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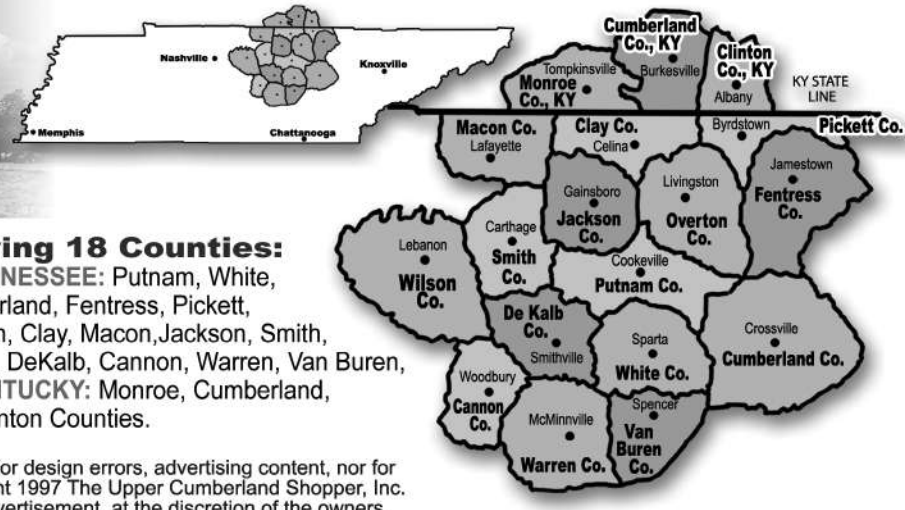
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Isaiah 40: 28 - 31 (NIV)

Community Events Calendar



EMAIL: THEUCSHOPPER@GMAIL.COM FOR A FREE LISTING OF YOUR EVENT!

ONGOING:
The Upper Cumberland Foster Closet Location: 259 S. Willow Ave., Cookeville, TN. Donations needed. Diapers, baby wipes, and baby wash among other essential items. Contact us for other monthly needs at 931-240-3448

AG Gun Show: Location: Leslie Town Center, 1 W. 1st St., Cookeville, TN. Time: 9 am - 5 pm. Firearms of all types, new and used, antique and modern, knives, ammo, military surplus, hunting gear, spare magazines, optics and more will be available to buy, sell, or trade. For more info visit: aggunshows.com or call 423-664-2715.

Carmen Burnett. Each donor will receive a beanie. To sign up visit: bloodassurance.org

Winter Trout at Cane Creek: The TWRA has stocked the Cane Creek Park lake through its annual statewide winter trout stocking program. Around 2,000 fish were released so anglers with a TN fishing license with a trout stamp or a sportsman license can fish at the lake daily from 7 am to 6 pm.

Feb. 6 Women's Heart Event Location: Leslie Town Center, 1 W. 1st St., Cookeville, TN. Time: 5 - 8 pm. This event will include a reception and appetizer hour, wonderful seated dinner, and awards ceremonies. Tickets at \$40 each. All tickets are presale only. Benefits from proceeds raised will go to the CRMC Charitable Foundation's Heart Fund. 931-783-2003.

Feb. 10 Blind Date with a Book: Location: Cookeville Public Library, 50 E. Broad St., Cookeville, TN. Time: 10 am - 1 pm. Looking for the perfect date? Wrapped books with a clue (or two) as to the type of book, and add a few embellishments. You can then purchase the book that matches your mood and go on a blind date...with your book!

Feb. 3 Trail Run and Putnam Polar Plunge: Location: Meadow Creek Park, Monterey, TN. Hosted by Friends of the TN Central Trail. Time: 8:30 am - 11:30 am. Get tickets at runsignup.com and search for TRAPP 2024.

Feb. 6 Blood Drive: Location: 155 W. Broad St., Cookeville, TN. Time: 9 am - 1 pm. Memorial Blood Drive to honor

Feb. 17 Cookeville Coin Show: Location: Cookeville Community Center, 240 Carlen Dr., Cookeville, TN. Time: 9 am - 4 pm. FREE admission. Children admitted with adult supervision. Vendor contact: Ask for Andy 720-879-3322.

TO PLACE YOUR COMMUNITY EVENTS: SEE OUR CONTACT INFORMATION ON THE TOP OF PAGE ~3~ IN THE INFORMATION HEADING. ADS WILL BE EDITED FOR SPACE CONSIDERATIONS.

