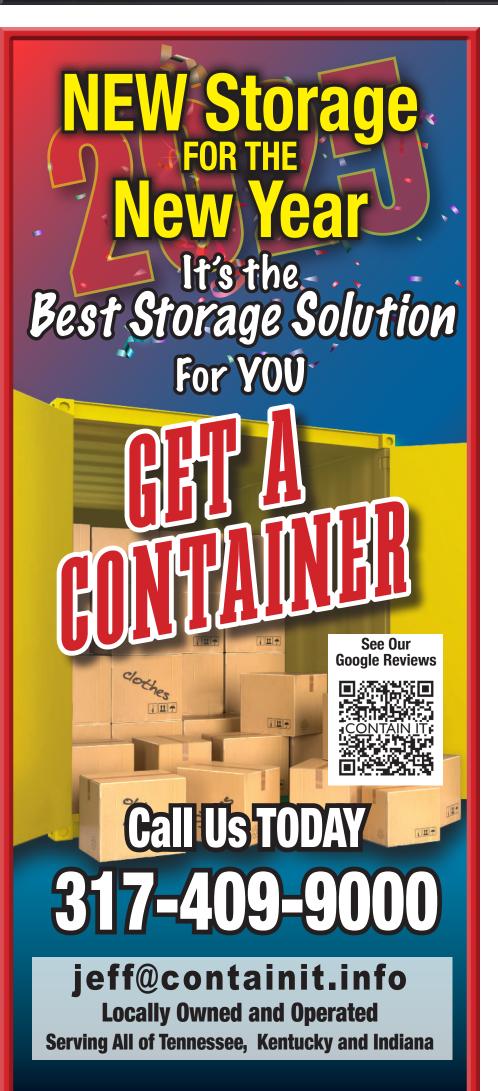
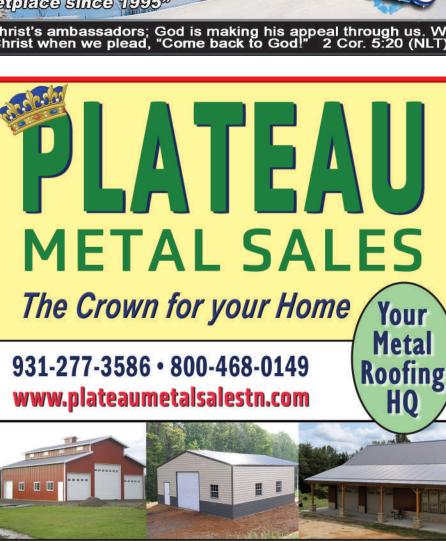


January 17 - 30, 2025 • Vol. 31, No. 1

"So we are Christ's ambassadors; God is making his appeal through speak for Christ when we plead, "Come back to God!" 2 Cor. 5:20





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"Ooh, I think I pulled a hamstring!"





Community Events Calendar



Email: Theucshopper@gmail.com for a FREE listing of your event!

ONGOING:

2 Corinthians

5: 16-20

(NLT)

Vietnam Veterans of America: The VVA meets for a potluck dinner the second Thursday each month at 6:30 p.m. at the Veterans Building, 90 E. Spring St., Cookeville. All Vietnam Era Veterans are welcome. For more information, email sammybntn1950@ gmail.com.

Donations Needed:

The Upper Cumberland Foster Closet. January needs: diapers, baby wipes and baby wash.

Chair Aerobics and Tai Chi: The Baxter Senior Center will hold chair aerobics and Tai Chi class every Tuesday and Friday at 10 a.m. Silver Fit approved. For more information, call 931-858-5657.

Parkinson's Support Group Meeting: a support group for those with Parkinson's and their care partners. Meets every Tuesday of the month at 10 am at Caney Fork Baptist Church, 2404 East US-70, Cookeville, TN. For more information call Laura at 931-319-0309.

Twice Told Tales Book Sale: The first Saturday of every

month the Putnam County Library will open for National Blood their used book store from 10 a.m. to 1 p.m. PCLF members will get January 21 first access the Friday before from 4-5:30 p.m. Memberships are available at the door. \$3 Stephens Center, for hardbound books, \$1 for paperbacks and 50 cents for children's books. Book donations are always appreciated. See the librarian at the front desk for more information.

Arts and Crafts Corner: Mondays from

10:15-11:15 a.m. at the Putnam County Library. Join us for a new adult art or craft project each week. Supplies are provided.

<u>January 18</u>

Spaghetti Supper and Singalong Fundraiser Location: Hardy's Chapel Community Center, 2307 Standing Stone Hwy., Cookeville, classes for \$30). TN. Time: 5 - pm. Support the Hardy's Chapel Comm. Ctr with volunteer firefighters. Plates are \$10 and include spaghetti, salad, St., Cookeville, TN. garlic bread and drink.

January 18

Blood Drive Location: Bon Air Comm. Church, 6389 Crossville Hwy., Sparta, TN. Time: 10 am - 3 pm. All donors will receive a Save

Lives long sleeve shirt Donor Month.

Parent-Child **Connection Winter**

Series Location: 880 W. Jackson St., Suite E, Cookeville, TN. Time:3 - 4:30 pm. Topic of the week: Family Rules. Call 931-823-6432 for more information.

