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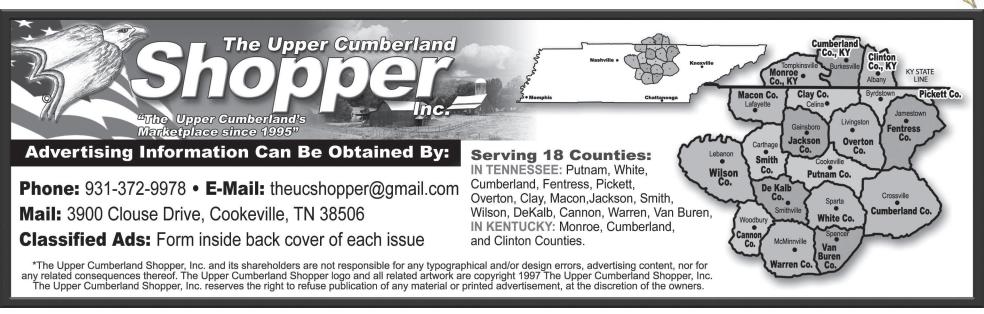
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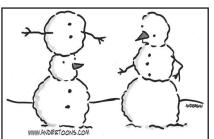
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"But when the set time had fully come, God sent his Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship. Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father." So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir





"You should see someone about that."



Galations 4:4-7 (NIV)

a prosperous new year!





ONGOING: Tour of Lights: During the month of December, Putnam Co. will host it's annual Tour. Get the Merry and Bright Christmas Tour of Lights map and take a night drive with family and friends to see Cookeville's best decorated holiday homes. Map available at the Cookeville Municipal Building.

Kids Art Class: The Cookeville Art Studio, 186A S. Walnut Ave., Cookeville, TN hosts kids art class every Each class is \$15. Please calll 931-526-2424 or stop by at the Cookeville Art to pre-register.

Train Tales: Stories and fun await preschoolers at Train Park opens. Tales every Friday from 10:30 - 11 am at Dec. 16 the Cookeville Depot Annual Memorial Museum. Admission is FREE. For more information call 931-528-8570.

Nov. 30 - Dec. 31 **Christmas Forest:** Location: Cookeville History Museum, Cookeville, TN. Time: 10 am - 4 pm. Tues. through Sat.

Cookeville, TN. Time: 6 pm. Tree lighting will be synchronized to music Cookeville First with a 15 minute light show that will continue throughout the holiday season every hour from 5 - 9 pm.

FREE Lunch: The **Baxter Senior Center** hosts a lunch for seniors with home cooked meals every M-F at 12 noon.

Dec. 15,16, & 18 Santa House Opens! have their picture Visit with Santa and his elves: Location: Dogwood Park, Cookeville, TN. Monday from 4-6 pm. Time: 5-8 pm. 3-6 pm on Dec. 10 & 17.

Dec. 15

Ice Skating: Location: Ctr., Cookeville, TN. Livingston Central Park, Livingston, TN. Time: 1-9 pm. Annual Ice Skating in the

Candlelight Ceremony: Location: and find your fitness First United Methodist fit. Church, 210 E. Broad St., Cookeville, TN. Time: 1-3 pm. The Heart of the Cumberland will host their annual memorial ceremony. Parking and entrance is in the back of the building.

Dec. 16 **Christmas Toy** Giveaway: Location: Church of God, 1223 Fisk Rd., Cookeville, TN. Time: 10 am - 1 pm. Giveaway for children ages 1-12. Each child must be present and accompanied by an adult to receive a toy. Hot cocoa, cookies and a treat bag will also be provided while suppliies last. Each child will have the opportunity to taken with Santa. For more info contact Ann at 931-644-5009.

Jan. 20

Fit Frenzy: Location: Cane Creek Rec. Time: 8:30 am - 11 am. Enjoy a free sampling of group fitness classes all in one morning at CCRC. Different classes are offered every half hour. Meet the instructors

PLACE Your То COMMUNITY EVENTS: OUR See CONTACT INFORMATION ON THE TOP OF PAGE $\sim 3 \sim$ in the Information Heading. ADS WILL BE EDITED FOR SPACE CONSIDERATIONS.

Merry

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Life Per Issue

Love isn't what

you say; love is

what you do.

- Anonymous



ANIMALS

Bernese Mountain Puppy. Female, born in March, have papers to register. \$450 OBO. 931-224-8510.

Come meet some great Forever Friends that need Homes at the Putnam Co. Animal Shelter located at: 2600 Gainesboro Grade, Cookeville, TN Call 931-526-364 for hours and make sure to bring pet id# with you. **Iris:** is a female, domestic short hair mix, cat. ID #A005714. Taco: is a female, border collie mix dog. ID #A005964. **Finn:** is a neutered, male, Beagle mix dog. ID #A005503. Jacob: is a neutered male Domestic Short hair mix cat. ID #A005622.

