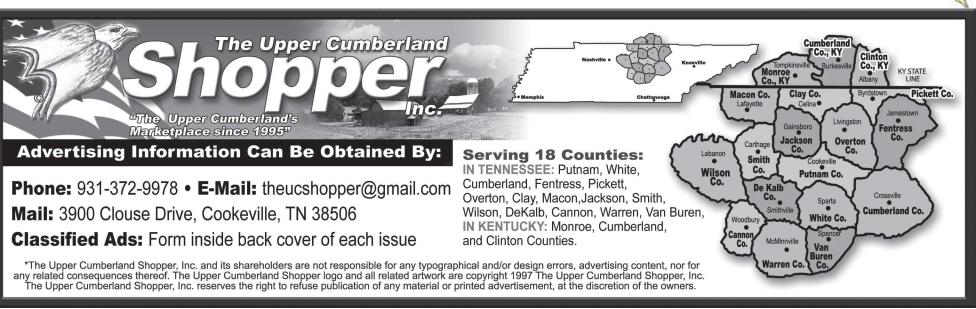




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## The Breath of Life



"For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse. For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like a mortal human being and birds and animals and reptiles. Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator -who is forever praised. Amen."

(NIV)



Friday, April 26th

celebrate Arbor Day

**Plant A Tree** 



A flower arrangement should usually be about one and a half times the height or width of the container.





ONGOING: Music Jam at the **Railroad Depot** Location: Downtown Depot Time: 5:00 pm. Depot Time: 5:00 pm. Crossville, TN. Time: Every Friday until cold 5:00pm. Come out weather. Acoustic instruments only, playing old bluegrass, country, folk, etc. Come sing and play with local musicians.

#### New Exhibit at History Museum: Nashville's Lane Motor Museum Motor Museum Algood, TN. Time: 11 presents six microcars am - 1 pm. Contest for the "Think Big,

Drive Small" exhibit featuring microcars from around the world. Museum hours are Tues. - Sat., 10 am to 4 pm.

#### **Helping Hands**

Location: 421 E. Broad St., Cookeville. TN. Donations always welcome.

### <u>April 27</u>

**11th Annual Plant** Sale Location: Putnam Patsy Cline Museums. Co. Fairgrounds, Cookeville TN. Time: 8 am - 2 pm. Hosted by the Putnam County Master Gardeners.

## April 27

Annual Spring Market Location: Dodson Branch Comm. Ctr, 16160 Dodson Branch Hwy, Cookeville TN. Time: 10 am - 4 pm.

#### April 27 Lakeside Bluegrass

**Gospel Group** Location: Shining Star Sparta, TN. Time: 10 Ministries Church, 1656 Stanley St., and enjoy a great evening of music. For info, call Pastor Jimmie Turner at 931-716-5898.

#### April 30 Sidwalk Chalk Art Contest Location: Algood City Park, sponsored by Alex's Friends. All ages are welcome. There will be winners in each age bracket, children ages 5-10; youth 10-

April 30 Travel in 2024 with Macon Co. Retired Teachers on deluxe motor coach trips. The first trip is a day trip to Nashville to visit the Johnny Cash and Lunch will be included at Swett's Restaurant followed by a visit to **Belmont Mansion on** the campus of Belmont be entered to win University. Cost is \$130.00 per person. Call Carolyn Winn at 615-804-9466 or Jayne bloodassurance.org Watson 615-670-9043 to reserve your spot.

### <u>May 4</u>

**Spring Farm Adventure Day** Location: McCulley's Amazing Acres, 2857

Old Kentucky Rd N, am - 3 pm. This will be a day of strawberry picking and fun at the farm. Photo op's, fun, and food. Parking and admission is FREE.

#### May 4

2nd Pickle Festival Location: Avery Trace Middle School, Cavalier Dr., Cookeville, TN. Time: 10 am - 3 pm. Pickle food trucks, vendors, pickle snow cones, music, vendors, art, games, prizes, tastings. Pickle the GOAT will meet and greet. All proceeds 17; adults 18 and over. will go towards the much needed upgrades of the sports fields. FREE event to the public. Events do require entry fees.

### <u>May 5</u>

**Blood Drive** Location: Life Church. Sparta, TN. Time: 10 am - 2 pm. Each donor that donates twice between May 1-Aug. 31 will Dollywood tickets and a hotel credit. To sign up visit:

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The word telegraph comes from the Greek words tele, which means "afar" and graphein, meaning "to write."

# SAT MAY 4TH @ 10AM CST **GRASSY ROAD. • CARBONDAL**



Kubota M8200 with Loader 4WD, 1991 Dodge Ram Dually W/ Cummins 117K Miles. Stock Trailer, Flatbed Trailer, Allis Chalmers Tractor, Farmall Tractor, Ferguson Tractor, Horse Tack, Saddles, Guns, Ammo, New Lincoln Welder, Honda Rancher, Yamaha 4-Wheeler, 1920 Charlie Russell Painting, New Electric Lift **Recliner, Uranium Glass, Depression Glass,** Antique milk Bottles & More Useful items.





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See pictures a

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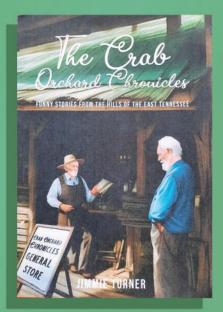
KY # N6138 • TN # 5525



# DO YOU LOVE TO LAUGH?

The Bible says in Proverbs 17: 22. "A merry heart doeth good like medicine, but a broken spirit drieth the bones."

If you love good, clean, southern hillbilly humor, then you will love this book written by Jimmie Turner, entitled: THE CRAB ORCHARD CHRONICLES.