<u>January 25</u> **Annual Fit Frenzy**

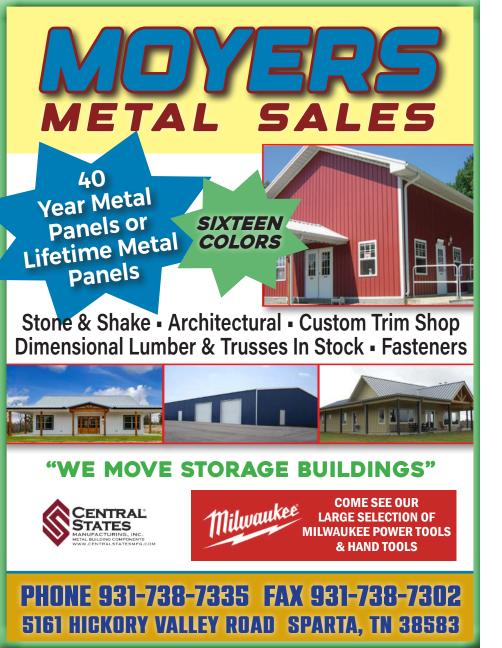
Location: Cane Creek Rec. Ctr, 180 CC Camp Rd., Cookeville. TN. Time: starting at 8:30 am. This FREE event lets you try a variety of group fitness classes, from yoga - spin - to boot camp. Door prizes are awarded in each class. For all fitness levels. Plus, get a special deal on Fit Cards (11

<u>January 29</u> Trivia Location: **Putnam County**

Library, 50 E. Broad Time: 1-2 pm.

CONTACT INFO TO PLACE YOUR EVENT CAN BE FOUND ON PAGE IN THE INFORMATION HEADING. ADS WILL BE EDITED FOR SPACE CONSIDERATIONS.







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DIRECTIONS FROM HWY. 80 IN PLEASANT SHADE: Turn onto Sloar Branch Road, right onto Friendship Hollow Road N bearing right @ forks to ip Hollow Road S to property and sale site on the left go onto Friendship Hollow Road S to property and sale site on the left. **DIRECTIONS FROM CARTHAGE:** Travel Hwy. 80 (Pleasant Shade Hwy.); DIRECTIONS FROM CARTHAGE: Travel Hwy. 80 (Pleasant Shade Hwy.); right not hwy. 85 (Defeated Creek Hwy.), left onto Friendship Hollow Road S (Defeated Creek Community) to property and sale site on the right.

REAL ESTATE: 3 BR / 1 bath brick house waltatched garage and covered porch (built 1965, approx. 1449 sq. ft.); living room, kitchen, dining room and utility room. The home features a covered porch plus it is equipped with city water and gas. This home needs a little TLC and is certainly a "Handyman" Special! This house plus (2) outbuildings positioned on a large lot near the Defeated Creek Community, Smith County, Tennessee.

TRACTOR: Kioti TX6620 Tractor wicab, 4WD and Kioti KL7320 self leveling loader: 66 bn dises It 2 snd Tranov Hydry shuttle 540 PTC 3 nt leveling loader, 66 hp diesel, 12 spd. Tranny w/hyd. shuttle, 540 PTO, 3 pt. hitch, 1 set remote hyd, 181 hours - this tractor is just like new!



(REAL ESTATE TO SELL @ 10 A.M.)

LOCATION: 220 FRIENDSHIP HOLLOW RD. S. PLEASANT SHADE, TN 37145



saw, jump box, garden tools.

FURNITURE & PERSONAL PROPERTY: Oak table

& chairs, 5 piece bedroom suit.

SELLER: Mr. Roy Matthews Estate.

TERMS: REAL ESTATE: 10% (non-refundable) deposit down day of sale and balance with the dead.

deed.
TOOLS & PERSONAL PROPERTY: cash or good

Information in this ad is believed to be correct but not warranted. Any inouncement made day of sale takes precedence over all other advertisi.



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cole Millér		
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We know what we are, but know not what we may be. William Shakespeare



It is easier to raise strong children than repair broken men.

- Frederick Douglas



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Home & 17.32+- Acres **Woodland • Fenced • 1 Tract**

Bidding Ends Friday Jan 24th 3pm





2 bed 1 bath home situated on a large mostly wooded 17.32+- acres selling Absolute and in 1 tract. Private country living in the heart of middle Tennessee with a panoramic view of the Smoky Mountain foothills. The 17.32+- acres is mostly wooded with some open ground. **Auction Preview Monday Jan 20th 3-5pm**

Terms: All property in this auction sells "As is, Where is" having given the right to bidders to inspect prior to bidding. No Warranties or Guarantees. Buyers to place a 15% deposit with the balance due on or before 30 days. 10% buyer's premium. 2025 property taxes will be prorated to the date of closing.

Clint Conner Real Estate Broker/Auctioneer (931)644-7149 CROSSROADSAUCTIONGROUP.COM



CROSS ROADS #6589 AUCTION 🔦 GROUP

ANIMALS

Free German Shepherd to good home. 3-1/2 years old, good with kids, friendly, loyal. Must keep away from chickens/other farm poultry. Needs room to run & play. Call Gary at 615-260-6854.

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. **Detroit:** male, Black & White German Shepherd & Pit Bull mix dog. 4 months old. German Chocolate: male, orange tabby, domestic shorthair mix cat, 12 weeks old. Nauti: female, Brown & White domestic short hair mix cat, 4 months old. **Pony** Deal: Male, Cream/White Catahoula Leopard Hound & American Staffordshire Terrier mix, 15 weeks old. Make room for a sweet companion in your life!