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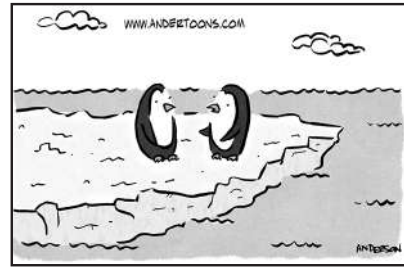
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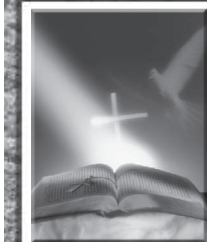
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HEBREWS 13: 5 - 9

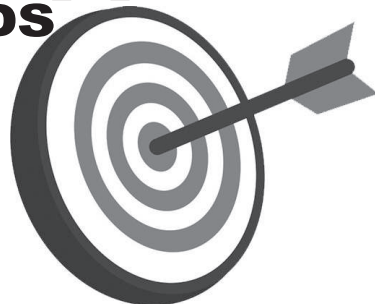
Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday and today and forever. Do not be carried away by all kinds of strange teachings. It is good for our hearts to be strengthened by grace, not by eating ceremonial foods, which is of no benefit to those who do so.



Our Classifieds Hit the Mark!

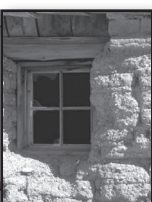


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- Anonymous



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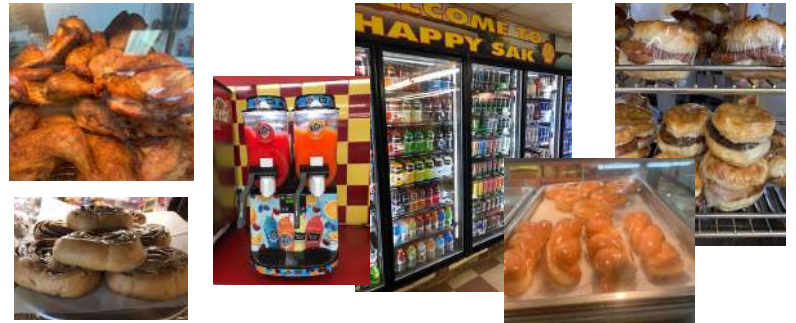
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Pointers For Parents

Screen Time Is Here To Stay!

(NAPS)—*Halle Stanford, President of Television at The Jim Henson Company and mother to two boys, ages 19 and 6, shares her views on navigating the kids' TV landscape.*

As a producer at The Jim Henson Company and a mom to two boys, I have a unique perspective on screen time. I've also explored this issue in one of my shows, *Dot*. This animated preschool series created by the fabulous Randi Zuckerberg addresses how technology can enhance a kid's everyday adventures. We were lucky to be advised by Yalda Uhls (author of *Media Moms and Digital Dads*) on creating a show curriculum that encourages kids and their families to be excellent digital citizens, to come up with a family media agreement, and to talk openly about screen time.

My personal philosophy on this issue is simple: Viva la screen time! I encourage my kids to enjoy movies, television, videos, apps, and more. Like my hero Jim Henson, I believe in the positive transformative power of media. As a producer, my goal has always been to create television and films that enrich, educate, and entertain. So I have always encouraged my boys to love the shows and games that they are drawn to, but also to discover programming that informs them on issues and ideas they are curious about. Favorites in our house range from *Phineas and Ferb*, *Sarah and Duck*, *Reading Rainbow Skybrary*, *Despicable Me*, *Star Wars to Westworld*, *Nathan For You*, *Game Of Thrones*, and *The Walking Dead*. (Remember, my boys are 13 years apart!)

As a momma, how much screen time do I let my youngest have? It has changed with his age and often depends on what's happening that day. In the summer, he's allowed screen time in the morning AND in the afternoon, but it's more limited during the school year. True confession: I don't have a set amount of time he always gets, but it's usually no longer than an hour. And we do talk about how long he'll be watching the shows before he settles in to viewing. And when that last show starts, he gets a



Jim Henson's Family Hub is the home to some of television's favorite preschool stars. © Henson.

reminder that his screen time is almost up. Yes, there have been times when he grabs the phone or remote when screen time is over and runs around the house laughing, but I'm as quick as a cheetah.

My 19-year-old is an adult and at this point in his life, I trust him to regulate his own screen time. And still, the best I can do for both my boys is to model good screen time habits myself. When we are together, I do my best to use my phone only to snap those memorable photos or answer an urgent message. And I tell them why I am taking the time to focus on my screen and not on them. I also never answer the phone during meals or playtime. But, once they're asleep or out and about, I love having my own time to turn on my latest favorite show (hello, *Outlander!*).

