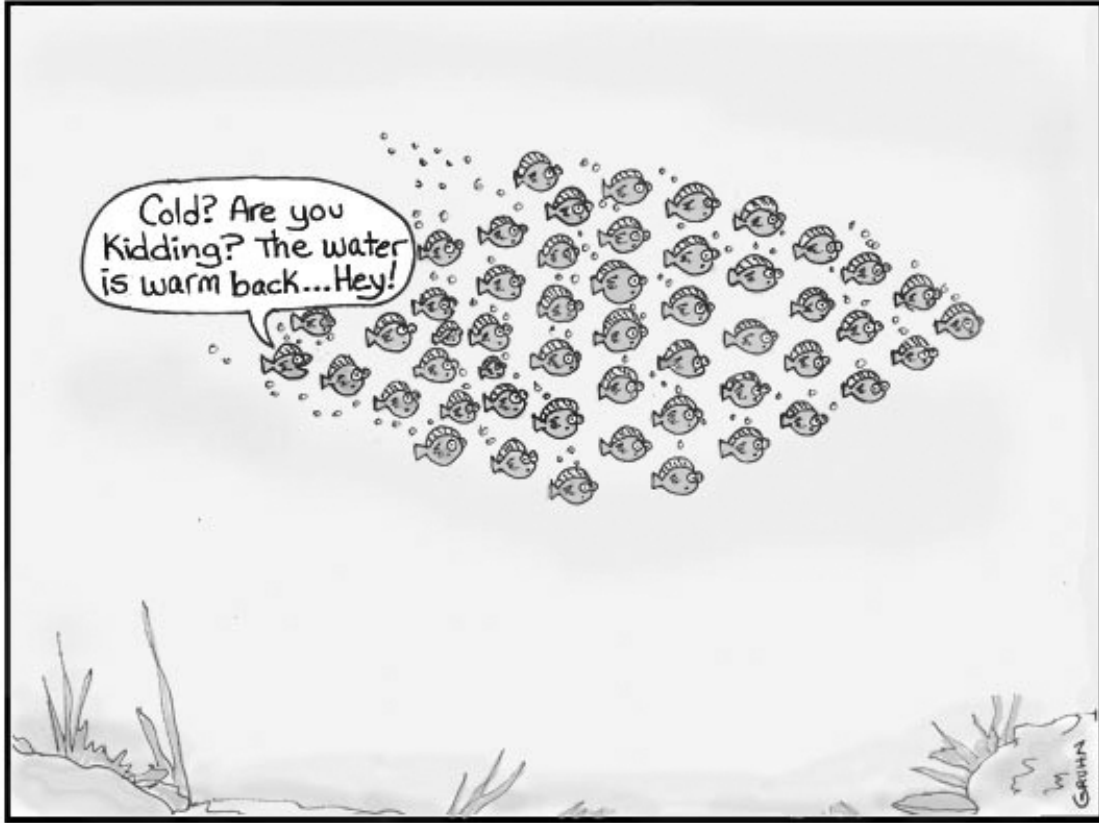
Finding a Mediator

To locate an elder mediator, start by contacting your area aging agency (call 800-677-1116 to get your local number), which may be able to refer you to local resources, or search online at mediate.com. Another good option is the National Association for Community Mediation website (nafcm.org), which can help you search for free or low-cost community-based mediation programs in your area.

Unfortunately, there is currently no formal licensing or national credentialing required for elder mediators, so make sure the person you choose has extensive experience with elder issues that are similar to what your family is dealing with. Also, be sure you ask for references and check them. Most elder mediators are attorneys, social workers, counselors or other professionals who are trained in mediation and conflict resolution.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show.

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WORD SEARCH

The Respiratory System

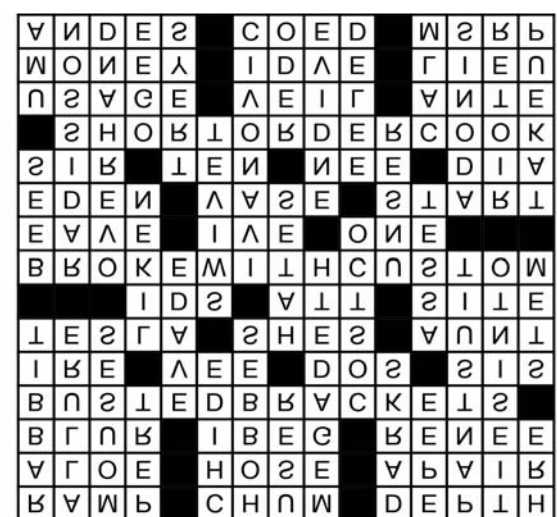


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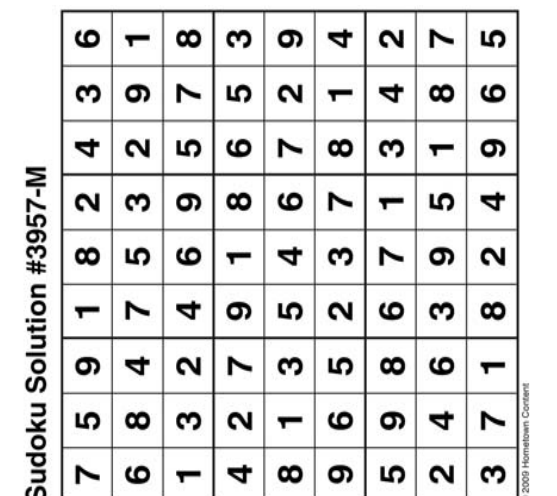
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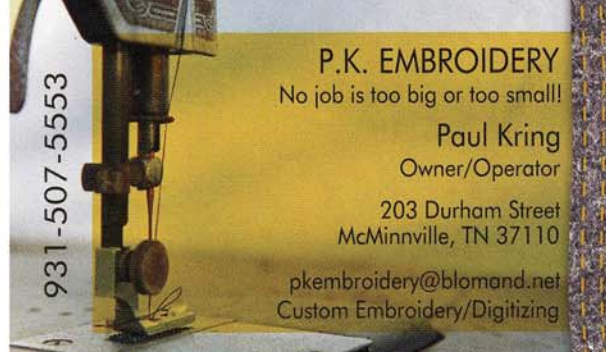
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