This book is filled with funny stories about real people from Crab Orchard, Crossville, and the Cumberland Plateau area. It is filled with Tall Tales, Quips & Quotes, and Anecdotes. It is filled with Crab Orchard Names & Slang.

If you love to laugh, you will love this book written by Crossville's own Jimmie Turner.

This book can be purchased at Amazon, Ebay, Barnes & Noble, Kindle, or anywhere books are sold.

Jimmie's website is www.CrabAppleNews.com



'OK, everyone give me sleepy and aloof .... perfect!"





The Upper Cumberland Shopper April 26 - May 9, 2024 Page 5



improve your work.

- Betty Davis

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2001 Chrysler Sebring

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or Alternator? Call Jones Auto Electric, Cookeville, TN. Call 931-528-5460.

whether what you're

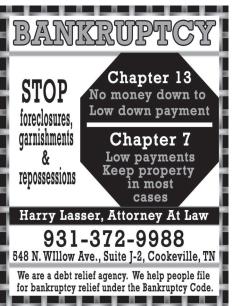
doing is work or play.

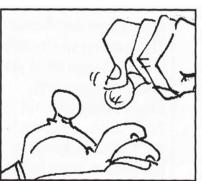
- Warren Beattv

North Spring Street Rental Spot. Sparta, TN. Yard sale spots for rent. 931-256-0600. 🦥 The Upper Cumberland Shopper April 26 - May 9, 2024 Page 6



2 MOBILE HOMES & LARGE LOT LINE ONLY ABSOLUTE AUG BUDIDING ENIDS WEIDNESIDAY • MAY 8 • 10 AM Investment Opportunity 2 Mobile homes located just off Rickman Rd. in Mary Ellen Estates 110 Mary Ellen Estates Ln. features a 2 bedroom 1 bathroom single wide mobile home with a carport and storage buildings. 257 Mary Ellen Estates Ln. features 257 Mary Ellen Estates Ln. • Livingston, TN 38570 a 4 bedroom 2 bathroom double wide mobile home, large shed and support buildings. All property will be sold as 1 tract For More Images, Virtual Tours, & 110 Mary Ellen Estates Ln. Bidding Visit EAGLEAUCTIONS.CON ONSITE PREVIEW: TUESDAY • APRIL 30 • 4-6 PM AMONETT'S EAGLE **AUCTION & REALTY** LEE J. AMONETT • Broker/Auctioneer • (931) 252-1907 117 S. Jefferson Ave., Cookeville, TN 38501 Ferms: 10% Buyer's Premium. 20% Deposit at conclusion of sale, with balance due in 30 days. Current Year Taxes Pro-Rated. Possession with Deed. All Property selling "As Is, Where Is" both surface and subsurface with no warranties. 931-526-5335 KY 2965 IN AU11200022 🐼 🕍 IITAA ete their own due diligence prior to the sale. Announcements & Updates Day of Sale Take www.eagleauctions.com





The first admission fee for a baseball game—fifty cents per person—was charged to see the game between the New York All-Stars and Brooklyn All-Stars at the Fashion Race Course on Long Island in 1858.

## Help For Kids With Sensory Processing Disorder

(NAPSA)—If you've ever watched a child throw a tantrum in the grocery store, or witnessed a child slam into things, seemingly oblivious to pain, you may have seen the symptoms of sensory processing disorder (SPD). This condition affects 5 to 10 percent of children. Many parents whose children exhibit these and similar behavioral problems may be relieved to know that they are not alone. There may be a medical reason—and effective treatment is available.



Children with SPD benefit from occupational therapy with a sensory approach.

#### **Understanding SPD**

Whether you're eating, walking or reading, your ability to do so requires the integration of sensations. SPD occurs when sensory signals don't get organized into appropriate responses. This makes everyday tasks difficult, even though most individuals with SPD are just as intelligent as their peers and many are intellectually gifted.

#### Signs of SPD

A person with SPD may exhibit such symptoms as:

- Overly sensitive to touch, noises, smells or movement
- Floppy or stiff body; clumsy, poor motor skills
- Difficulty dressing, eating, sleeping or toilet training
- Frequent or lengthy temper tantrums
- Easily distracted, fidgety, withdrawn or aggressive
- Craves movement
- Easily overwhelmed.

Not everyone with these symptoms has SPD and not everyone with SPD has all these symptoms, but if your child has many of them, it may be time to see a doctor.

#### The Good News

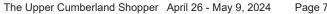
Fortunately, once children have been accurately diagnosed, explains Lucy Jane Miller, Ph.D., OTR, occupational therapy can help them participate in normal activities—playing with friends, enjoying school, eating, dressing and sleeping.

#### The Bad News

SPD is frequently misdiagnosed or confused with ADHD and other conditions.

#### The Answers

The Sensory Processing Disorder Foundation provides information at www.SPDNow.org and (303) 794-1182.





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





Furniture & Appliances: Maple dining table with 6 chairs, cannonball queen size bed, chifforobe, Mission style nightstands and chest of drawers, Oak bedroom suite with queen size bed, dresser, chest of drawers, and nightstand, 4 poster cherry queen size bed, buffet, dresser, end tables, leather reclining couch, round coffee table with inlay, glider rocker with matching ottoman, 55" LG TV, TV stand, Phillips DVD player, Samsung stainless steel refrigerator, Roper dryer, Kenmore washer, grandfather clock, roll top desk, China cabinet Tools: Franklin 6 ft. step ladder, extension ladder, Chicago Electric miter saw, saw horses, new Ace wheel

barrow, hand truck, Craftsman radial saw, 1.5 gal shop-vac, Chicago Electric 4" biscuit plate jointer, reciprocating saw, belt sander, cordless drill, cordless light, drill bit set, assorted hand tools, palm sander, mover's dolly, (2) aluminum porch columns

Directions: From the Hwy. 70S & 56 intersection in McMinnville head west on 70S .4 mi. Right onto Old Smithville Rd. .4 mi. Left onto Bybee Branch Rd. .3 mi. Right onto Melody Ln. Left onto Lonsvale Dr. Property on the right. Real Estate Terms: House sells first at 10 AM. 10% down day of sale. Balance due at closing within 30 days. Taxes to be prorated. Possession with deed. Personal property: Cash or check day of sale.