We are in a new golden age of television and I would embolden parents to find shows that will delight and inspire their kids. It will take time (because there is so much content out there), but get involved with customizing your family's viewing experiences together—it's FUN! (And, if it happens to be *Dot*, *Splash and Bubbles*, *Dinosaur Train*, *Doozers*, *Word Party*, or *Julie's Green-room...even better!*).

Discover your child's next favorite show. Visit www.JimHensonsFamilyHub.com to explore The Jim Henson Company's award-winning programs for all ages.

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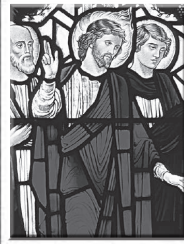


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DANIEL 4: 34 - 37

At the end of that time, I, Nebuchadnezzar, raised my eyes toward heaven, and my sanity was restored. Then I praised the Most High; I honored and glorified him who lives forever. His dominion is an eternal dominion; his kingdom endures from generation to generation...He does as he pleases with the powers of heaven and the peoples of the earth. No one can hold back his hand or say to him: "What have you done?"

At the same time that my sanity was restored, my honor and splendor were returned to me for the glory of my kingdom. My advisers and nobles sought me out, and I was restored to my throne and became even greater than before. Now I, Nebuchadnezzar, praise and exalt and glorify the King of heaven, because everything he does is right....

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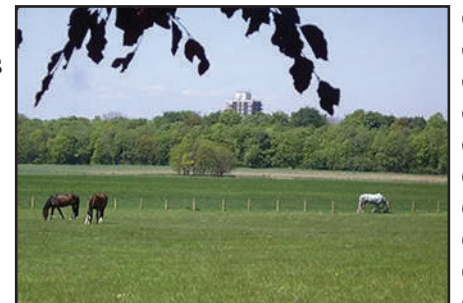
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Once horses are acclimated to spring grass, it's time to start your grazing rotation. Start grazing a pasture when grasses have reached 8-10 inches, and move horses when grasses are 4-5 inches tall. If this takes longer than a week, you could add horses to the group or use temporary fencing to make the paddock smaller. Grass regrowth will be rapid in the spring (2 to 3 weeks), so as long as you have enough paddocks in the rotation, you shouldn't need to confine horses to stress lots unless it is raining and soggy.

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Missionaries who travel to visit distant tribes in the most remote villages of the world seem to have a similar experience: when the natives learn and understand that there is only one God whose story is told in the Bible and whom they can come to know through Jesus Christ, they lose their fear of "their gods." Most of them have many different gods whom they do not know nor understand - only fear. So, they live lives filled with fear - afraid that they will displease the god they have created who may punish or kill them, their families or tribe at any time. So, they live lives that are haunted, not helped by their beliefs. How different is the God of the Bible whom we can come to know, love and understand. Our God has the heart of a loving Father. The Psalmist described Him in wonderful, gracious terms when he wrote, "As a father has compassion on his children, so the Lord has compassion on those who fear - stand in awe of - Him." He has compassion on us when we are weak and need His strength to make it through difficult days and long nights. He has compassion on us when we hurt and need His hope and healing. He has compassion on us when we have failed Him and need His forgiveness. One day two fathers were talking. "If your son was my son, I would never speak to him again for what he's done to you." "Yes," replied the father who was filled with grief, "but he's not. He's my son and I'll always love him." How like our compassionate Heavenly Father.

MISCELLANEOUS

Paying Top Dollar for Diamonds, Gold, Watches, Antiques, Collectibles, Toys, Cookie Jars & Pottery, Call 931-525-7325.

Seasoned White Oak firewood for sale: \$60 per rick, you pick up in Crossville, TN. Call 931-210-7005 or 931-337-6373.

New Vendor at Butler's Antiques and More located 154 South Main St., South Carthage, TN 37030. Booth 23C has kids and adult clothes, Nora Roberts book and more. Open Tues thru Sat. 10 am - 5 pm.

MISCELLANEOUS

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Mossberg 12 Gauge Shotgun. Single shot, 3 chamber, full choke. 931-259-3798, Eddie - McMinnville, TN.

For Sale: Frigidaire Brand White Refrigerator very good condition - \$150. Call 270-427-0846.

Need Someone to Tear Down Old House in Burkesville, KY. Good hardwood floors, studs, doors, and more. Call 270-433-6359, if no answer please leave message.