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CARS

2014 Dodge Charger AWD, V7 5.7, new tires, just serviced, ballistic doors & glass, CD player, excellent condition, 123K miles, a must see - \$13,500 OBO. Call 931-252-5891.

CARS

1990 Mazda Miata **Convertible.** Needs new top, paint, and fuel pump. \$1,500. Call 931-409-0427.

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Now Seeking Self Motivated, apprentice/ helper for professional plumbing company. 931-271-0216.

FARMING

Need a Tractor Starter or Alternator? Call Jones Auto Electric, Cookeville, TN. Call 931-528-5460.

John Deere 5075 Cab Loader: 4 WD, 2 hours -\$59,900; John Deere 6300 **Cab Loader:** 2 WD, 3500 hours - \$49,900; **John** Deere 5200 - \$14,900. Don Bruce, Murfreesboro. 615-714-6666.

FARMING

AUCTION 代 GROUP

Massey Ferguson 250 Tractor. With Bush Hog brand front end loader, 40hp, diesel engine. \$8,500. Call 931-409-0427.

HOUSEHOLD

Used Sale: For Refrigerator - very good condition - \$150. Call 270-427-0846 Tompkinsville, KY.

Window Bench: 18x18x84. all cedar, hand made, good condition; **Corner Desk:** large, 37"Hx33"Dx66"L, 48"Lx48"L, 1 door on other side, 3 drawer on side, 2 large drawers. This is a beautiful desk, I am moving. Good condition. I also have **10 large Home** Interior pictures - \$10 each; Night Stand: all wood, 30"Tx30"Wx18"D. Call 615-666-4264.

ABSOLUTELY THE BEST - Your Kitchen Cabinet Headquarters. LOW PRICES Everyday. Finished & Unfinished Oak-Ready to Install Vanity-Ext. Doors-Windows-Kitchen Counter Tops-Tub & Shower Units-Laminate Flooring. Locally owned for over 24 years. **BUDGET SALES** -1930 E. Spring St. (I-40, exit 290) Cookeville, TN. Call 931-528-8879.

MISCELLANEOUS

Used Lumber and Metal Bench table and three chairs. 4' Bush Hog. 931-265-6258.



True friends are those rare

peoples who come to find

you in dark places and

lead you back to the light.

- Anonvmous

You cannot

borrow your way

out of debt.

Anonymous

EOOKER Thanks to a generous donor, my adoption fee has been reduced to \$75. **VULPINA** Wolf Starts to a generous donor, her adoption fee has been reduced to \$70. **HOURS: M-T & TH-F • 12** PM-4 PM Check out our large list of pets on our Facebook page Find more adoptable pets at Petfinder.com

2606 Gainesboro Grade • Cookeville, TN • 931-526-3647 • cpas@frontiernet.net

2 DAY YEAREND EQUIPMENT AUCTION 1234 HWY 68, SWEETWATER, TN 37874

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397 Old Jamestown Hwy. • Crossville TN 38555 931-202-1640 TN Enhanced Handgun Permit Class. Sat Dec 9th, & Thurs Dec 21st

- Sat Jan 6th & Thurs Jan 25th \$75. 9am- 4pm
- NRA Women on Target Class
 Dec 16th Jan 13th 9a-3p \$120
- Indoor Shooting Competition Sat Dec 16th & Sat Jan 13th Call for details.



"I like it. Plan in some obsolescence and it's a go."







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865-607-6698

"I'm hoping in all the hubbub he'll forget I'm an only child."







Merry Christmas!

EXIT Crossroads Auction would like to thank all our Customers for making 2023 great!

These are a few of our 2023 auctions



5.12/-Acres Baxter, TN



Custom Home & 1.40 Acres Cookeville, TN



14+/- Commercial Acres Sparta, TN



1,700 SqFt Wilshire Heights Condo Fairfield Glade, TN



Home & 0.63+/- Acres Cookeville, TN



Timber Stand 610,000 BDFT Gainesboro, TN



Brick Home & 3.23+/- Acres Sparta, TN



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The Upper Cumberland Shopper December 15 - January 18, 2024 Page 9 EALER'S CHOICE **PUBLIC AUCTION 36TH ANNUAL NEW YEARS DAY AUCTION** Monday, January 1st 11:00am 2109 8th Ave South, Nashville, Tennessee 37204 615-383-7030 We will be selling fine antiques, high end custom furniture, bronze statues, cast iron garden urns and benches, Victorian, mahogany, Italian, French and American antiques, glassware, clocks, paintings and much more. Barry Wilkinson/Auctioneer TAL#2463 For Additional Photos. Visit Our Website: www.DealersChoiceAuction.com