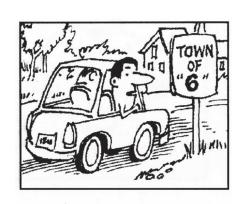


David M. Simpson, Lic.# 4532 Broker, Auctioneer 931-273-5253

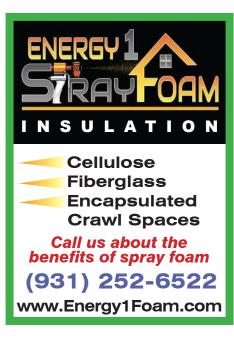
Tiffany SimpsonCo-Owner, Broker931-808-7080

303 W. Main St. McMinnville, TN 37110

All printed information believed to be correct, announcements made auction date take precedence over all printed material.



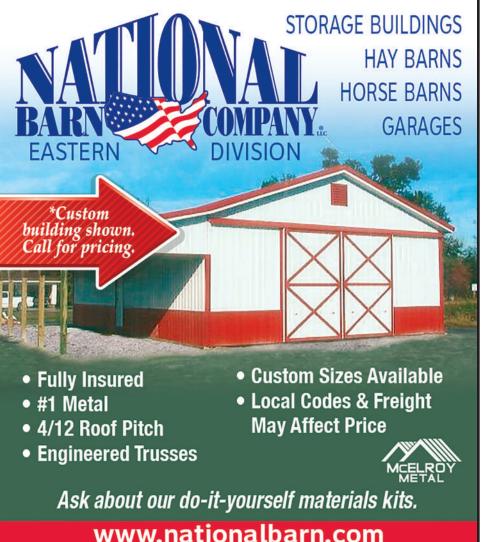
There was once a town named "6" in West Virginia.





# Call for specials!

Bid live On-Site or Simulcast Online at www.EKAuctioneers.com



www.nationalbarn.com 1-888-427-BARN (2276)



The first artificial limbs were developed by Ambroise Paré, a French surgeon, around 1540 A.D.



3 Rental units and barn on 6 acres +/- all to auction as one tract Located at 843, 799, and 795 Old West Point Rd, Smithville. From Smithville take HWY 70 East for 3 miles towards Sparta. Turn Left on Dunn Rd. Follow orange auction signs to site on Old West Point Rd.

843 is a 3 bedroom 2 bathroom mobile home Now Rented for \$600 a month



795 is a one bedroom one bathroom frame building now rented for \$400 a month







Large pole barn without sides, I was told this barn roof is almost new, good for storage Auction 2 • Saturday, May 4th, 2024 @ 9:30 A.M (onsite) 22.41 Acres +/- in (2) tracts, (3) houses, Mobile Home, Apartment at end of a tool shed, Tractors,

Trucks, Personal Property, Guns, Old Money, Knives and Collectibles. From Smithville take HWY 70 East for 1.5 miles. Turn left on Terrell Road, Turn right on Midway Road and follow orange auction signs to site on Page Drive.



Tract # 1 has 6.06 acres with 3 bedroom frame house with bathroom, kitchen, living room, dining room, attached carport rents for \$600 a month. Also included on tract one is a 3 bedroom mobile home. bathroom, kitchen, dining room, living room and on the back side of the

property is a large barn and a pond. Tract one addresses are - 2273 Midway Rd. is the house address - 2259 Midway Rd. is the mobile home address.

Personal property include: 4 chest type freezers, metal shelf, clothes rack w/glass door, several chest of drawers, Cannon Gun Safe, night stand, end tables, china cabinet, couch, oak dining table w/chairs, microwaves, luggage, large amount of old records albums, cedar chest, antique hall tree, dolls, gun case w/ glass doors, antique dresser w/bevel mirror, mantle clock, old trunk, old peddle sewing machine, old vanity w/mirror, old wash kettle, heater, baby bed. The Beatles Picture only time in 1964 they were in Las Vegas with letter of authenticity, old lamps, ice bucket, old Underwood typewriter, mini refrigerator, 2 flat screen T.V, camping tents, old Lance vending machine, bicycles, drill press, Husky 22 ton log splitter, water troughs, feed trough, hay ring, Kobalt upright 60 gallon air compressor and more. Tractors and equipment: 2 International 140 tractors with cultivators, one point hitch, 5210 John Deere with 521 loader, 270 Massey

Forguson needs work, B 6100 Kubda, like new 2 row planter, 3 pt. 40 gallon sprayer, horse drawn plow, 6 ft bushhog, 2 horse trailer, 2 bumper pull trailers, Bad Boy Zero Turn lawn mower, chain saw.

Trucks: 1955 Chevrolet step side off frame, (no title) 6 cylinder engine, 1969 ford F-100 off frame, 2005 Ford F-250 4 dr, 1991 Chevy Lumina not running, 87 Ford F1 50 doesn't run, 67 Ford F-100,94 Ford F-250 4x4, 94 Ford F-150, doesn't run, 95 F 150,1975 International dump truck, 97 Nissan p/u,96 Nissan p/u,ed, 96 Nissan p/u white, (some of the vehicles will run some are for parts)

Guns: Winchester 20 Gauge model 1400, Champion 12 gauge, Glenfield model 60 - 22 LR w/scope, Allen Co. 12 gauge. Universal Haile Fla. 30 M-1, 410- Iver Johnson, 32 cal pistol, Hi Point 9MM, Some ammunition. Old Coins and Money: Silver Certificates, \$2 bills some are un cut, 50 state sets of state quarters some mint, old half dollars, silver dollars, Susan B. Anthony dollars, Liberty Walking half dollars, set of war time silver nickels, Trump coins, .999 fine copper coins. This is only a partial list. All personal property will be sold for cash or check with proper I.D.

