

Jan. 31 - Feb. 13, 2025 • Vol. 31, No. 2

"A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil." Eph. 6:10-11



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The Shopper Calendar Alert: Sunday, February 2nd







Remember that the biggest challenge you'll ever face is living up to your own potential.

- Anonymous



I learned more listening to my father around the dinner table than in four years of college. - Anonymous

The Breath of Life

"Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing **Ephesians** firm. Stand your ground, putting on the belt of truth 6: 11-17 and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God."





"I'm already in love, but I am having trouble with this Bluetooth pairing.





Community Events Calendar



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

ONGOING:

resources.

Cookeville Mother's Circle: All mothers from to meet every last friday of the month from 9-10 am at the **Foxhole Lacatation** and Adventure Gym. Children are welcome. Each month will offer socializing, celebrating holidays or hearing from local

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 info call Laura at 931-319-0309.

Twice Told Tales Book Sale: The first event benefits the Saturday of every month the Putnam

County Library will open their used book store from 10 a.m. to 1 p.m. PCLF Cookeville are invited members will get first access the Friday before from 4-5:30 p.m. Memberships are available at the door. \$3 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 1st St., Cookeville, or craft project each week. Supplies are provided.

January 31 Trivia Location: Putnam County Library, 50 E. Broad St., Cookeville, TN. Time: 1-2 pm.

February 1 **2nd Annual Trail Run and Putnam Polar Plunge** Location: Meadow Creek Park, 19195 Clarkrange Hwy, Monterey, TN. Time: 11 am. This extension of the

Tennessee Central

Trail. To sign up visit: runsignup. com and search for TRAPP.

February 4 Cookeville Coin **Club Meeting** Location: 1st Presbyterian Church, Fellowship Hall, 20 N. Dixie Ave., Cookeville, TN. Time: 5:30 pm. The meeting will feature door prizes, raffle items and an auction of member items. Visitors are

always welcome.

February 6 A Women's Heart Location: Leslie Town Centre, 1 W. TN. Time: 5 - 8:30 pm. Event will include a reception and appetizer hour, a seated dinner, heart-health presentation and awards ceremonies. Sponsored by Tn. Heart. Tickets and table reservations can be purchased at CookevilleRegionalCharity. org or by calling 931-783-2003. Tickets are presale only.

CONTACT INFO TO PLACE YOUR EVENT CAN BE FOUND ON PAGE ~3~ IN THE INFORMATION HEADING. ADS WILL BE EDITED FOR SPACE CONSIDERATIONS.



Make sure you are using the only brackets that have been independently tested and ICC certified.

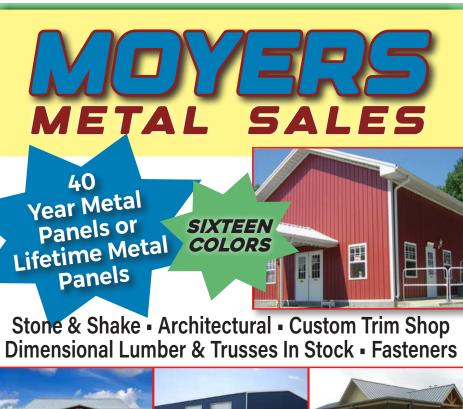






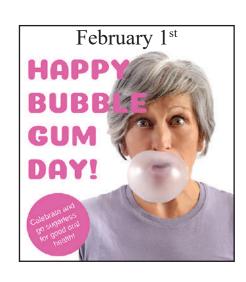


731-487-8477 Smithville, TN | Dyer, TN

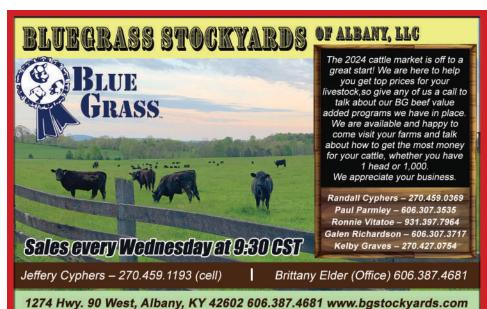




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1281 UNDERWOOD ROAD • LAFAYETTE, TENNESSEE



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SATURDAY, FEB. 8

9:00 A.M. (C.S.T.) LOCATION: **1281 UNDERWOOD ROAD**

LAFAYETTE, TN 37083





DIRECTIONS FROM LAFAYETTE: Travel Akersville Road, left onto Underwood Road to property and sale site on the left (signs posted).