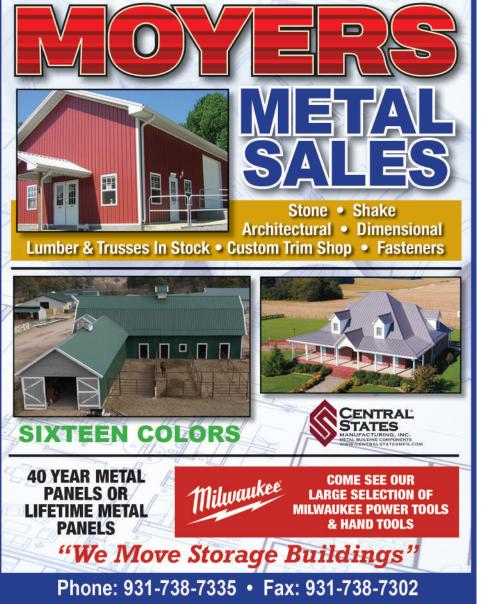




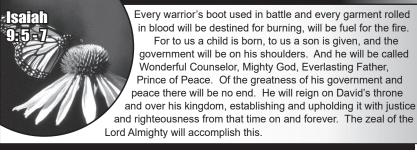








5161 Hickory Valley Road, Sparta, TN 38583







Stealing someone's coffee is called mugging. - Anonymous



I put my Grandma on speed dial; I call that Instagram. *- Anonymous*







'This week I'd like you to try some cream and sugar. See how that goes."

MISCELLANEOUS

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

For Sale: 13ft x 36 ft HO Scale, Model Railroad layout. 200+ cars, 40 engines, walk around control. Call 931-268-1865.

GE Front Load Washer & Dryer. White. With storage pedestals. No cord or plug for dryer. Needed it for the new one. \$350 for the pair. Located in Gainesboro, TN. 931-268 8229.

4 - Sale. White Wicker Furniture. 2 chairs, table, and bookshelf. In excellent condition, been indoors. 614-570-5239.

For Sale: Complete under-carriage, running gear (differential), 3 total for 5 ton military truck, all wheels, tires, drive shafts, springs - \$500 each. Call 423-991-7530.

2012 Ford: Excellent condition; Civil War Musket Gun: \$2,600; Masonite Leather Bar **Stools -** \$2,500 each; **Tractors:** Ford, Ferguson, Minneapolis, Moline, Farmalls. Call 931-319-4680.

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

Central Boiler Outdoor Wood Furnaces. Parts, acc., insulated underground pipe. Plateau Outdoor Wood Furnaces, 931-260-4739, Crossville, TN.

Are You Short on Storage Space? We Have YOUR Solution! 20' ad 40' storage containers. Our prices will surprise you! Store it all right at home. Locally owned and operated. Serving all of TN, KY, and Indiana. www.containit.info. 317-409-9000.

Need Person to Help with Household Expenses. Lebanon, TN area. No drugs,alcohol, non-smoking, or pets. Room is furnished. \$100 /wk. 615-362-1438 no texts.

FESN - Educational Financial Social Network. If you can call this number 518-777-5017, you can do this business.

Plumbing Done Right! Prompt, professional, and affordable. Finch's Plumbing Service. 931-271-0216.

Window Bench: 18x18x84, all cedar, hand made, good condition; Corner Desk: large, 37"Hx33"Dx66"L, 48"Lx48"L, 1 door on other cide, 2 drawer on side 48"Lx48"L, 1 door on other side, 3 drawer on side, 2 large drawers. This is a beautiful desk, I am moving. Good condition. I also have **10 large Home** Interior pictures - \$10 each; Night Stand: all wood, 30"Tx30"Wx18"D. Call 615-666-4264.

MISCELLANEOUS

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

PAYING TOP DOLLAR for Old Records: 45's, LP's, 78's. Also Buying: Fountain Pens, Straight Razors, and Pocket Watches. 931-261-2502

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

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

JUST DESIGNS Gift Shop: Fair Trade Volunteer ministry, Pleasant Hill Community Church. Open Wed: 9:30am-12:00pm; First Sat: 10:00am-2:00pm. Located at 67 Church Drive, Pleasant Hill, TN.