All of the Real Estate and personal property is being Sold for a Division of Ownership



Tract No. 2, has 16.41 acres with 2 houses and an apartment on the end of tool shed. Located at 400, 404, and 408 Page Drive (Both tracts will auction at one location and all have well water) 400 is the main house with 2 bedrooms and one bathroom kitchen, living room, utility room, on main floor, 4 rooms upstairs, 5 unfinished rooms in basement, front and back porches, like new C.H.&A

404 Is apartment at the end of a large tool shed and has one bedroom and bathroom and pays \$600 a month with water and electricity furnished

408 is a 3 bedroom, bathroom house with living room, kitchen and dining room and pays \$630 rent including water All renters are showing signs they want to continue to rent if the new buyer can work out the terms with each

#### No Buyer's Premium. Pay What You Bid!



Terms: 15% down payment on real estate due day of auction. Balance with deed at closing after court approval. Possession: with deed at closing. Taxes: for 2024 will be asumed by buyer Lead-Based Paint Waiver: Any building built prior to 1978 may contain lead based paint. Prospective buyers may have

this property inspected prior to sale date at their expense. Buyer to sign inspection waive For more information: Call Charles D. Atnip at 615-428-3967 (cell) or 615-597-1521 (office)



Charles Atnip 1-615-428-3967 cell F.L. 1662

Affiliate Brol

Lisa J. Atnip 615-428-4342

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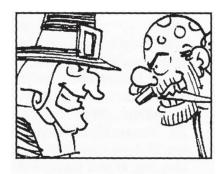
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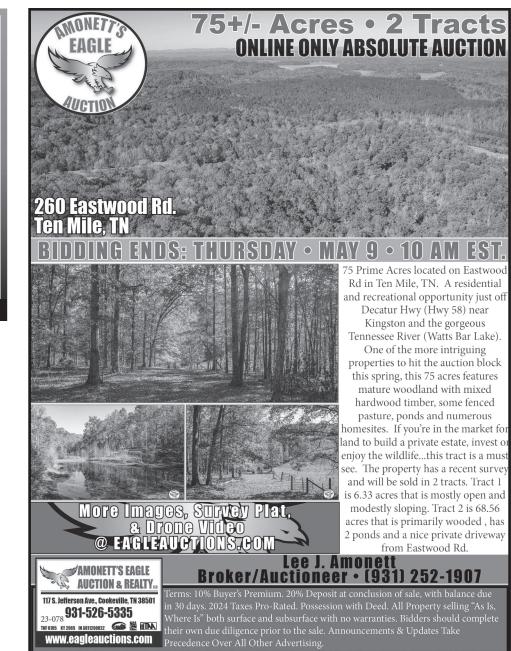
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The first World Series of the modern era was played between the Boston Pilgrims of the newly formed American League and the National League Pittsburgh Pirates in 1903. Boston won the series five games to three.



#### -5+/- A **ONLY ABSOLUTE AUCTION** URSDAY • MAY 9• 12 NO W: THURSDAY , APRIL 25 , 4-6 PM

A handyman special situated on 5.5 acres that's improved with a barn located between Gainesboro and Livingston, TN A fixer upper with potential, the home features a wrap around porch, 2 main level bedrooms and 1 bathroom. The second story could be an additional bedroom or bonus room. The land is mostly wooded with some pasture and fencing. The multi-purpose pole barn can serve livestock or storage and is a wonderful bonus for this property.



Terms: 10% Buyer's Premium. 20% Deposit at conclusion of sale, with balance due in 30 days. Current Years Taxes Pro-Rated. Possession with Deed. Home built prior to 1978, buyer to sign a 10 day waiver on inspection for lead based paint. All Property selling "As Is, Where Is" both surface and subsurface with no warranties. Bidders should complete their own due diligence prior to the sale. Announcements & Updates Take Precedence Over All Other Advertising.

ZAMONETT'S EAGLE Aligtian & REALTY 117 S. Jefferson Ave., Cookeville, TN 38501 931-526-5335 ATT F6105 KV 2965 IN AUTI200022 EE IN AUTI200022

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ells "As is, Where is". No War tees. Buyers to place a 15% dep warranties t es will be prorated to the date of i

**CROSS ROADS** AUCTION K GROUP

God's love is unconditional, but His blessings are not. - Anonymous



All good work is done the way ants do things: little by little. - Lafcadio Hearn



The road to spiritual, mental and physical healing is often long and difficult. Sometimes it takes us through long periods of dark days and long nights when it seems as though we are left to survive on our own. We struggle and strain and worry and work but it seems as though we will be left to our own abilities. There is great advice in today's verse: "When I said, 'My foot is slipping,' Your love, O Lord, supported me." Before the Psalmist fell, he recognized that he was facing a situation, having to solve a problem or make a decision that could have been disastrous to his well-being. So, he

did not wait until calling on God was too late - that his testimony and witness to the grace of God would be too late - he out maneuvered Satan. When he realized that his foot was slipping he called on God and God's love supported him! He did not need to ask for forgiveness - he asked God to intervene immediately and sustain him. As Paul brought his second letter to Timothy to a close, he must have had this verse in mind. "Timothy," he wrote, "the Lord stood at my side and gave me the strength that I needed, so that through me the message might be fully proclaimed and that all the Gentiles might hear it." Paul recognized how important it was for him to depend on God's strength and not his own. He knew that the battle was not his but the Lord's. So, rather than let his witness be destroyed, He called on God.