REAL ESTATE: 2 BR / 2 bath mobile home (1985 model; approx. 1044 sq. ft.); living room, kitchen/dining room, den and utility room. This home equipped with a cook stove, city water and C/H/A. Other improvements include an "old" farm house, detached garage and shed. All of these improvements positioned on 2.54 acres with a Beautiful Hillton View

CAR: 2005 Buick Lesabre; 4 dr., 3800 (V-6), A/T, silver w/gray leather interior, 200k miles. RIDING MOWER: Husqvarna Riding Mower TS248XD;

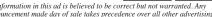
23 hp/48", 178 hours.



Personal Property: cash or good check (positive ID required to ge

AUCTION AGENT: Ben Bray 615-666-2232.

REFERRING AGENT: Katie Bray 615-388-3224.





BEN BRAY & ASSOCIATES

PRIVATE SALES AND ALICTIONS

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Joe Barber	AG	EN

m Johns	615-655-2761	Matt Tuck
enny Kirby	615-388-0441	Jared Sullivan
erry Shoulders	615-655-3989	Caleb Fleming .
avid Painter	615-888-6786	Kelsey Goolsby
aulette Colter	615-388-7246	Cayden Shrum
acey Brawner	615-388-5595	Landon Colter
ny Ďay	615-388-2873	Nick Hill
ecia Borders	615-633-8906	Jennifer Sullivan
evon Bray	615-476-9232	Jennifer Ross
cole Miller	937-750-2161	Danielle Eldridge
atie Jones	270-618-1617	Whitney Shrum
atie Bray	615-388-3224	Claudia Sullivan
nnette Morgan.	615-633-6298	Kyle Woodard
ameron Robert	s .615-388-5576	Jennifer West



r	Nicole Carver	615-655-3621
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ŀ	(yle Woodard	615-388-7715
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Macon County Fairgrounds Old Highway 52 • Lafayette, TN 37083

SAT., FEBRUARY 22, 2025, 9 A.M. c.s.t.

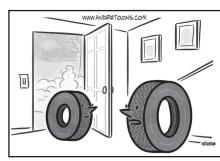
RECEIVING EQUIPMENT FEB. 17-FEB. 21, 8:30 AM TILL 4:30 PM CALL NOW TO CONSIGN YOUR EQUIPMENT 615-666-2232

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MATTHEW 5: 6 - 11

Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.

The EYES Have it!

Get Our Readers' Eyes on

What YOU Have for Sale

The Shopper

ANIMALS

Kitten & Puppy Season is here! Please spay or neuter your family pets!

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!

Free to a Good Home: Australian Shepherd Goat Dog. Gentle, good with kids. 615-388-9506 or 615-677-6182.

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CARS

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

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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

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HOUSEHOLD

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

HOUSEHOLD

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

WANTED: Hot Wheels. WANTED: Hot Wheels. 1960's thru 1990's. Matchbox, Corgi, Dinkey, Slot Cars. Also: Models, Toys, 60's through 90's. Text 931-200-7659 or email: franklhw@yahoo.com

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, jugs, etc. Many arrowheads are Paleo period, will consider antique guns part trade. Call 731-412-9514.

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No man is rich enough to buy back his past. - Oscar Wilde



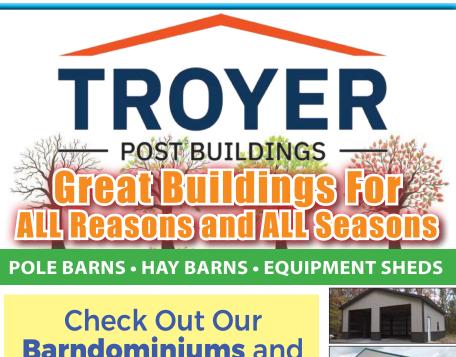
The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom. - Issac Asimov

ABSOLUTE AUGTION

1552 Boone Drive, Cookeville, TN 38501 Selling On-Site and Online Bidding Saturday, February 15, 2025 - 1:00 PM

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"The mind has a mind of its own. Occasionally, it takes little trips and goes on interesting journeys that bring back memories from long ago. Memories that are both pleasant and painful. Memories that are both welcomed and worrisome. Memories that must have been stored there by God to help us remember His mercy and, at times, His judgment. Psalm 77 is very egocentric. Take time, if you will, and count the number of times the personal pronoun "I" occurs. It is rather amazing. It begins with the writer carefully reviewing many instances of feeling forsaken and abandoned by God. He writes of calling for

help - but no voice responded. His eyes would not close - and he was reminded of tragedies he wanted to forget. He felt rejected and unloved and even gave up on God ever being faithful or kind to him again. Then, suddenly, his mind called things to a halt. God seemed to awaken him and he said, "I will remember the deeds of the Lord; yes I will remember Your miracles of long ago. I will meditate on all Your works and consider all Your mighty deeds." Our minds do wander and walk through dark valleys filled with deep sorrows and painful valleys. And when it does, it only takes a moment, if we choose to turn things around and change the shadows and sorrows and valleys in to sunlight and smiles and mountain tops. God did this for the Psalmist. He wants to do the same for us: recall His miracles in our lives that give us eternal hope.