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



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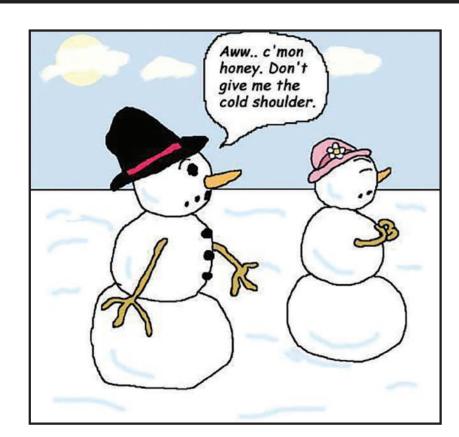


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Matthew is a sweet young man with an infectious smile and laugh. He enjoys running and track, basketball, football and other outdoor activities.

Matthew is a Harry Potter fan and his favorite food is pizza. He tries very hard in school and likes to please. He loves animals and his favorite is a shark.

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615-250-7222. Youth VILLAGES. The force for families

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MISCELLANEOUS

Retirement downsizing sale: Collections, Antiques, Housewares, Tools, Mowers, Canoe, Crystals, Gemstones, Jewelry, Furniture, Art, Lapidary, Magazines, Gold Pans & More. Call 931-761-2344 8 am - 7 pm.

Stop Smoking. Eliminate anxiety, fear, stress, insomnia, drugs. Build confidence. Call 615-351-2939

Ashley Woodstove AW2020; AW2025 Woodstove; Ashley Woodstove 1120EP; Comfort Glo wall heater, dual fuel capacity, vent free, 20,000 BTU. Also chimney kit available. 423-505-6734.

2010 Browning B-78 30.06 Single Shot Rifle. Like new, Includes Zeiss 3x9x40 scope, locking carry case, 2 boxes of Remington shells. \$1,900.00. Lee, 931-704-8075 Jamestown, TN.

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

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 knack and more.

MISCELLANEOUS

HCA

Flea Market, 57 Cookeville Highway, Carthage, TN 37030. 18 Vendors, Open Thurs.- Sun. from 10:00 am to 5:00 pm. Lots of different items. FLEA MARKET SEASON CLOSES ON SUNDAY, NOV. 27TH.

BCS Two-Wheel Tractors now available. Big machine capacity in a small machine size. It's about the right tool for the job. See it today at Moyer's Repair Services 3757 Blackburn Mountain Rd. Sparta, TN. 931-738-9108.

Be a Hero. Be a Foster Parent. Foster parent training classes at Youth Villages starting soon! Have you ever thought about being a foster parent? Be a hero to a child in need. Classes held at our Cookeville office at 448 Neal St. Call 931-525-6905. www.YouthVillages.org

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

MISCELLANEOUS

Seniors Helping Seniors: A way to give and to receive. WWW.SHSMiddleTN.com or call 615-988-0803.

Now is a great time to study God's Word! Free lessons by mail. Study at your own pace. Certificate of completion given . Write: Discover Bible School, PO Box 645, Crossville, TN 38557

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WE BUY TRASHED GUITARS! Most any condition, reasonable cash amounts offered. Call or text Jack at Jack's Guitarcheology. Lebanon, TN. 615-669-4530.

Save Someone's Life -Donate Your Blood. It's quick and easy, and your blood helps to save lives every day. Call Blood Assurance today at 931-526-3462, or visit us at 155 West Broad St., Cookeville, TN. www.bloodassurance.org.

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3818 S. Grundy Quarles Hwy. (Hwy. 56) Gainesboro, TN 931-858-7225

'Blessings After Christmas'

The Christmas season is truly a wonderful time of the year. There is beautiful and fun

Christmas music almost everywhere, and the decorations on the homes and inside stores are enjoyable as well. It is inspiring to witness the outpouring of generosity, with so many people giving more of their time and money to help others who are experiencing serious difficulties in their lives. I am very thankful for the generosity of so many people during this time of the year.

Blessing other people is so important for all us to do. God blesses us so that we can be a blessing to others. It is important to stay in that frame of mind after the Christmas season has ended. The decorations will be put away until next year, the special music will be played very infrequently for the next eight or nine months and the frantic pace of the season will give way to a somewhat quieter level of insanity. What will not change is the daily needs of people who are facing severe struggles in every day life. Although our economy has been gradually improving the past year, many people continue to be in severe financial distress. Some are still about to lose their homes, not able to adequately feed and clothe their children, are unemployed or underemployed unable to pay all their bills, and some are homeless.

Whatever you do during the Christmas season to bless other people, please continue to do those things continuously after Christmas, and throughout the entire year, every year. Needs do not go away after the decorations are put away in storage, and December turns into January. Everyone needs food, shelter, and the other basics of life. God does his works of love and compassion through His people doing His work. We are blessed so that we can be a blessing.

"This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." - John 15: 8





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Darlene Jones, Putnam Co. Coordinator: (931)265-6471

putnam@casatnvalley.org

Training Starts January 18th, 2024

Zoom, In Person, and Online Classes Available!