Macon Spay Neuter Assistance. We offer Affordable High-Quality Spay & Neuter Services with Bi-Monthly Transports. Greatly reduced rates. Call 615-670-0448 for appointment. www.ms-na org. Non-Profit 501(c)(3). Măcon County.

CARS

2001 Chrysler Sebring LX Convertible. Raymond Johnson 931-265-6258.

CARS

2017 Buick Regal:d AWD, turbo, leather, all power, fully loaded. Only 54K milés. Serviced evéry 3k miles, excellent condition - \$15,500. Call 931-644-0722

You Don't Have to Spend a crazy price for a Battery. Good car & truck batteries for only \$50 + tax with exchange. B&K Auto Sales, 2595 W. Broad St. Cookeville. 931-372-1380.

EMPLOYMENT

Class A CDL Drivers Wanted: \$800 to 1,200 per week. Home at least 2 days a week. Please call Gary at 615-260-6854.

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

FARMING

For Sale: Quality grass hay, small squares, 2nd and 3rd cuttings - \$6.00/bale. Tompkinsville, KY. Call 270-459-2075.

Farm fresh duck eggs available: \$4/dozen. Putnam Co.Call or text 931-252-0176.

HOUSEHOLD

6 foot Upright Frigidaire Feezer, \$200.Chair Bed, folds out to single bed, \$200. 931-260-0978

HOUSEHOLD

Three Custom Made Solid Black Walnut tables: 36 wide, 72" long with turned legs. One **Cherry Table** same dimensions - \$300 each. Take all for \$1,000. Call 931-537-3202 after

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

Wood Stove - Ashley AW2020, other sizes available. Ashley LP red porcelain heater. Also, chimney kit available. Electric heaters. 423-505-

Native American Terra Cotta and Rare Points and Blades. Caddo, Quapaw, Mississippian bowls.iugs. etc. Many arrowheads are Paleo period, will consider antique guns part trade. Call 731-412-9514.

In Need of Donations of guitars, banjos, fiddles, and some wind instruments for music therapy for veterans. Call 615-804-4404.

ANNUAL SPRING FARM EQUIPMENT CONSIGNMENT AUCTION



SATURDAY, FEBRUARY 1st at 9:00 AM 159 AG CENTER LANE, CARTHAGE, TN

RECEIVING EQUIPMENT: Tues. Jan. 28 thru Fri. Jan. 31

DIRECTIONS: Take I-40 Exit 258. From the Exit, take Hwy 53 North & travel approximately 3 miles to the Smith County Ág Center on the Right.

AUCTIONEERS NOTE: Rain or Shine! This is an open consignment machinery sale. We welcome all consignments, large or small, including tractors, equipment, garden tools, lawn mowers, and hand tools of all kinds. Everyone is welcome. . . Buyers, Sellers, and Visitors!

NOTE TO CONSIGNORS: \$5.00 minimum per lot & absolutely NO used car/truck tires. Loader tractors will be available. All items must be removed from sell yard by Sun, Feb. 2nd. TERMS: Cash or good check day of sale. 5% buyers premium on all transactions. Any out of town bidders should call the auctioneer prior to sale if they plan to pay with a check.

Check for updates to inventory on Facebook or at www.HeartlandREandAuctions.com

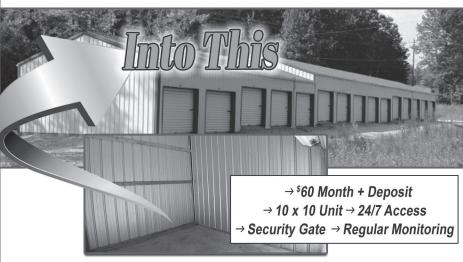


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Jason Martin 615-735-7778 Jamie Petty 615-418-6244 Jamie Kemp 615-310-2755





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Auction Preview Jan 19th 2-4pm 613 Kinney Rd Celina, TN













3 bed 2 bath unconventional home situated on a private 5+- acres just off the banks of th Obey River at Dale Hollow Lake. Recreation, privacy, convenience, and off the grid feel wrapped into one. This property is also improved with a two-car attached garage, 2 shop buildings, carports, RV hookups, and greenhouse. Do not miss this Absolute Auction!

Fantastic selection of quality personal property. Ford Windsport Motorcoach, 4WD Kioti Tractor, Bush Hog, Box Blade, Bumper Hook Trailer, Sauna, Tools, Household Items & more

Clint Conner Broker/Auctioneer (931)644-7149

CROSSROADSAUCTIONGROUP.COM



CROSS ROADS #6589 AUCTION 🔦 GROUP

Most animals have three choices to survive winter: migrate, hibernate, or cope with freezing temperatures. Many birds (and some humans) choose to migrate south to warmer places. Bears fatten up and sleep through winter in their dens. But aquatic animals have an extra challenge: freezing water. Few animals can withstand being frozen because the forming ice destroys cell membranes, so aquatic animals have "cool" adaptations.

Western Painted Turtles breathe through their butts. Painted turtles live in ponds and wetlands throughout the Elk Valley. As these waters freeze, turtles gulp their final breaths and sink to the bottom. Here, water stays near freezing, but still liquid. Unlike mammals and birds, whose body temperature is kept stable by burning energy, turtles are "ectotherms"

(aka cold-blooded), meaning their body temperature is determined by the external environment. Their metabolism drastically slows to a heart rate of 8, slow, steady, beats per hour, which decreases energy use.