7.38+- Acres • Open Ground • City Limits • Pond • Fenced

Bidding ends Thursday Feb 6th 3pm









To bid & for complete terms visit TNbid.com!

7.38+- Acres of open pasture ground in Byrdstown, TN. This mini farm in the heart of Byrdstown is improved with a large stocked pond, fencing, and with all city utilities available to hook onto! Selling ABSOLUTE and in 1 tract!

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ABSOLUTE

Saturday February 8, 2025 10:00 AM

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AUTOS • TRACTOR • TRAILER • FARM EQUIPMENT: 2005 Buick LaSabre • 1999 Chevy 2500 Pick Up 2wd • 1998 Chevy 3500 Pick Up 2wd with utility bed • 2022 Bobcat S64 R Series Skid Steer Loader 41 hours • John Deere 4500 Tractor with JD460 Loader and Bucket • Long 2360 Tractor 590 hours • Kubota M4030SU Tractor 2293 hours • Case 584e Rubber Tire Forklift 4700 hours • John Deere 750 Tractor 1435 hours • Case 580L Loader Backhoe 1800 hours • John Deere AMT 626 5 Wheel Gator • John Deere AMT 600 5 Wheel Gator • Great Dane 53' Box Trailer • 22' Livestock Trailer • 24x7 Trailer • 6x16 Utility Trailer • 10' Single Axle Trailer • 12' Utility Trailer • Frontier 3pt Finish Mower • Land Pride 6ft Finish Mower • Alamo Group 7ft Flail Mower • 5ft Bushhog Brand Bushhog • 6ft Bushhog • John Deere 669 5ft Tiller • Leinbach Rock Rake 3pt • John Deere 925 Hay Wagon • John Deere Yard Cart • Big Red Creeper • Hay Spear • 3pt Blade • 6ft Disc • Large Water Tank • Much More

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For Further Information



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Jay White, Principal Auctioneer - License #2309

WTF fun fact #13159

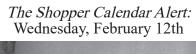
Just as you can be right-handed or left-handed, you can be right- or left-eared and eyed. We not only favor one side, it works better.



The Upper Cumberland Shopper January 31 - February 13, 2025



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MISCELLANEOUS

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

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.

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

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.

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

MISCELLANEOUS

1958 Ford Thunderbird. Blacksmith anvils. 423-505-6734.

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.

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2- 100 pound anvils, \$575 each; Natural gas or propane logs; Dual fuel torpedo heater. Call 423-505-6734.

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.

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.

MISCELLANEOUS

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.

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

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.

For Sale - 20'x30'x12 Hoop Buildings, with 10'13' door. \$2,500 each. 270-861-5527.

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

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

Health And Well-Being

Hints To Help You Have A Better New Year

(NAPS)—The holidays have ended, and a new year has begun—a time when many embrace a fresh start by setting New Year's resolutions.

This year, why not consider solutions rather than resolutions? The distinction is small but important—acting versus thinking. Mental health professionals think it's a better way forward into 2025.

Expert Advice

Psychiatric Nurse Practitioner Elizabeth Johnson believes that the resolution mindset is an obstacle to action. "When we get stuck in our new year's resolutions, part of it is just that we've gotten stuck in the process, stuck in the details, stuck in the weeds if you will," Johnson said. "It's struggling with 'coulda, woulda, shoulda' thinking patterns and reasons why maybe we haven't been able to follow through and stick to those resolutions."

Johnson recommends a new approach for her patients—and for us: simpler, concrete solutions with measurable results.

"Instead of setting a big resolution to try to lose 25 pounds, maybe setting a simple solution to reduce drinking soda to one can a day," she offers. "For some, that's quite a goal and quite a change, but it's simple and it's achievable and it's measurable."