(In person) 90 East Spring Street, Cookeville TN

Obedience

is faith

in action.

Anonymous



A happy man is he who is cheerful with moderate means. - Anonymous

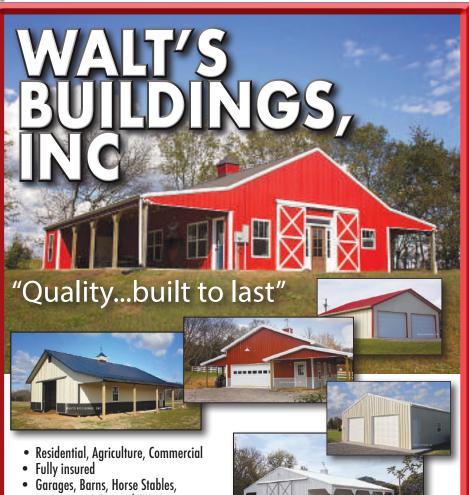


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Cumberland's Marketplace Since 1995



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ope Center Adoption and Family Services is a private adoption agency located in Cookeville, TN. As an agency, we have been helping families make the life giving decision of adoption since 2018.

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235 W. Main Street Cookeville, TN 38506 hopecenteradoption.com (0) 931 - 651 - 1412(C) 931-252-7159



"I'm an ornament made of yarn in the shape of a mouse, I live in a house with three cats, and it's December. My nerves are shot!"



excavatingtn.com

Overcoming Isolation And Loneliness

(NAPS)-If you've ever felt lonely, you're not alone. Researchers at the University of Chicago found that nearly half of older adults in America experience some degree of loneliness.

The University of Chicago study is part of Connect2Affect, a collaborative effort spearheaded by AARP Foundation to learn more about isolation and loneliness in older adults and to work toward practical solutions to reconnect older adults to their communities.

One thing the study highlighted that may seem surprising to many is that loneliness and isolation are not the same. Loneliness and Isolation

Loneliness or subjective isolation denotes how people perceive their experience and whether they feel isolated.

Objective isolation involves quantifiable measurements, such as the size of the person's social network (and the frequency of engagement with it), availability of transportation, and ability to access resources and information.

The Problem

Together, loneliness and isolation create a growing health epidemic. The health risks of prolonged isolation-in its broadest sense, including both objective isolation and loneliness-are equivalent to smoking 15 cigarettes a day. More than 8 million adults age 50 and older are affected by it.

Why Isolation Happens

Often, there are multiple causes, including poor physical and mental health, poorly designed communities, and major life events such as loss and retirement.

Socioeconomic status stands out as a differentiator between nonlonely and lonely individuals. Lonely older adults are significantly more likely to have an annual household income of less than \$25,000 and assets less than \$10,000, and are more likely overall to be in the lowest income group.

Marital status is another strong indicator of loneliness. Both married and unmarried older adults can be lonelybut the lonely are less likely to be married and more likely to be divorced, separated or widowed. Fourteen percent of married older adults and 30 percent of unmarried older adults fall into the lonely group. While married women are at a higher risk of loneliness than married men, unmarried women are at a lower risk of loneliness than unmarried men. In both cases, those with more support and less



Research suggests it's a healthy idea for older Americans to avoid isolation.

strain in their marital relationship are at lower risk of loneliness.

Some Answers

Fortunately, isolation can be overcome. Here are 12 ideas to try:

- Nurture and strengthen existing relationships. Ask people over for coffee, or invite them to join you for a trip to a museum or a movie.
- · Schedule a time each day to call a friend or visit someone.
- Meet your neighbors—young or old. • Use social media such as Facebook
- to stay in touch with long-distance friends, or write an old-fashioned letter. · Stay physically active and include
- group exercise as a fun way to socialize while staying healthy.
- · Take a class to learn something new and expand your circle of friends.
- Revisit an old hobby and connect with others who share your interests.
- · Volunteer to deepen your sense of purpose and help others.
- Visit a senior or community center to find a wide range of activities and opportunities to meet people.
- · Check out faith-based organizations. Many offer outreach to help isolated community members.
- Don't let being a nondriver keep you from staying active. Find out about your transportation options. Many communities have free or low-cost services, and ride-hailing apps are an affordable option for many.

Get involved in a cause.

Learn More

For further advice about isolation, check out the Connect2Affect website at http://connect2affect.org/. The website includes a searchable directory of local resources to help people connect with their communities and a fast, easy self-assessment test to identify isolation risk. For information about AARP Foundation, visit www.aarpfoundation.org.

The Upper Cumberland Shopper December 15 - January 18, 2024

Page 17



Kitchen Appliances, Heaters, Watches, Toys, Humidifiers, DVDs, Tools, Pressure Washers, Sony Flat Screen TVs, and SO MUCH MORE!