Lawn mower Tires for sale, various sizes, in good condition, various prices. Call 931-528-4604.

MISCELLANEOUS

WANTED: Someone for Basic Yard Work and cleanup, raking, etc. Call 5am-2pm 931-528-5460

Antiques, Barn wood Furniture. Unique and affordable handmade solid wood furniture and housewares. 137 LaRue Rd. at Highway 127, Grimsley, TN. Call 931-863-5493.

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Inside Yard Sale: Wed thru Sat 10 am to 5 pm. Located at 57 Cookeville Hwy., Carthage, TN 37030. 13 Vendors, items include toys, books, duds, VHS, furniture, kids and adult clothes, jewelry, knives, knick knock and more.

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HOME DESCRIPTION: Home has approximately 1500+ sq ft, two bedrooms (15x15) (12x16), living room (15x15), eat in kitchen (12x15), dining room (10x15), single bath (5x9), entrance foyer (7x15), storage area (6x12), and laundry room (5x5). Home also has 6x36 pressure treated covered front porch, new electrical entrance and metal roof in 2023, vinyl siding, replacement windows, new floor joist and floor in kitchen, dining, and living room areas. There are two outside storage buildings 9x18, 14x20 w/2 sheds located on this property. Property has city water, well, existing septic system with two additional soils areas, and high speed internet available.

AUCTIONEER'S NOTE: Investors - Home Buyers - Look here! This home is conveniently located to Cordell Hull Lake, has long creek frontage, and would be ideal for an Airbnb, rental property, flip home or your primary residence. We also have a wide array of personal property to sell from a 12x28 storage building, stainless steel appliances, Jenn-Aire Stove, fishing supplies, tools, furniture, and household items. We have tents, chairs, heaters, fans, concessions, and port a lets, so be sure to set your calendar, make plans to attend and spend this day with the "Poindexter Team." Smith County's oldest Real Estate and Auction Company, where we take the stress out of selling and handle everything for you.

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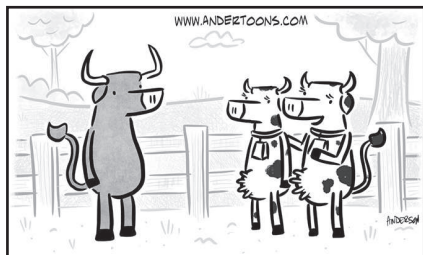
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Frozen Strawberries: Just As Nutritious And Tasty As Fresh

(NAPS)—There's nothing quite like the taste of fresh strawberries—every sweet, delicious bite conjures warm memories of spring and summertime. But did you know that same fresh strawberry taste—and the health benefits—can be enjoyed during the chilly months when you select frozen strawberries?

Strawberries are harvested at their peak of freshness in California, hand-picked from the fields and immediately frozen—capturing all of their nutritious benefits.

"When it comes to strawberries, science shows no significant differences in vitamins, minerals, fiber, or antioxidants between fresh and frozen strawberries," says registered dietitian Colleen Wysocki. "People can feel good about having affordable, nutritious frozen strawberries with a longer shelf-life all year long."

Just 8 a Day

Strawberries are not only low in sugar and calories, they also provide a unique combination of essential nutrients, dietary fiber and phytochemicals. Eight medium strawberries, which is a one-cup serving, has more vitamin C than an orange and is packed with beneficial antioxidants and nutrients including potassium, folate and fiber. Clinical research suggests that eating just one serving of eight strawberries a day may improve heart health, help manage diabetes, support brain health, and reduce the risk of some cancers.

Ways to Use Frozen Strawberries

Choosing frozen is a great way to enjoy delicious strawberry goodness all year long. Frozen strawberries are the perfect ingredient for making sauces for dessert toppings, adding to smoothies, and making jams or jellies. Frozen strawberries can be used to make festive cocktails, and even savory appetizers like salsa or gazpacho.

For more information and recipe ideas, visit: californiastrawberries.com.
Entertaining soon? This Strawberry Crisp is the perfect dessert to feed a large group for the holidays! Top it off with vanilla ice cream or frozen yogurt.

Strawberry Crisp
Prep Time 15 minutes
Cook Time 45 minutes
Total Time 1 hour
Servings 8



This sweet strawberry crisp can easily be made at any time of year with frozen strawberries.