Because turtles can't resurface for air, they use highly vascularized areas of their bodies-their butts-to extract oxygen directly from the water. But even this is not enough, and lactic acid starts building up in muscle tissues. To deal with this, turtles use the calcium carbonate in their shells to neutralise the acid (much like we take calcium carbonate pills like Tums to deal with heartburn). As spring waters warm up and ice melts, turtles swim up to the surface, breathe their first breaths, and start basking in the sun.







Clint Conner Real Estate Broker/Auctioneer 931-644-7149 To Bid Visit Crossroad sauction group com

Country home situated on 18.92+- surveyed acres in the heart of Monroe, TN. This nearly 1,700 sq/ft 4 bed 2 bath home is improved with n attached 2 car garage, covered front porch, 2 large decks, partial basement, and large mother in laws suite perfect for adult children or aging parents. The 18.92+- acres of rolling pasture with a mixture of woodland is fenced and crossed fenced with a large pole and dairy barn, working facility, silos, hay barn, sheds, and pond. Private mini farm with Tennessee mountain views and lots of nents selling in 2 tracts. Also we are offering personal property including antiques, tools, and collectibles.

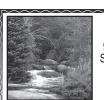


CROSS ROADS #6589 AUCTION 🔦 GROUP

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will. For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.







It's not society's job, or government's job, or Wall Street's job, to take care of you - that's YOUR job! - Anonymous



"Everyone should have a spouse, because there are a number of things that go wrong that one can't always blame on the government. - Anonymous

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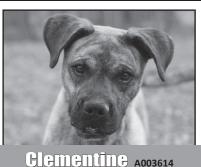


COOKEVILLE PUTNAM COUNTY

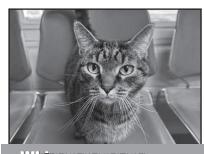
SHELT



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Female, Brown Brindle, White Boxer & Mountain Cur. 2 years old.



Whippersnapper A009278 Male, Brown Tabby Domestic Shorthair Mix. 5 years old.

Check out our large list of pets on our Facebook page Find more adoptable pets at Petfinder.com





Barney A009275 Male, Black & White Labrador Retriever Mix. 1 year old.



Male, Orange Tabby Domestic Medium Hair Mix. 5 months old

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Coins Watches **Diamonds** Gold

Large Assortment of Levian.

Lafont, & Citizens Watches



CALL 931-525-7325 Crabtree Crace Jewelers



"Ten bucks says he rolls up into a ball."

MISCELLANEOUS

6 foot Upright Frigidaire Freezer, \$200.Chair Bed, folds out to single bed, \$200. 931-260-0978.

Full Set of Professional Gym grade Troy dumb bells with racks, great condition, call 931-273-9742 and I can send a picture.

Sawmill saw blade - 54" diameter, excellent for painting - \$250. Call 931-537-3202 after 6 pm only.

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

CENTRAL BOILER outdoor wood furnaces. Parts, accessories, insulated underground pipe, and radiant floor heat supplies in stock. Southern KY Wood Furnaces, LLC call 270-459-1840.

For Sale or Trade - Electric Scooter, battery powered. Also, 25 year collection of Hot Wheels. 615-318-

1958 Ford Thunderbird. Blacksmith anvils, 423-

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MISCELLANEOUS

Farm Fresh Non-GMO Free Range Eggs. \$4 per dozen. West Creston, Crossville, TN. Text or call 720-708-9949.

Craftsman Table Saw. Good condition, includes extra 8" dado blade. \$75 for all. 931-528-4604.

Scenic Valley Tire. 4071 Bald Knob Mt. Rd. - Doyle, TN. Specializing in Farm, Forestry, & Industrial Tires. Onsite Service available - we come to you. 931-254-3552.

Want to Buy: Arrowheads and Indian Rocks. Best prices paid. Call 931-473-5425.

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

2- 100 pound anvils, \$575 each; Natural gas or propane logs; Dual fuel torpedo heater. Call 423-

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.

Proven Home Business Opportunity: A leader in Health and Wellness since 1985 with over 450 products. Call 662-895-6002 or 901-361-5699.

MISCELLANEOUS

Vietnam Veterans of accepting donations of vehicles, land, & buildings. Please support your veterans. Call 615-708-1796 or 615-579-5383.

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 Sparta, TN. 931-738-

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

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.

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.

You Don't Have to Spend a crazy price for a Battery. Good car and truck batteries for only \$50 plus tax with exchange. B & K Auto Sales, 2595 W. Broad St. Cookeville, TN. 931-372-1380.

5 Tips That Could Save Your Life On The Road

(NAPS)—The next time you're commuting to work, taking the family on a road trip, or even just learning to drive, chances are you'll be sharing the road with large trucks; fortunately, there are safe ways to do so.

Sharing the road means also sharing the responsibility to drive in a way that keeps everyone safe. Poor driving habits or driving while distracted puts everyday drivers, truckers and others such as highway maintenance workers at risk.

So how to coexist safely?

Try These Tips

Tip 1: If you can't see the truck driver, they can't see you. Can't spot the truck driver in their side mirror? This means you're following too closely in the truck's blindspot and need much more space. Keep a safe distance (the length of half a football field) between your car and a truck.

Tip 2: Be patient. Many trucks have a speed limiter that prevents them from traveling more than 65 miles per hour. Tailgating won't make a truck driver go any faster and instead puts you both in dangerous positions.