Weekly Facebook Auctions at Volunteer Deals and Mayberry Mark Downs



3900 Cookeville Hwy. (next to Garden Cafe) Rickman, TN 931-498-9757 Store Open Friday and Saturday 10am-5pm





Reduce | Reuse | Recycle Paper, Plastic, Cardboard, Fiberboard, Metal and More

"He also left us a card for a local chimney sweep."

MISCELLANEOUS

REWARD: If you have purchased a gun, computer, guitar, jewelry, etc from Mark or Jr. Tanner of McMinnville TN in the past. Text 931-743-8579 up to \$5000 for return of certain items and resolution of situation.

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MISCELLANEOUS

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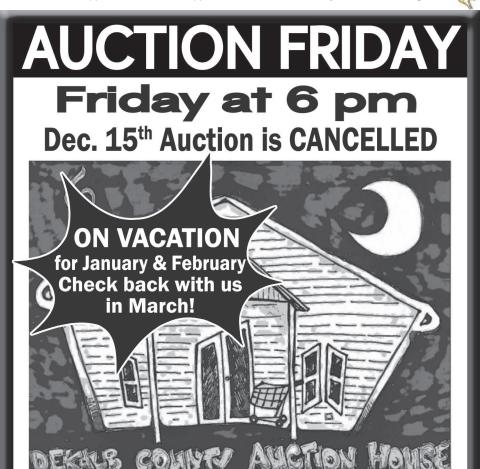
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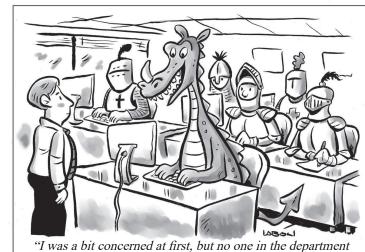
CASH for Comic Book Collections. My son and I collect comic books and looking for a collection to buy. The older the better! Send pics or contact us at comicdad48@hotmail.com or text/call 615-802-2500.



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has been any less than welcoming."



Yesterday is history; tomorrow is a mystery; today is a gift - that's why its called the present. - Anonymous



Pain and suffering is inevitable, but misery is optional. - Anonymous



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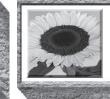


"And while they were there, the time came for her baby to be born. She gave birth to her first child, a son. She wrapped him snugly in strips of cloth and laid him in a manger, because there was no lodging available for them. That night there were shepherds staying in the fields nearby, guarding their flocks of sheep. Suddenly, an angel of the Lord appeared among them, and the radiance of the Lord's glory surrounded them. They were terrified, but the angel reassured them. "Don't be afraid!" he said. "I

bring you good news that will bring great joy to all people. The Savior - yes, the Messiah, the Lord - has been born today in Bethlehem, the city of David! And you will recognize him by this sign: You will find a baby wrapped snugly in strips of cloth, lying in a manger." Suddenly, the angel was joined by a vast host of others—the armies of heaven—praising God and saying, "Glory to God in highest heaven, and peace on earth to those with whom God is pleased." When the angels had returned to heaven, the shepherds said to each other, "Let's go to Bethlehem! Let's see this thing that has happened, which the Lord has told us about." They hurried to the village and found Mary and Joseph. And there was the baby, lying in the manger.



The bubbling brook would lose its song if you removed the rocks. - Anonymous



Happiness comes through doors you didn't even know you left open. - Anonymous





Five Hacks To Help You Have An Easier Time

by Kristen Howerton (NAPS)—You can get the best out of life if you heed these smart suggestions: **1. Keep it simple.** You don't have to "do it all." Opt out of obligations that make you feel frazzled instead of joyful. Prioritize what's important to you and give yourself permission to say no.

2. Start early. Make deadlines for yourself whether your gearing up for hol-



A tiny spray that fits in your purse can be a big help in avoiding unpleasant odors in other people's bathrooms.

idays, a vacation, the new school year or a special occasion. Set a time to write lists, cards, invitations and so on. Get the kids to help. Let them try their hand at creating cards and gifts. It may not be perfect, but it makes them feel important.



Such tasks as making and sending cards and gifts can be a chance for family fun.

3. Be prepared for parties. Keep a couple of bottles of wine on hand for hostess gifts or impromptu get togethers. Grab some coloring books to take along for when the kids get bored. Don't forget a secret weapon for when nature



"Rage Against the Minivan" blogger Kristen Howerton says your house doesn't have to be picture perfect to be wonderful for your family.

calls while you are out and about: Air Wick's V.I.Poo can be stashed in your purse and is an excellent foul-odor preventer. Just a few sprays in the toilet before you go and you can avoid the embarrassment of a smelly bathroom at someone else's house. It comes in fruity, rosy, lemon and lavender scents. Learn more at www.airwick.us/vipoo.