Ingredients

- For topping:**
- 2/3 cup old fashioned oats
 - 2/3 cup flour of choice
 - 6 Tbsp cold butter (or coconut oil)
 - 2 Tbsp granulated sugar
 - 2 Tbsp brown sugar
 - 1/4 tsp ground cinnamon
 - 1/2 cup walnuts, chopped
- For filling:**
- 4 1/2 cups frozen unsweetened whole strawberries, thawed and chopped
 - 3 Tbsp cornstarch
 - 1/4 cup maple syrup
 - 1 Tbsp lemon juice
 - 1 tsp vanilla extract

Instructions

- Preheat the oven to 375° F.
- Add the dry topping ingredients to a large bowl and mix well.
- Use forks or a pastry cutter to mix in the butter, mixing until clumps form. Place the topping mixture in the refrigerator while making the filling.
- In a large bowl, mix together the thawed and chopped strawberries, cornstarch, maple syrup, lemon juice, and vanilla. Stir until they are well combined.
- Place the filling into a 9x9 baking dish or a skillet.
- Sprinkle the topping evenly over the strawberries.
- Bake the crisp for about 40-50 minutes, or until the topping is golden brown and the fruit is bubbling.
- Remove from the oven and let cool.
- Serve with vanilla ice cream or frozen yogurt and enjoy!

"Bouzari, A., Holstege, D., & Barrett, D.M. (2015). Mineral, fiber, and total phenolic retention in eight fruits and vegetables: A comparison of refrigerated and frozen storage. Journal of Agricultural and Food Chemistry, 63(3): 951-956. DOI: 10.1021/jf504890k.

MISCELLANEOUS

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For Sale: Hand made baskets and clocks. Levi S. Miller, 2875 Jacksboro Rd., Morrison, TN 37357.

Dear Friends: God love you and I feel led to share some thoughts with you about Jesus. Jesus paid the greatest price on Calvary's cross, and opened the door to a life with no end. Jesus brought life, Satan brought death. If the death angle knocks at your door today, is your heart fixed on God? Jesus said, "If you love me keep my commandments." I've worked for Jesus most of my life. Jesus Christ is everything, nothing can replace Him in our lives. May God bless everyone that reads this. - Evangelist Lincoln Sanders 931-304-6319.

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Many sources claim that the original Groundhog Day took place in 1887, when residents of Punxsutawney set out to Gobbler's Knob, known as Phil's "official" home.

Be prepared. You never get a second chance to make a good first impression.
- Anonymous

Question your goals by asking, "Will this help me become my very best?"
- Anonymous

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Friday, February 2nd

No matter how long the winter, spring is sure to follow.
- English Proverb

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- Anonymous



The first casualty when war comes is truth.
- Hiram Warren Johnson

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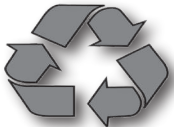
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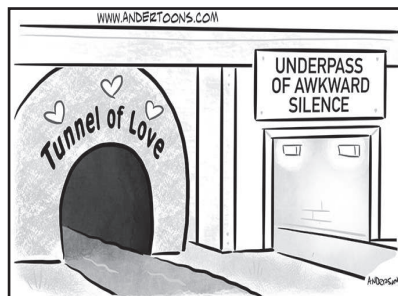


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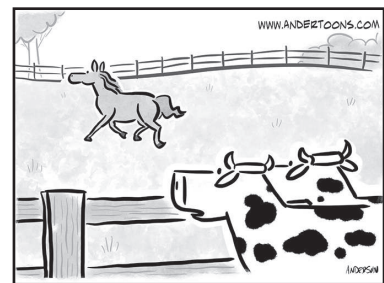


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- Romans 12:2



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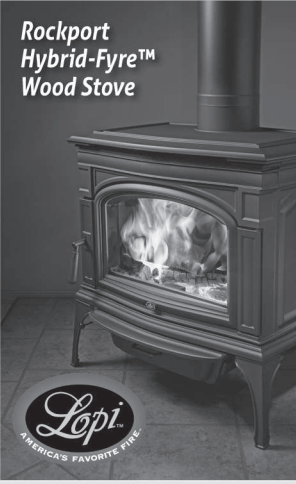
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Smart Lighting Solutions to Combat Eye Strain from Screen Time

(NAPS)—Research shows that remote workers spend over half of their day—13 hours on average—looking at screens. This much time spent looking at a computer can produce digital eye strain, also known as Computer Vision Syndrome (CVS).

How To Help Your Eyes

It's estimated that digital eye strain affects 60 million people worldwide, and over 70% of computer users. Resulting symptoms include headaches, blurry vision, neck and eye pain, double vision, delay in shifting focus, and more.

Sound familiar? If you're experiencing digital eye strain from spending countless hours in front of a screen, you will be glad to know, BenQ's tech-driven smart lights can offer a solution.