This tip also applies to trucks making turns or backing up. Many cars try to squeeze past or around a truck when the truck driver needs only a few seconds to complete a maneuver. The truck isn't leaving a lane or space open for other drivers—it's leaving room for the back trailer to follow. Why risk injury or damage to your vehicle when it only takes a few seconds for a truck to clear the intersection or enter a loading dock?

"I've had incidents where I was backing into a loading dock and a car drove down into the dock and out again just to get around me," says Tom Blad, hardware technician at Trimble and former truck driver. "Simply because I was going to block their path for three or four seconds."

Tip 3: Spend as little time driving beside a truck as possible. Traveling alongside or pacing a truck can be very dangerous due to the risk of a tire blowout—either the truck's tire or your own. In fact, the NHTSA tracked more than 550 fatalities in 2022 from tire-related accidents. A single semi-truck tire weighs 500 pounds—certainly not an object you'd want hitting your car. If your own tire blows out, your vehicle may end up under the truck next to you.

"Lingering next to a truck creates a dangerous situation where you may be



Remembering five tips can help prevent accidents and keep everyone safe on the road.

sideswiped by the truck if it swerves or attempts to change lanes," explains Gary Falldin, senior director of industry solutions at Trimble and the Minnesota Trucking Association's 2016 Safety Professional of the Year. "Move at a safe and steady speed until you're far enough past the truck to change lanes."

Tip 4: Stay out of the "no zones." Due to their large size and height, trucks have four significant blind spots around the truck: in front, behind, and along both sides.

When passing a truck, don't immediately return into the lane in front of a truck. Make sure you can see the full truck—from its tires on the road to the tip of its roof—in your rear-view mirror first.

Many drivers don't know that the right side of a truck is more dangerous than the left. With the steering wheel positioned on the left, the truck driver has less visibility over the hood and into the right lane. Remember to always pass trucks on the left (as long as it's safe to do so).

Tip 5: Avoid the back of trucks. One of a truck's most perilous "no zones" is located behind the trailer. While it's not smart to tailgate or zip into gaps behind trucks on the go, this rule also applies when a truck is reversing on or off the road. Keep this in mind when driving and walking through parking lots or other roads.

"I can't tell you how many times cars have tried to zip around behind me—it's extremely dangerous," says Matt Carter, Certified Transportation Professional, a Trimble sales engineering manager who also works as a hazardous material driver on weekends. "Just try to avoid the rear of a semi-truck altogether."

Learn More

For additional tips, check out the Sharing the Road Program from Virginia Tech Transportation Institute. For information on Trimble, visit https:// transportation.trimble.com.



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"Technically it's called 'scat,' and I'll thank you very much to mind your own business."





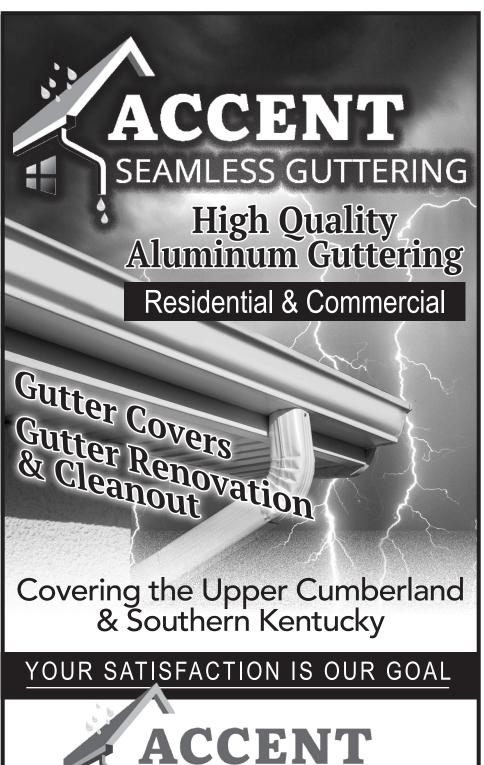
A cloudy day is no match for a sunny disposition.

- Anonymous



Children are like wet cement. Whatever falls on them makes an impression

- Dr. Hain Ginott



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Pointers For Parents-To-Be

What to Know Now to Help Protect Your Newborn from RSV

By Rebecca Norwick,
National Association of Nurse
Practitioners in Women's Health
(NAPS)—When I first started my
career as a nurse practitioner, I saw
pediatric wards fill each winter with
children suffering from common infections that cause rotavirus diarrhea and
respiratory syncytial virus (RSV). Since
then and following the introduction of
the rotavirus vaccine nearly two decades
ago, hospital visits for rotavirus have
notably decreased.



Today, we are in a similar position to help prevent RSV through a maternal vaccine given to protect infants at birth. Getting vaccinated while pregnant helps your body create protective antibodies that you can pass on to your baby. These antibodies can help protect your baby from diseases such as RSV during the first few months of life when they are most vulnerable.

While RSV can cause cold-like symptoms most of the time, it can be dangerous in infants and young children—and is the leading cause of infant hospitalization in the United States. RSV season usually starts in the fall and peaks in the winter in most regions, which is why the vaccine is typically given from September through January. Because the RSV vaccine is administered seasonally, the protection passed to the baby will last for their first RSV season.

The good news is that if you or a loved one is pregnant, the maternal RSV vaccine is available now at no out-of-pocket cost to you through almost all insurance plans, including Medicaid and employer-sponsored plans. You should receive the maternal RSV vaccine during weeks 32 through 36 of pregnancy if you are pregnant between September and January.