The first creamery to make large quantities of butter opened in Orange County, New York, in 1856.









## MISCELLANEOUS

Honor Your Loved Ones. Large assortment of monuments, vases, date cutting, custom sketched, and more. Affordable, experienced, and professional. Harris Monuments 246 West Bockman Way Sparta, TN. Donnie Daniels 931-205-0176

Store Closing. New items selling in bulk quantities. Housewares, tools, toys, name brand clothing, and MORE. 931-224-2144.

**Doll House.** 3 story Victorian, furniture included, \$150. Text for pics, 615-330-7026. Cookeville.

Wanting to Stay with Elderly. Day or night, weekends, including people with dementia or Alzheimers. Cookeville, Algood, Baxter area. \$12 her hour. Wash, clean, cook. 931-319-3237.

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

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

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

## MISCELLANEOUS

The Glory of Heaven sermon booklet: Evangelistic, uplifting, comforting, will be a blessing - \$14.95, free shipping. C.Baltzly PO Box 972, Lebanon, TN 37087.

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

We Pay CASH for your Junk Car. No title required. Werner Scrap Metal. Bryan Werner, 931-260-8558.

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.

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

1400 red, antique, bricks; 22 pea gravel stepping stones, on pallets, ready to load. Call 931-319-4680.

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

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

## MISCELLANEOUS

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

Handmade coconut milk soaps. Go to crazycoconutsoap. storenuy.com for all products. 931-644-1994.

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.

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.

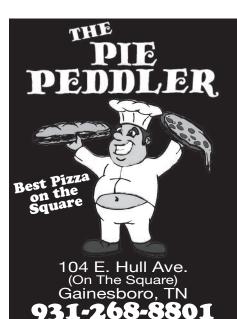
Wanting to Buy: YOUR Standing Timber. Certified Logger, references available. Call Eli Miller Logging 270-524-2967.

Fireplace gas logs; LP/ diesel/torpedo heater; Comfort Gio wall heater, dual fuel capacity, vent free, 20,000 BTU. Also chimney kit available. 423-505-6734.

Cash for Guitars! Specifically seeking: Harmony, Kay, Teisco, Airline, National, Kent, 'Sears' & 'Dimestore' vintage. Call or text Jack 615-669-4530.



The herb known as Good King Henry is a good source of iron. It was given its name in Germany to distinguish it from the plant mercury, known as "Bad Henry."



# Recipe Korner Comfort Food Fun

(NAPSA)—During the chilly months, many people like to have some warm comfort food with family and friends.

To make the most of that idea, you may care to consider a fun if slightly offbeat way to feed a crowd with little fuss: Throw together a delicious little "barbecue bar" and let guests go wild building their own scrumptious dishes.

Start with a tray of mouthwatering pork BBQ surrounded by assorted popular toppings for personalized barbecue platters ready to go.

Once the BBQ sandwich basics are all laid out, you'll be surprised at how just a few more trimmings can open up a world of choices for your guests.

From tangy BBQ nachos to a light, layered BBQ salad, the options are almost limitless.

For example, add some pita bread and leaf lettuce for filling BBQ pita pockets or bring some baked potatoes, green onions, sour cream and cheese into the picture for hot BBQ stuffed spuds. Here's the recipe:

#### **BBQ Stuffed Spuds**

- 2 cups Byron's Fully Cooked Pork BBQ, heated according to package directions
- 4 baking potatoes
- <sup>1</sup>/<sub>2</sub> cup sour cream
- 4 green onions, finely chopped and divided
- <sup>1</sup>/<sub>2</sub> cup shredded extra-sharp cheddar cheese

Preheat oven to 425° F.



With a package of BBQ pork, you can make many marvelous appetizers, such as these delightful BBQ Stuffed Spuds.

Poke holes in potatoes and wrap in foil. Bake potatoes in oven for 45 to 60 minutes, until tender. (Or, poke holes in potatoes and microwave on high for 10 minutes, turning potatoes after 5 minutes.) While potatoes cook, combine sour cream and 2 tablespoons green onions; set aside. Slice potatoes lengthwise and fluff them with a fork. Top potatoes with pork BBQ, sour cream mixture, cheese and remaining onions. Serves 4.

These are made with Byron's Fully Cooked Pork BBQ. Available at Sam's Club, it easily delivers authentic smokehouse barbecue from the freezer to the table. Each 4-pound package of hand-pulled, hickory-smoked pork BBQ comes fully cooked in an aluminum tray and needs only to be reheated, so it's ready at a moment's notice.

#### Learn More

Further information and other recipes can be found at www. byronsbbq.com.

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# A<sup>4</sup> and 5<sup>r</sup> Porch Swings Sadwich Bread NATES AND A CONTRACT AND

Bakery - Dell Spices - Candies Local - Honey - Sorghum Mrs. Yoder - Fruit Cakes

Manager: Mark Hostetler Tue. - Fri. 8AM - 5PM Sat. 8AM - 4PM Closed Sun. & Mon.





Potato chips are the most popular snack food in North America.

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"Freely you have received. Freely give." - Matthew 10: 8



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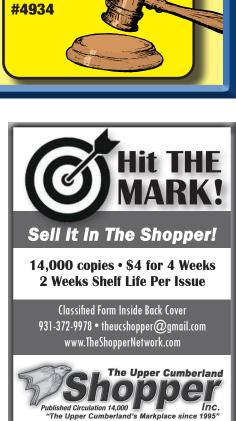
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530 Mahler Ave. Cookeville, TN 7 am - Noon Tennessee 46th Annual Poke Sallet Festival

**FREE EVENT 2 DAYS** – Fri. May 10, 12 pm - 2 pm; Sat. May 11, 8 am-10 pm NEW Location: Jackson County Fairgounds, 1010 Gladdice Hwy, Whitleyville, TN

This year will mark the 46th year of the event held annually to celebrate the existence and popularity of the Poke Sallet plant within the region.