4. Prioritize quality family time over perfection. Try to cultivate a lifestyle that is less about spending and more about making memories and giving presence as well as presents. Give your kids family traditions to remember. Let go of the pressure to do everything perfectly. Your house doesn't have to look like a magazine illustration. You don't need to change your pillows or plates every season. It's okay to bring pre-made food to the class party. Let yourself off the hook.

5. Clean out the closets. Look through your old clothes and ask your children to find 10 toys to donate and do an audit of their closets. Give away anything you don't wear or they don't play with but is still in good condition.

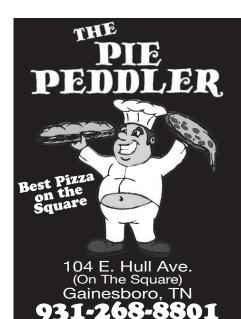
• Ms. Howerton, a marriage and family therapist, is known for her popular blog about negotiating the indignities of motherhood, "Rage Against The Minivan."

The Upper Cumberland Shopper December 15 - January 18, 2024 Page 19









Recipe Korner New-Fashioned Sausage Cassoulet

(NAPSA)—If you're one of those people who order cassoulet whenever you see it on the menu, you have lots of company. Most people love cassoulet and order it because it's a dish they think is hard to make at home. Well, here's a recipe that shows this French dish is really simple to make yet complex in flavor:

New-Fashioned Sausage Cassoulet Yield: 4

- 1 teaspoon olive oil
- ½ pound fully cooked smoked sausage, cut in 2-inch lengths
- ½ pound fresh Italian sausage links, cut in 2-inch lengths
- 2 cups chopped onion
- 3 cloves garlic, peeled and minced
- 1 (28-ounce) can diced tomatoes including liquid
- 1 teaspoon dried thyme leaves
- ½ teaspoon dried rosemary, crushed
- 2 whole bay leaves
- ¼ teaspoon ground cloves
- 1 (14- to 15-ounce) can white beans (cannellini or great northern), drained and rinsed

1. Heat oil in a large, heavy skillet over medium heat. Add sausages and sauté until brown, about 10 minutes. With a slotted spoon, transfer sausages to drain in a paper towel-lined bowl.



This delicious cassoulet is simple to make and complex in flavor.

2. Discard all but 1 teaspoon pan drippings. Add onion to hot pan drippings and cook until tender. Add garlic and sauté only until fragrant, about 30-40 seconds.

3. Stir in tomatoes with liquid, thyme, rosemary, bay leaves, cloves and beans.

4. Bring mixture to a gentle boil. Return sausage to pan. Cover and gently simmer for 30 to 40 minutes to allow flavors to develop.

5. Remove bay leaves. Serve cassoulet in individual shallow soup bowls.

For more recipes from the National Hot Dog & Sausage Council, go to www.hot-dog.org. To receive a free recipe booklet, "Sausage Recipes From Around the World," send a stamped, selfaddressed, business-sized envelope to Sausage Recipes, 1150 Connecticut Ave, NW, 12th Floor, Washington, DC 20036.







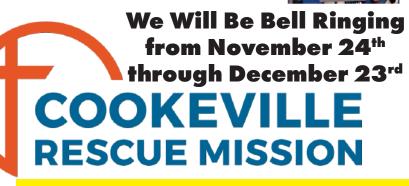
"My New Year's resolution? Set some unattainable career goals. Then some reasonable ones. Then something easy. Then settle into







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MISCELLANEOUS

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FREE Online Bible Resource: www. BibleGateway.com. Exc. source for searching Scriptures in multiple translations and languages. Search for verses with ease. Large variety of Biblical resources are available.

The County Veteran Service Office, now located at our NEW, larger offices at 1656 W, Broad Street in Cookeville, TN, provides free services in counseling veterans, surviving spouses, and veteran families on VA benefits. They also file claims on behalf of the veteran or beneficiary with the Veterans Administration to obtain VA Healthcare, Compensation, Pension, Survivor Benefits, Burial Benefits & more Assistance is also offered in obtaining military records, discharges from TN state records or the National Archives. Hours of operation are Mon.- Fri. 8am to 4pm. Anyone can call for Mark Harris or Thomas Jacobs at 931-526-2432.

MISCELLANEOUS

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PERSONAL

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SWF would like to meet SWM 60-up. Looking for honest, caring man to spend rest of my life with. I am a non-smoker, non drinker, kind, loving, honest person. 615-561-6389.

SWF, age 60 feels 40 SWM age 50-65 for friendship, maybe more. No games. Call Caroline 615-428-4124.