Vaccines have been recommended during pregnancy for decades and are our most effective tool against preventable respiratory diseases. They are also a critical part of routine prenatal care, adding an important line of defense



You can protect your baby even before he or she is born by getting vaccinated against RSV while pregnant.

against severe respiratory diseases that can leave pregnant people and their babies at an increased risk of complications. The maternal RSV vaccine can be administered during the same visit that you may receive other vaccines during pregnancy, including Tdap, flu, or COVID-19 vaccines.

All recommended vaccines are held to the highest standards of safetymeaning they are carefully studied and monitored for side effects. Having worked for 20 years in community health centers in underserved areas, I have witnessed firsthand the protection that maternal vaccinations provide. At one clinic, we even implemented a "cocooning" approach, vaccinating the entire family against flu to help protect newborns who are too young for vaccines. By ensuring the pregnant mother, father, siblings, and grandparents received their flu shots, we worked to minimize the risk of influenza spreading within families.

These days we can go a step further by providing early RSV protection to newborns during their first months of life. If you or a loved one is pregnant, ask your healthcare provider about the maternal RSV vaccine, along with other recommended maternal vaccines. Maternal vaccination is a powerful way to help strengthen your baby's immunity and share protection before they are even born.

Learn More

For more information on maternal vaccines and their importance, visit www.cdc.gov/vaccines/pregnancy.

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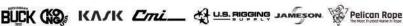
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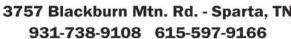


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112: 4 - 9

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We must be near God to hear God. Pastor Bobby Davis



Take good care of the kid inside you.

- Anonymous





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Recipe Aorner Fish Can Be "Delish" Every Friday



(NAPSA)—For a delicious change to your usual Friday fish meal, combine ingredients you probably have on hand with a mild-flavored fish.

Fish is a staple of the Lenten season, but many parents struggle to excite their children about Friday night's fish.

This year, serve the family mild-flavored, versatile fish dishes that are healthy, easy to prepare, and popular with grown-ups and kids alike.

Grill it, fry it, broil it, bake it—
the mild taste and firm texture of
U.S. Farm-Raised Catfish makes
it suitable for a wide array of flavor applications and cooking
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Because of its versatility, families could create a new dish with U.S. Farm-Raised Catfish every Friday during Lent and never realize they were eating the same fish.

Even busy families have time for Cheesy Catfish, which takes about 20 minutes to prepare.

An excellent source of protein, catfish also is low in calories, carbohydrates, and saturated fat, perfect for keeping your family happy and healthy.

For additional recipes and preparation tips, visit the Web site www.catfishinstitute.com.

Cheesy Catfish

2 tablespoons margarine ½ cup grated Parmesan cheese

1/4 cup yellow cornmeal 1/4 cup all-purpose flour

½ teaspoon pepper

Catfish fillets

1 teaspoon paprika 2 pounds U.S. Farm-Raised

1. Preheat oven to 400° F.

2. Place margarine in a 13by 9-inch baking pan and put in oven to melt while oven is heating. Remove from oven.

3. Mix Parmesan cheese, cornmeal, flour, pepper, and paprika in plastic bag. Add catfish fillets, one at a time, and shake to coat with Parmesan mixture. Arrange fillets in a single layer in the prepared pan, turning once to coat with margarine. Sprinkle remaining cheese mixture over fish.

4. Bake for 10 to 15 minutes or until golden brown and fish flakes easily when tested with a fork.

Approximate nutritional analysis (per serving): 222 calories; 13 g fat; 57 mg cholesterol; 140 mg sodium; 6 g carbohydrates; 1 g fiber; 20 g protein.

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"I'm just saying if we have to subsist solely on one food, why couldn't it be chocolate?"



"But what about you?" he asked. "Who do you say I am?" Peter answered, "God's Messiah." Jesus strictly warned them not to tell this to anyone. And he said, "The Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and he must be killed and on the third day be raised to life."

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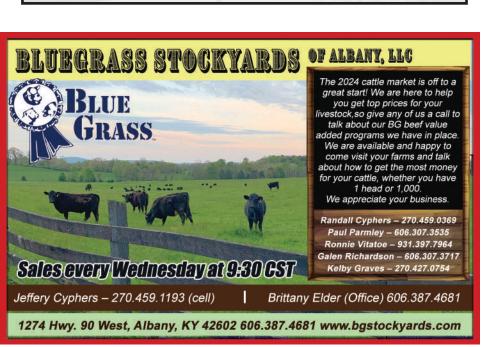
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Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. What good is it for someone to gain the whole world, and yet lose or forfeit their very self?



9: 20 - 25





Give people more than they expect, and do it cheerfully. - Anonymous



Remember, it doesn't help to have a road map if your car won't start. - Anonymous



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But if you ask her how she is She'll lie and say she's fine. I am here in Heaven, I cannot hug her from here. If she lies to you, don't listen. Hug her and hold her near. On the day we meet again,

I'll say, "You're lucky you got in here mom With all the lies you told!"

-Author: Joanne Burr

We'll smile and I'll be bold.



Hearing the right voice leads to the right choice. - Pastor Bobby Davis



Commit yourself to constant improvement. - Anonymous



It is written: "I believed; therefore I have spoken." Since we have that same spirit of faith, we also believe and therefore speak, because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to himself. All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

Therefore we do not lose heart. Though outwardly we are wasting

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.



2 Corinthians 4: 13 - 18

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We provide direct help to thousands of children and families each year; partner with innovative states and high-performing nonprofit organizations that use our effective program models; and advocate for positive change to child welfare systems around the country.