The year the festival includes events such as country and bluegrass music, art show, Iris Show, SOngwriter's Showcase, Local Talent Showcase and the annual outhouse race. Other events include a car show, Miss Poke Sallet Beauty Contest, horse & buggy rides through town, Poke eat'n contest, as well as quilt shows, historical displays, plus much more. Each year, over 100 booths provide a wide variety of handmade goods, food and other items for the shopping pleasures of thousands of visitors to the beautiful town at the base of the Cumberland Plateau.

For more information on the Tennessee Annual Poke Sallet Festival, visit our website: www.facebook.com/PokeSallet



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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.

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## MISCELLANEOUS

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## MISCELLANEOUS

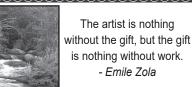
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The County Veteran Service Office, now located at our NEW, larger offices at 1656 W, Broad Street in Cookeville, TN, provides free services in counseling veterans, surviving spouses, and veteran families on VA benefits. They also file claims on behalf 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 are Mon.- Fri. 8am to 4pm. Anyone can call for Mark Harris or Thomas Jacobs at 931-526-2432.





Enough shovels of earth - a mountain. Enough pails of water - a river. - Chinese proverb

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## News For Older Americans

## **Sharing Caring And Safety**

(NAPSA)—When it comes to helping elderly relatives adjust to changes in their lives, even the most devoted adult child may not see all the signals or know what to do—especially if he or she is far away—but help can be available.

#### What To Do

To the extent possible, talk with your elderly parents gently and honestly about their wishes, their abilities and their options. These conversations are helpful and put the adult child in a better position to make decisions later when the parent may not be able to do so.

#### What Help Is Available

Fortunately, recent technological advances can make aging easier: Velcro fasteners, lightweight wheelchairs, devices to control appliances and dial telephone numbers. There are walk-in bathtubs for people who have difficulty climbing into an ordinary tub.

Also helpful can be an entirely private, ad-free website in which to manage private information associated with your elderly parent, from Social Security numbers to lists of online accounts and passwords or medications. It's a safe place to store and manage those binders full of information most people keep.

Social networks can be a place to confer, organize and connect about private family issues—the key, though, is privacy. On this one, the information is shareable with anyone you designate as a trusted participant, even relatives across the globe. That means everyone concerned about someone's care can have the latest information.

#### What You Get

There's a journal for keeping tabs on recent activities, a place to



Caring for an aging loved one can be hard work, as well as rewarding, and a secure, up-to-date way of staying organized and coordinated can make it easier.

trace medications, a to-do list, key contacts, a notepad for tracking key accounts and a place to upload important files and documents. This can be done securely and privately and without the worry of this information being shared beyond your control. Called CareZone, it can mean you don't have to worry about privacy, where the information is kept and stored, or how it's used.

The information can be available on any device you use to access the Internet—smartphones, tablets, Macs or PCs. The service is free through 2012 and will cost \$5 per month in 2013.

### Where To Learn More

You can find further facts about CareZone, Inc. online at www.Care Zone.com or call (888) 407-7785.



We are located at: 200 Freedom Lane • Livingston, TN 38570 888-688-0470 Ext 104 • TeenChallengeUC.org



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SH TALKS



#### 1 CORINTHIANS 1: 18 - 21

For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: "I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate." Where is the wise person? Where is the teacher of the law?

Where is the wise person? Where is the teacher of the law? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not know him, God was pleased through the foolishness of what was preached to save those who believe.

## Why Reduce Waste? by Lisa Luck



Reducing waste can seem impossible – especially with the summer right around the corner. Family picnics, camping and traveling tends to generate additional waste in the form of disposable tablecloths, napkins, plastic plates and cups. Quick to-go suppers can fill up a trash can with packaging that cannot be recycled. Many tons of packaging is discarded – mostly in a landfill. But the problem is bigger than just filling up a landfill.

All activity we engage in produces waste. Emissions in carbon dioxide and methane from the waste we generate slowly warm the earth. Increases in population and activity contribute to additional waste and emissions. Each person emits a minimum of 8.5 tons of carbon dioxide each year into the atmosphere – and depending on activity can emit much, much more. The most emissions come from transportation such as driving or flying. The second most emissions come from agriculture. Rainforests are being cleared to plant soybeans for cattle to meet the demand for beef. The third largest emitter of warming gasses are landfills – primarily because of food waste.

What can we do to decrease the amount of waste we generate and still enjoy family, friends, traditions and traveling? Can we still continue to enjoy our lives yet reduce the amount of waste we generate? Can a birthday party be celebrated without balloons, wrapping paper, plastic tablecloths and still be a happy birthday? Most of us have literally "bought in" to products of convenience we feel are time-savers. The money we are willing to spend to do less tedious work increases daily. So does the garbage. We must find ways that we can reduce the amount of waste we generate.

Unless one knows something about garbage it is hard to find a reason to reduce the amount of garbage one generates. Realizing that human activity is warming the atmosphere seems like the first step in realizing why it is important to reduce our waste stream. Becoming cognizant that we directly impact on the earth through our behaviors are a great motivator for us to make changes in how and what we do on a day-to-day basis.

For the sake of the environment, we need to rethink our purchases and reduce the amount of products we purchase. We can reduce waste and lessen emissions into the atmosphere if we all throw away less. We can throw away less by buying less. Being attentive to how much waste each purchase generates can help us reduce waste. We need to engage in activities that do not add to creating waste and find joy in doing these things even if they are less convenient.