Digital eye strain is often caused by differences in light—screen glare, light reflection, screen brightness and contrast are all contributing factors. Renowned for its pioneering lighting solutions—including the world's first monitor light bar, the ScreenBar—the company boasts a full line of smart lights that help reduce digital eye strain. Designed based on extensive research by a team of optical professionals and backed by EU IEC/IR 62778 and IEC/EN 62471 dual certifications for blue light hazards, these smart lights bring tech-driven eye comfort to computer users everywhere.

Reimagine Laptop Lighting

For someone needing a portable solution to mitigate insufficient computer light, BenQ's new LaptopBar (<https://bit.ly/4arLWb2>) is ideal. This compact light bar attaches to your laptop via a non-damaging magnetic patch, and through an innovative process involving 20 million beam simulations, creates a CIRCUM-Light™ 3D-surrounding illumination that brings together central brightness and ambient light to alleviate eye strain.

The light bar also offers:

- A personalized auto-dimming feature, which remembers your specific lighting preferences and intelligently adapts to changes in environmental light.
- A foldable arm offering height adjustability for your smart light, letting you choose between a limited or wide field of light.

Weighing less than an iPhone 15 Pro, the LaptopBar is easy to transport and intuitive to use. A built-in battery can maintain 100 minutes of opera-



The ScreenBar Halo offers tech-driven eye comfort for computer users by supplying real-time auto-dimming light to soothe digital eye strain. Attach the device with a clamp, adjust lighting with the wireless controller, and enjoy the immersive illumination from the back light feature.

tion at 100% brightness and 160 minutes at 50% brightness, so you can use it anywhere.

Tech-Driven Lighting Solutions

An innovator of eye-comforting light for your monitor, BenQ's ScreenBar Halo (<https://bit.ly/3Rxgn6R>) securely clamps onto most monitor models to distribute light around your workspace. It features:

- BenQ's first immersive back lighting mode, which lets you switch among three lighting modes to balance any contrasting light between your computer screen and its surroundings.
- An ASYM-Light™ asymmetrical optical design that prevents reflected glare on the screen and reduces digital eye strain; and a real-time auto-dimming feature with a built-in light sensor detects ambient lighting and supplements illumination of the desktop as needed.

The wireless controller lets you switch lighting modes from your desktop and customize the lighting for a range of environments.

Taking Control of Your Eye Care

You can take care of your eyes by supplying the light relief they need. Your screen time likely won't be decreasing any time soon, but with smart lighting solutions like BenQ's LaptopBar and ScreenBar Halo, you can decrease eye strain and promote eye comfort no matter how much time you spend in front of a screen.

Learn More

For additional information and resources on improving eye health, visit: <https://www.benq.com/en-us/lighting.html>.

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2 PETER 3: 8 - 13



But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance. But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything done in it will be laid bare. Since everything will be destroyed in this way, what kind of people ought you to be? You ought to live holy and godly lives... That day will bring about the destruction of the heavens by fire, and the elements will melt in the heat. But in keeping with his promise we are looking forward to a new heaven and a new earth, where righteousness dwells.

Food For Thought

Please Your Palate With Produce All Year Long

(NAPS)—Even when summer is only a distant memory, there's no need to give up the benefits of consuming fresh produce.

Here are five ways to infuse recipes with seasonal fruits and vegetables at any time.

1. **Simplify mealtime.** It's easy to whip up a satisfying meal bowl with this formula: grain + protein + vegetables. The result? A meal that is deliciously personalized to your taste.

2. **Don't be afraid to experiment.** Whether you're looking for gluten-free options or trying to spice up a traditional pasta dish, spiralized veggies make a great substitute for regular noodles to create a tasty produce-filled version of favorite pasta recipes. Replace spaghetti noodles with "spiralized" zucchini—or "zoodles"—and top with marinara and a sprinkle of Parmesan cheese.

3. **Embrace seasonality.** Remember, there's a wealth of seasonal fresh produce available even in the colder months. Winter squash, broccoli, citrus and kale are all great options at peak harvest during winter.

4. **Try roasting.** Cold weather can be a great time to celebrate heartier comfort food recipes. Instead of eating vegetables raw, roast them—the heating process brings out their natural sweetness. Toss vegetables with olive oil, balsamic vinegar, salt and pepper, arrange on a baking sheet, and roast in the oven at 425° F until softened.



Hearty chicken tortilla soup made with R.W. Knudsen Family Organic Tomato Sriracha juice is a flavorful way to warm up and keep veggies in your diet all winter long.