Our approach involves intensive work with the child and family; a focus on measuring outcomes; keeping children in the community whenever safely possible; and providing accountability to families and funders. The Youth Villages approach produces lasting, positive change for children.

While we help children from birth to age 22, the majority of the children who receive services from Youth Villages are between 12 and 17.

Children come to us because of emotional and behavioral disorders, physical or sexual abuse, substance abuse, or suicidal ideation or attempt. Our LifeSet program is a bridge from foster care to successful adulthood for young people who have experienced foster care.

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Be bold and courageous. When you look back on your life, you'll regret the things you didn't do more than the ones you did. - Anonymous



Don't do anything that wouldn't make your Mom proud. - Anonymous

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different. He said, "But God is my King from long ago; He brings salvation to the earth." He wanted God to be His Ruler - His King. Jesus was born to be King. There were twelve whom He chose to become His disciples. And there were many who followed Him, listened to Him, believed in Him - yet never fully surrendered their hearts and lives to Him. They did not allow Him to be their King and refused to become His subjects. One day they shouted: "We will not have this Man rule over us!" And they crucified Him. Many years ago hundreds of college students from around the world met in London before going to their mission fields. The group from Japan could not attend but sent a message that read, "Make Jesus King!" We can change the world if Jesus is King in our lives.

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"For I will take you out of the nations; I will gather you from all the countries and bring you back into your own land. I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. Then you will live in the land I gave your ancestors; you will be my people, and I will be your God. I will save you from all your uncleanness.



Ezekial





The highest of distinctions is service to others. - King George VI



When you get tired. learn to rest. not to quit. - Banksv

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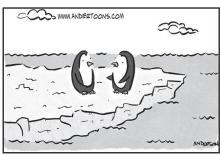






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"Yeah, but it's a wet cold."



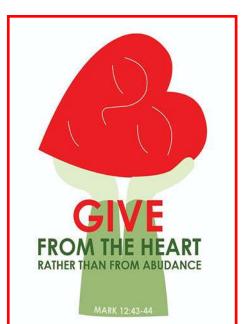
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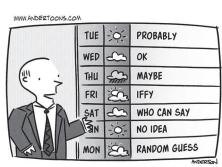
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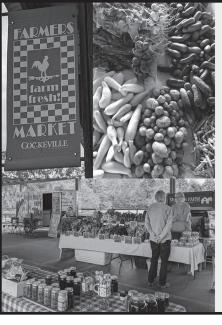
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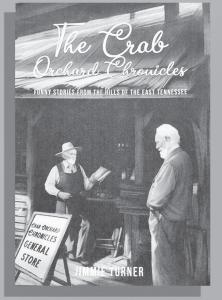
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Jimmie's website is www.CrabAppleNews.com

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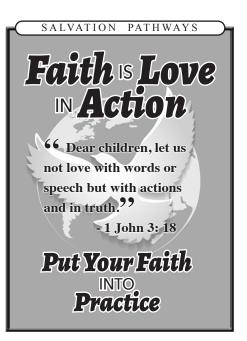
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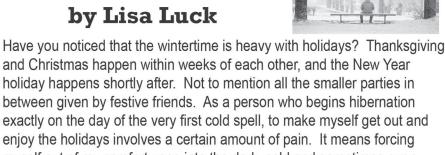


No man who is occupied in doing a very difficult thing, and in doing it well, ever loses his self respect. George Bernard Shaw

Two roads diverged in the wood, and I - I took the one less traveled by, and that has made all the difference. - Robert Frost



Wintertime by Lisa Luck



holiday happens shortly after. Not to mention all the smaller parties in between given by festive friends. As a person who begins hibernation exactly on the day of the very first cold spell, to make myself get out and enjoy the holidays involves a certain amount of pain. It means forcing myself out of my comfort zone into the dark, cold and sometimes even snowy weather. There doesn't seem to be such a thing as "warm enough" clothing and the cold seeps in the first few steps in the outdoors. It is often beautiful and always fun, I admit to myself once I'm back at home tucked in looking out the window. One snowy day, my granddaughter came to visit. She wanted to play

outside and very reluctantly I said yes. After a couple of snowballs made their way down my bare back (she got me with them while I was running away), a few soggy snow angels, and stiffening appendages - I was ready to go inside for hot chocolate. Not my granddaughter! We stayed outside until her Dad came back to get her. We explored the snow-covered yard, going to places that obviously no person had ever gone before. We knew for sure, because there were no footprints. We heard nothing at times, except the rustling of the bare branches. We marveled at the resilience of the birds who were puffed up, sitting in the bushes.

Wintertime is often a time of reflection of a year gone by. There are more days off to spend time recognizing and assessing successes and failures. Time off from work gives space for us to consider changes that can be incorporated at the beginning of the new year. I like to make a list of personal projects that need finishing – or starting – and keep them near the top of the list with hope to get to them the following year.

Wintertime is the best time for cooking. The stove is a warming aide that not only cooks but also helps heat the house. As bodies crave more calories to weather the cold, new recipes are happy to oblige. Soup season officially begins during wintertime. The search for the most warming and comforting combinations of meats, vegetables, herbs and spices is ongoing. Fresh greens and cabbage are still available at the local Farmer's Market and bring a hearty helping of freshness to every pot. Rosemary and sage still are available in the yard – and will continue to provide unique flavors throughout the winter unless it just gets too cold and they succumb.