At a reader's suggestion, we are compiling a list of waste reduction techniques used by readers that reduce the amount of waste generated in the household.

Lisa Luck is Program Manager of Education for the Putnam County Solid Waste Department in Cookeville, TN



The heresy of one age becomes the orthodoxy of the next. - Helen Keller



The way to get started is to quit talking and start doing. *- Walt Disney* 



 $\bigcirc 4$ 

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2005 Ford Mustang Stk. #4625, V6, automatic, all power \$4,300\*



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# A Helping Hand for Early Bees

- After a long winter hibernation, a queen bumble bee must work
- quickly to find a suitable nesting spot and search for nectar and
  - pollen to feed herself and create 'bee bread' for developing
- <sup>•</sup> larvae. An abudance of early flowers can lay the foundation for
- healthy bee numbers all season long.
- One way to provide resources for
- pollinators while keeping the function
- of a lawn is to incorporate other
- plants such as dutch white clover,
- self-heal and creeping thyme. These
- plants have the right type of flowers for bees.
- Native trees such as maples, redbuds, and black cherry all
- attract bees. So next time you are looking at planting a tree,
  - consider one that will support the bee population.







Variety's the very spice of life, that gives it all its flavour. - Cowper, "The Task"

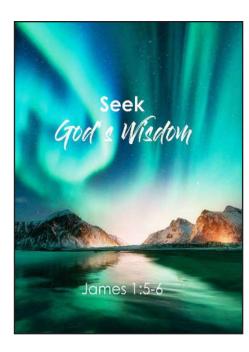


Reading maketh a full man. *- Bacon* 



A beaver has 20 teeth—four curved front teeth for gnawing and 16 back teeth for chewing.





## **MISCELLANEOUS**

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*Lycopersicon lycopersicum* is the scientific name for the common tomato.

## MISCELLANEOUS

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rainbow without a

cloud and a storm.

- J.H. Vincent

One machine can do the

vork of fifty ordinary men. No

machine can do the work of

one extraordinary man.

- Elbert Hubbard



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- Fans chose May the Fourth as the date to celebrate their favorite
- movies because 'May the Fourth
- be with you' is a pun on the famous
- catchphrase from the franchise.
- This catchphrase, said by
- Obi-Wan Kenobi to a young Luke
- Skywalker, is 'May the Force be
- with you'.

Star Wars Day is a fun way to celebrate all things Sci-Fi.



### A Dog Trainer's Top Tips to Support Pets Through Life Stages

by Darris Cooper, CPDT-KA, FFCP (NAPS)—Many people found comfort in their animals during the pandemic, whether they already had a pet, newly adopted, or helped care for a family member's pet. Four years later, puppies adopted during the pandemic are now entering adulthood, while dogs adopted as adults are approaching their senior years. As your dog transitions to new life stages, training is an important part of a well-rounded health and wellness routine that will keep your pup happy and healthy every step of the way:

- Enlist the pros: Pet parents may be struggling with unwanted behaviors that their pups have picked up over the past four years, often driven by separation anxiety or social anxiety. As a first step, it's important to consult your veterinarian to rule out any underlying health issues. Fostering a safe home environment and consulting with a certified dog trainer, and in some cases even a certified separation anxiety expert, are critical to addressing your pet's needs.
- Safety and preparation first: When training your dog on a leash, having a properly fitted collar and harness is important for their comfort and safety. Before taking your pup out and about, I recommend getting them microchipped and registered in the Petco Love Lost database for extra peace of mind. The right tools are essential for training and include things such as training treats, a training clicker and a treat pouch for quick access to your pet's bite-sized rewards.
- Consistency is key: Training is beneficial for your pup through all stages of life and it's never too late to learn new skills. Petco's certified dog trainers offer in-person and online classes in one-on-one and group settings. Petco's trainers are AKC Canine Good Citizen (CHC) Evaluators-they offer a prep course and can administer the AKC S.T.A.R. Puppy and CGC tests. The most effective training sessions are short and consistent and end on a positive note, as dogs will likely retain the last thing they learned. I work with my pups, Zakai and Kalea, throughout the day, as it allows me to reward desired behaviors while providing them with structure and routine. For energetic pups that may have trouble focusing on the lesson, try taking them on a walk or playing with them to work off extra



A few simple steps can help keep your dog healthy and happy as he ages.

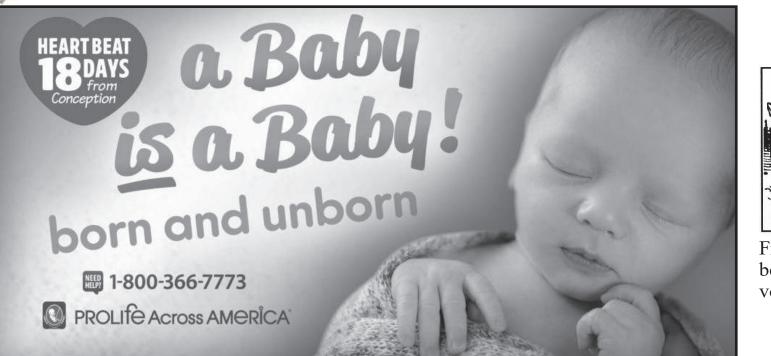
energy. Training sessions are great for both physical and mental stimulation.