5. **Drink your veggies.** Vegetable juice can be a delightful way to consume produce. The new R.W. Knudsen Family vegetable juice blends and beverages, for example, contain quality ingredients and no preservatives. All varieties are Certified USDA Organic and Non-GMO Project Verified. They're available in classic and signature flavors including:

- Organic Tomato Sriracha
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These vegetable juice blends and beverages are a great addition to a balanced diet.

Learn More

For additional information and recipe ideas, visit www.rwknudsenfamily.com and www.facebook.com/RWKnudsen.

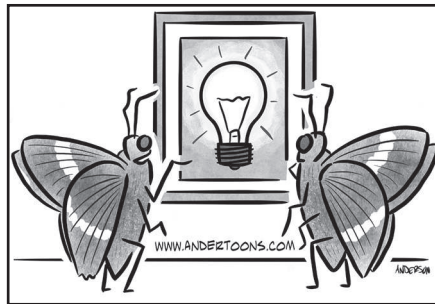
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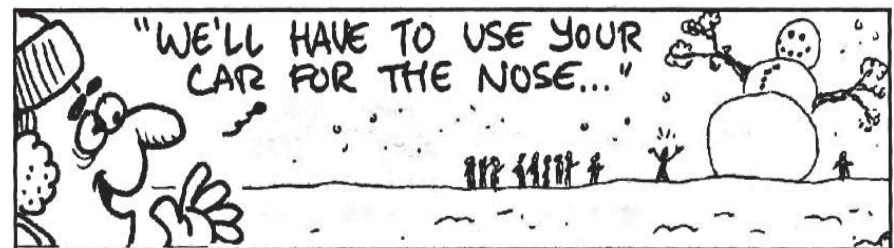
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- Life is not just comprised of our physical experience. Just trace your own personal arrival into this world. What a miracle the birth of a child truly is. Go back even farther...conception. The dynamics involved in the division of cells into a mortal, emotionally charged person.

- Okay...so what, you say. Let's break it all down into a science of sorts. You realize that we are all composed of energy. Energy is what makes cells divide; energy is what makes muscle twitch and move; energy flows through our brains and fires off signals millions or more times a day. If energy is what we are composed of and energy is the force of the universe, than why are there so many people groups that just don't seem to move beyond the now into the future. Why is there poverty? Why are there uneducated people? Why are there groups of people that have been left behind in the stagnant pool of technology? Why is there war? If energy moves us from here to there and energy is what transforms our lives from the simple to the complex; why can't the world as a whole grow together in unity.

- Webster's Dictionary defines energy as: **“vitality in expression; the capacity for action or accomplishment; the work a physical system is capable of doing in changing from its actual state to a specified reference state.** There it is....in layman terms, it's the capacity for action, the work a system (or person) is capable of doing in changing from their actual state to a new state. That tells me that we are all responsible for starting at one place and finishing at a better place.

- If this is the case...we still haven't answered the previous questions as to why there are those that don't change, while others do. The definition of systems can help us answer that. A system is a group of interrelated parts that form a complex whole. If the parts are not working together, than the whole system will not work towards a unified goal. This pretty much answers the why's? of this world. It answers the question of poverty versus prosperity; technology versus the lack of technology; education versus despair.

- We must decide as a people group- Asian, European, Africa, American, Australian, Canadian, etc... to work as a system. We are all created in God's image, with his energy and love inside of us. We must determine to use that power for unification, prosperity, education, and peace for all. When our system works together, when we harness our combined energies together, we can accomplish all of this and more. We are all the same.

-God intended for us all to live in unity. He intended for us to use our energies to move from the now to our finished, glorified state. We can accomplish this faster...together!

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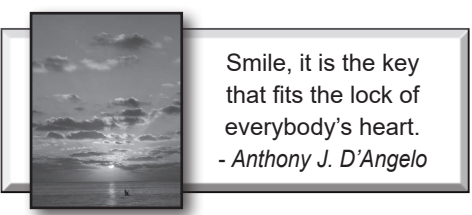
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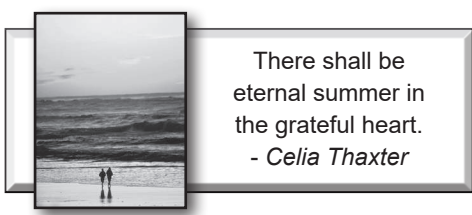
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Compost Reports Needed by Lisa Luck



Did you compost in 2023? If so, it is time to report how much organic waste you composted in your yard. Materials that can be reported are grass clippings, leaves, manure, twigs or branches and food waste. As long as these materials stayed in your yard to decompose rather than being transported to the solid waste department or city brush collection sites – they can be counted. It doesn't have to be exact – estimates count.