As a sun lover, the cold has never appealed to me. Finding ways to warm both the body and heart is a priority during these long, dark and cold months. Filling the extra time with friends, family and warming comfort food brings great happiness. Hope you enjoyed your holidays!

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

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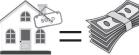
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"And what would you like the forecast to be?

What to Do to Fight the Flu and COVID-19

(NAPS)-You may not know it, but chances are you have at least one risk factor that could make you vulnerable for serious complications from flu, COVID-19 and other dangerous diseases. Conditions such as diabetes, hypertension, heart disease, and lung diseases including asthma and COPD increase your risk. Other common factors including being overweight, obese, pregnant, and even age—being 50 or older—can put you at greater risk for seious illness.

The good news is, you can protect yourself and those you care about.

The bad news is, too many people are not doing everything they can. Doctors say there's been lower-than-optimal vaccination rates this fall.

What Can Be Done

The better news is, while treatments are not a substitute, nor a replacement for vaccines, there are several antiviral treatments approved by the Food and Drug Administration (FDA) for people at high risk for serious illness from COVID-19 and flu.

Antivirals work by preventing the viruses that cause flu and COVID-19 infections from making copies of themselves and spreading through the body. As a result, they can help limit more serious symptoms and reduce the risk of hospitalization and death in high-risk individuals. Clinical trials have shown oral antivirals for flu can reduce the risk of hospitalization 60%, and a study from Yale found that the COVID-19 antiviral Paxlovid reduced hospitalization by as much as 89% for high-risk individuals.

Antiviral Treatments for COVID-19 and flu are available with a prescription from a healthcare provider or, in many cases, from a state-licensed pharmacist. And they are most effective when they are started as soon as possible after being infected—within 5 days after symptoms begin for COVID-19 and within the first 2 days for flu.

These life- and lifestyle-saving medicines, however, are also not used as often as they should be for several reasons:

- · Gaps in patient and provider awareness.
- Financial barriers, with potential increased out-of-pocket costs post government programs.
- Equity issues, particularly in underserved communities. Black patients are 35.8% less likely to receive an anti-



If you get COVID-19 or the flu, the faster you get proper treatment, the better your chances of a complete recovery.

viral than are white patients, according to the NIH.

- The digital divide, limiting telehealth access in rural or low-income areas.
- · Misconceptions about antiviral effectiveness, delaying treatment.

How To Help Yourself

Don't hesitate. If you have symptoms of COVID-19 or the flu, get tested and get treated. These drugs are most effective when they are started as soon as possible after being infectedwithin 5 days after the first symptoms of COVID-19 begin and within 2 days after flu symptoms begin.

As for cost and coverage, there are patient assistance programs, co-pay programs, and other plans to help ensure COVID-19 treatments will continue to be available at no or low cost for

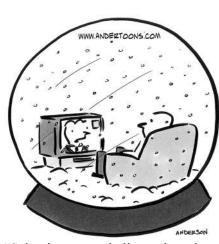
Plus, the CDC suggests, you may be able to avoid getting or spreading the viruses if, in addition to getting the vaccines, you:

- Avoid close contact with people who are sick.
- Keep frequently touched surfaces clean.
- · Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wear a mask.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- · Avoid touching your eyes, nose, and mouth. Germs spread this way.
- · Improve air quality at home by bringing in fresh outside air, purifying indoor air, or gathering outdoors. Cleaner air can reduce the risk of exposure to viruses.

Learn More

Additional information is available at cveep.org/treatments.





"Scientists now believe that there may be a connection between the recent earthquakes and the record snowfall."



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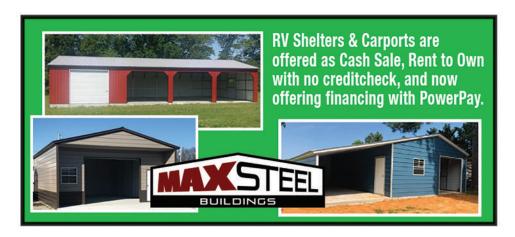












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%F SIGHT %F MIND

ost of us have heard the expression "Out of Sight, Out of Mind." This expression applies to many different situations in life. In many situations, it means that if we don't see something happening, read about it, or see it on TV or online, then we don't think about it. Sometimes this situation can be good, and sometimes it can be harmful. It can keep us from having to view or hear about things that are harmful to our lives, but it can also isolate us from things that are happening in the world that need our attention

and action.

We all need to be aware of people who need our help and attention. God created us to need each other. To be focused only on ourselves and not also on other people will grow selfishness in our hearts. It will make us self centered. This is a basic truth that applies to each of us: the world does not revolve around me, and it does not revolve around you. God created us to be givers, not takers.

Instead of being self centered, we need to be God centered. He blesses us so that we can bless others. Being focused outside of our own personal space enables us to see the people around us who need help. It can be people in our own community, our state, our nation, or other nations of the world. All of us can do something to help people in need. First, we need to pray for them. Second, we need to take action to help their actual situation. We can donate some amount of money

Page 22

(any amount), and we can give our time and labor to help make someone's difficult situation get better. We can also offer encouragement and spend time visiting with people or simply calling them on the phone. Showing people that we care can make a world of difference in their lives. Whatever it is, all of us need to help others. Our actions will show our love and compassion for others. So, don't be "Out of Sight, Out of Mind." Show your love for others by what you do for them.

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others."

- Philippians 2: 3 - 4

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Figure 1 (931)

Cookeville

Figure 1 (931)

Expression (931)

E

But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.



Romans 8: 25 - 28

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