- Playtime with a purpose: Outside of dedicated training time, puzzle toys and chew toys can keep your pet mentally stimulated and eliminate pent-up energy, which can result in unwanted behaviors. Puppies and senior dogs can benefit from enrichment such as toys that are easier to chew, while senior dogs may prefer to avoid games such as fetch that require large amounts of energy exertion. All dogs are individuals, so pet parents should go at their pace. Scheduling a puppy playdate or going on a fun outing can be another exciting way to keep your dog happy and engaged, though it's a good idea to make sure any playmates match your pup's energy levels, play styles, and physical abilities to avoid accidental injuries.
- Nutrition as the basis of health: Ensure your dog is in the best shape possible by giving them age-appropriate food. There are special formulas for puppies and senior dogs with added nutrients that cater to their unique nutritional needs, while supplements are another great addition to your pet's diet. From omega 3 fish oil to hip, joint, skin and coat supplements for senior dogs, there's always a little something extra that can give your pup a boost.

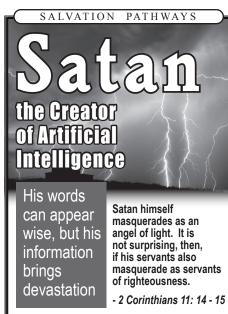
It's also essential to schedule regular vet check-ups and grooming appointments to ensure pets look and feel their best. For additional resources including guides, checklists and more to help your pets navigate life stage transitions, visit petco.com or Petco pet care centers nationwide.

• Darris Cooper is the National Dog Training Manager at Petco. He has worked in the industries of animal training and behavior, pet lifestyle and broadcast journalism, and has been a professional dog trainer for more than 10 years.













The vapor trail left in the sky by an airplane is called a *con-trail*, which is a contraction of the words *condensation trail*.



Fresh apples float because 25% of their volume is air.

Not the fastest

horse can catch a

word spoken in anger.

- Chinese proverb

# Making Life More Fr

When a special person

becomes a memory,

that memory becomes

a treasure.

- Anonymous

## Expert Tips For Discovering Your Family's History

(NAPSA)—If you're like many Americans, you have questions about your family history. Now, genealogy experts Kenyatta Berry, Joshua Taylor and Mary Tedesco from "Genealogy Roadshow" on PBS offer some advice for researching your family's history:

1)Collect as many oral histories as possible. Your living ancestors have information and stories to share. Interview them and record their stories.

2) Gather all the photos and documentation that you can. Items might include birth, death and marriage certificates; diplomas and other school documents; military service documents; Communion or other social, service and religious documents; and real estate documents.

3) **Begin a secondary search.** Fortunately, many ancestryrelated documents, such as the U.S. Census, military documents, immigration lists and newspaper archives are now digitized and available on the Internet at little or no cost.

4)**Consult with outside sources**, such as librarians, historians, genealogy organizations and databanks to find access to resources.

5) **Work backward.** It's generally easier if you begin with the present day and go back through time.

Here are two more enjoyable ways to inspire yourself and your family in your ancestry search:



Credit: Daniel Burke

Genealogists Kenyatta Berry, ( Joshua Taylor and Mary Tedesco offer simple steps to help you learn about your genealogy. ("Genealogy Roadshow" pre-( mieres on PBS January 13; check local listings.)

1. The next time you're planning a family reunion, make it more meaningful by incorporating a visit to a place of significance—such as a location relevant to your family history—into the festivities.

2. Watch how others go about finding their roots. Part detective story, part emotional journey, "Genealogy Roadshow" (running as of January 13 on PBS and also available at PBS.org) combines history and science to uncover the fascinating stories of diverse Americans.

Each individual featured finds that his or her past links to a larger community history, revealing the rich cultural tapestry of America. Find additional resources for tracing your own ancestry at www.PBS.org.



#### HEBREWS 2: 1 - 4



We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away. For since the message spoken through angels was binding, and every violation and disobedience received its just punishment, how shall we escape if we ignore so great a salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard him. God also testified to it by signs, wonders and various miracles, and by gifts of the Holy Spirit distributed according to his will.



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Just because a thought comes into your mind doesn't mean it needs to come out of your mouth. - Anonymous



Men occasionally stumble over the truth, but most of them pick up and hurry off as if nothing ever happened. - Winston Churchill



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our community.

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The Merriam Webster dictionary defines legacy as "a gift by will especially of money or other personal property" An additional definition from the same source is "something transmitted by or received from an ancestor or predecessor or from the past." Both of these definitions are important to all of us, especially to adults of all ages. Most of us want to leave lasting positive impressions on our family, friends, and communities. We desire to know that our lives have impacted other people in positive ways, and to know that how we lived our lives will truly be important after we have left this life.

Each of us will leave a legacy of some kind. We will be remembered for our accomplishments, failures, recoveries from poor choices, and so forth. No one has the opportunity to attend his or her own funeral and hear what is said about us after death, but we all hope that the "reviews" of our lives are positive. This brings me to an important issue: As Americans, what type of legacy are we leaving the younger generations who will continue to manage our great country after we have departed? Are we leaving blessings to future generations, or are we leaving them great burdens?

For many decades OUR Federal government has been spending far more money every year than it brings in with the taxes that we pay. There has been a prevailing attitude that it's OK to "kick the can down the road" when it comes to paying America's bills. As a nation, we have been borrowing hundreds of billions of dollars more than our income so that we can live a lifestyle that we cannot sustain. As a result, America is nearly bankrupt. Our national debt has doubled in less than ten years, and we have never paid anything on the principal. Eventually, we will be forced to pay this \$34 TRILLION bill. We now owe well more as a country than all the wealth that all of us Americans created with our work in 2023, also known as Gross Domestic Product (GDP).

Is THIS the legacy that we want to leave for our future generations? Do we want to be remembered by the huge burden of debt that we have left for our children, grandchildren, and several generations beyond them to pay? I say, emphatically NO! All of us need to hold our elected government officials responsible for stopping this insanity! We cannot care only about our own immediate desires, and keep spending money that is not ours to spend. Get involved! Demand responsible spending from our elected government officials, and put a stop to the insane amount of borrowing. Remember, as Americans, it OUR debt, because we have to pay it back with OUR taxes.

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