So, why count the organic waste? The Tennessee Department of Environment and Conservation (TDEC) requires that every county show that at least 25% of the waste generated in that county was diverted from a Class I Landfill. A Class I Landfill accepts household waste including organic waste. Diversion is the statewide method used to help landfills last longer to provide ongoing waste disposal options for our county and others. Your report helps the county achieve this required 25% diversion rate.

All solid waste tonnages counted by the county and municipalities in Tennessee are reported to TDEC in an Annual Progress Report (APR). This report must be completed and submitted by March 31 each year. The APR is a report about all the trash, a.k.a. solid waste, generated in a county. Statistics compiled include number of tons collected, where the solid waste is taken for disposal and the cost of managing the waste. Solid waste is tracked in terms of weight of materials that are recycled, composted, or disposed in a Class I Landfill (household garbage) or Class III/IV (construction debris). These statistics become part of a larger report by Tennessee to be compared to other states, and become a part of a national report.

The county tracks as much of the solid waste that is generated as they have access to. Exceptions include organic waste that is composted by businesses or individuals. Another exception are recyclable materials that businesses recycle through other avenues rather than through the county. Composting totals or materials recycled elsewhere by a business can also be reported to help the county reach the 25% diversion rate.

Rather than putting food waste in with the household trash, compost it in your yard instead. Bagged yard waste materials can remain in the yard instead of taking it to a landfill or setting it curbside for city pickup. Materials that can be composted (and counted in this report) include glass clippings, leaves, twigs, branches, manure and food waste. To learn how to compost, go to www.whywastegarbage.com.

It is important to compost food or other organic waste in one's yard rather than discarding it in the trash. Organic waste releases methane gas as it decomposes in a landfill which contributes to excessive warming of the earth's atmosphere. Composting helps food waste decompose naturally into rich soil that can be used in the garden. If you composted food or yard waste at your home, email your report for 2023 to whywastegarbage2@gmail.com or text 931/261-7841. Tip: one gallon of food waste weighs approximately 8.5 pounds. Your report counts!

Lisa Luck is writer and concerned citizen living in Cookeville, TN

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ISAIAH 61: 1 - 3

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion - to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.



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To err is human; to really foul things up requires a computer.
 - Anonymous

If your riches are yours, why don't you take them with you to the other world?
 - Benjamin Franklin

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SPEAK UP!

and Be Heard

We have all heard the expression **"The squeaky wheel gets the grease."** There is a very good reason why that is such a common expression: it is a true and powerful statement. A squeaking sound is something that demands immediate attention, because the alternative to fixing that kind of a problem is to continuously hear an annoying sound; or worse, to allow the problem that is causing the sound to become more severe and cause a great deal of damage, both physically and financially. This "squeaky wheel" expression also applies in dealing with our government. Our elected officials, just like most people, tend to pay more attention to people who are very vocal and outspoken about issues that concern them. Politicians, whether they like it or not, are elected to serve the people who put them in office: **US.**

We all complain about the sad state of our politicians and the many failings of our government leaders and the awful messes that they make for average citizens, like you and I. While it is healthy and necessary to vent our frustration among one another, it is often not heard by our elected officials, who are in positions to fix problems in our government. These leaders are usually not listening to our private or public conversations. It is our right and responsibility to communicate our questions and concerns with them. We need to go to town hall meetings with our representatives and let them know what we expect them to do to better our communities and our nation. We also need to communicate with them regularly by writing letters, sending e-mails, regular phone calls, and visiting their offices in person. Get involved!

Put the complaining to good use: **BE A SQUEAKY WHEEL!**



1 JOHN 1: 5 - 10

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us.

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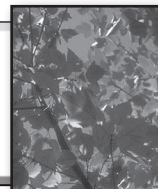
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- Erica Jong



A hero is someone who understands the responsibility that comes with his freedom.
- Bob Dylan



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Open hearts can open doors.

Cody loves to watch and play basketball. His favorite teams are the Miami Heat and Memphis Grizzlies. He would like to attend The University of Memphis and play football or basketball for the Memphis Tigers!

Cody's journal is filled with words and his drawings. He loves music and art. He would like to be part of the music industry in the future.

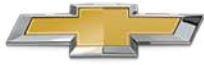
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