The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities.

For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed.



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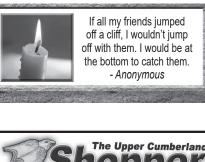
NEED A TAX WRITE OFF? <u>HELP A VETERAN</u>

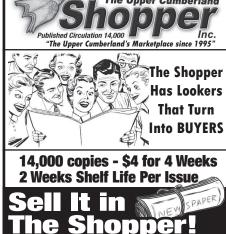
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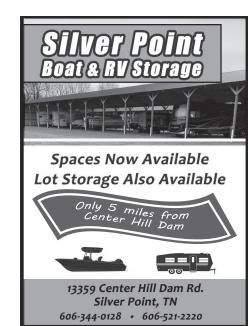
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"Your numbers are down, and your attitude stinks. I'm afraid you're on shelf duty until you can turn things around?"



More Prep for the Holidays by Lisa Luck

We are in the thick of the holiday season. The holiday season is now synonymous with "the shopping season." For Thanksgiving (celebrated by 92% of US citizens), buying food is the rage. And now that Thanksgiving is in the rearview mirror – Christmas is next. Buying for others (and ourselves) is a tradition that is not easy to break. Our purchases support the economy – but environmentally may not be so sound. Here are some good environmental guidelines for buying this holiday season.

#1 – Buy only items made from natural materials such as cotton, bamboo, linen or silk rather than polyester, nylon, acrylic or rayon. Synthetic fabrics do not biodegrade, while natural materials do. Synthetic materials pollute the air, soil and water with microplastics, or small particles of plastic fibers that were used to make the fabric. Although natural materials are more expensive, they will last for many seasons rather than just one.

#2 – Buy locally. Shipping gifts takes packaging. A lot of packaging. Shopping at a local store will save money, transportation cost, reduce packaging and will also boost the local economy! Money that is spent in our community at local businesses stays in our community.

#3 – Don't buy something you think will work for someone you do not know well. Many gifts purchased with love in mind are immediately re-gifted or donated to Goodwill.

#4 – Avoid plastics. Plastic anything is harmful for the environment. This includes clothes, food packaged in plastic wrapping, or plastic do-dads. Avoid the plastic cute but unnecessary stuff.

#5 – Christmas is a good excuse to splurge on ourselves and others. Here is some good advice to go along with the good excuse: Don't. Some of us have not yet paid off what we spent for Christmas last year. Let's give ourselves a chance to get caught up.

#6 – Buy fair trade items. These are items made by individuals or small companies that get paid a fair wage. So many items, especially clothes, are made with slave labor or labor that is not adequately compensated. Fair trade items are regulated and assure that whoever made or grew those items are fairly compensated. Most fair trade items are also environmentally friendly and use recycled materials.

#7 – Instead of buying more of the same every year, shake things up. Buy something for someone who lacks clothing and food rather than someone that has it all. These gifts will truly be appreciated.

#8 – Rather than buying stuff, how about buying food instead? We all eat and it is necessary for our good health. Stuff frequently ends up on a shelf gathering dust and becomes more of an annoyance rather than a joy. Good food such as coffees, teas, olive oil and other extravagant but delicious items will be appreciated.

#9 – How about giving a plant to a loved one instead of a pet? Plants can be left unattended for days. They do not require daily food or water and can grow into something special or even edible. No vet required.

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

- Luke 2:7-14

~ Happy Holidays ~

from The Shopper family

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...and His name will be called Wonderful Counselor, Mighty God,

> Eternal Father, Prince of Peace.

> > Isaiah 9:6-7

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he Glory of Christmas "And she brought forth her firstborn Son, and wrapped Him in swaddling cloths, and laid Him in a manger, because there was no room for them in "But the angel said to her, 'Do not be afraid, Mary, you have found favor with God. You will be with child and give birth to a son, and you are to give him the name Jesus. He will be great and will be called the Son of the Most the inn. Now there were in the same country shepherds living out in the fields, keeping watch over their flock by night. And behold, an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were greatly afraid. Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people 'For God so loved the world For there is born to you this day in the city of David a Savior, who is Christ the Lord. And this will be the sign to you: you will find a Babe wrapped in swaddling cloths, lying in a manger. And suddenly there was with the High. The Lord God will give him the throne of his father David, and he will that He gave his only begotten Son, that whoever believes in reign over the house of Jacob forever; angel a multitude of the heavenly host praising God and saying: Him should not perish but his kingdom will never end. 'Glory to God in the highest, and on earth peace, goodwill toward men!' have everlasting life." Luke 1: 30 - 33 John 3:16 Jesus Christ will change your life for today and for eternity!





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And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful. "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap,

For with the measure you use, it will be measured to you."

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