Solutions can also mean an increased focus on your mental health. For those suffering from mental health conditions such as major depressive disorder, setting and attaining goals can seem even more overwhelming. One important step for 2025 could be to find a mental health professional. Or, if you're already taking medication for depression, anxiety or ADHD and still struggling, it may be helpful to talk to your clinician about the GeneSight test.

The GeneSight Psychotropic test analyzes how your genes may affect your outcomes with medications commonly prescribed to treat depression, anxiety, ADHD, and other mental health conditions. The GeneSight Psychotropic test



If you struggle with mental health issues, a simple test can help your clinician if they are considering medication as a course of treatment.

provides clinicians with information about which medications may require dose adjustments, may be less likely to work, or may have an increased risk of side effects based on a patient's genetic makeup. Along with a complete assessment of clinical and patient specific factors, Johnson uses the GeneSight test to help inform her medication treatment decision making.

"The GeneSight test is imperative to me as a clinician," says Johnson, "but also a game changer to my patients. When I'm working with a patient, often multiple medications have failed them, and they are sick of feeling like a guinea pig."

Johnson concludes, "The GeneSight test offers me a little bit more of a roadway to making a medication choice. And when you are anxious or depressed, lost, any light bulb, any hope, is such a blessing in that moment."

Prioritize your well-being—Physical and Mental

As we step into a new year, prioritize your well-being—both physical and mental. Explore solutions that help you thrive and achieve your goals, moving beyond the usual resolutions for lasting success.

Learn More

Visit GeneSight.com to learn more about how the GeneSight test can help inform your mental health medication treatment plans.



1930 E. Spring St. (I-40, exit 290) Cookeville, TN

The Shopper Calendar Alert: **Autism Sunday** February 9th



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To dare is to lose one's footing momentarily. To not dare is to lose one's self. Soren Kierkegaard



Patience and fortitude conquer all things. - Ralph Waldo Emerson



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Bidding ends Monday Feb 10th 5pm



Auction Preview Monday Feb 10th 10am-3pm











We are proud to offer a large selection of Case knives including: Stockmans, Canoe, Cheetah, Whittler, Butterbean & so much more! Payment & Pickup: Tuesday Feb 11th 9-4pm. 4500 Cookeville Hwy Cookeville, TN.

To bid & for complete inventory visit TNbid.com!

Clint Conner Real Estate Brok/Auctioneer (931)644-7149



CROSS ROADS #6589 AUCTION 🔦 GROUP



We are striving to provide a multi-use space for Veterans to utilize services under a broad umbrella of accessibility to include Mental health access - with an emphasis on Suicide prevention, Financial Literacy assistance, Educational Supports, Technology access, Career Readiness, Arts and Activities, as well as a place to decompress, gather with other Veterans, and build a bond amongst our community.

You can help us ensure that no Veteran is left behind. Make your donation to the Lebanon/Wilson County Veterans Center, Inc., and support those who have given so much to our community and nation. Contact us today to learn more.

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and

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Boxes

615.804.4404

112 HARTMAN DRIVE LEBANON, TENNESSEE 37090

SATURDAY FEB 15TH 1:00PM 2085 Old Jamestown Hwy., Crossville, TN



IAN ARTIFACTS, BRONZE AND OTHER COLLECTIBLES

Terms: 10% Buyers Premium, Cash, Check, CrediVDebil Card Day Of Sale. By Submitting A Bid In This Auction, Bidders Agree To Be Bound By The Terms And Conditions Of The Sale. Merchandise To Be Picked Up Asap. Merchandise Will Be Responsibility Of Owner After Sale Dale. The Purchaser Shall Accept The Property In An As Is Condition With All Faults. Purchaser Shall Specifically Agree Thal The Seller Has Not And Does Nol Make Any Representations Or Warranties Of Any Kind Whatsoever, Expressed Or Implied.

Buddy Page Auctioneer 931-260-3595

10% BUYERS PREMIUM

www.pageauction.net • www.auctionzip.com #1533 • E-mail: pageauction@pageauction.net 2085 OLD JAMESTOWN HWY. • CROSSVILLE, TENNESSEE 38555 • FIRM #2123 AUCTIONEER: BUDDY PAGE • TAL. #917 • PHONE 931-484-2805 • CELL 931-260-3595

Due to advertising deadlines, some items may be sold.
ments made day of sale take precedence over previously printed mat



JOEL 2: 28 - 32

"And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions. Even on my servants, both men and women, I will pour out my Spirit in those days. I will show wonders in the heavens and on the earth, blood and fire and billows of smoke. The sun will be turned to darkness and the moon to blood before the coming of the great and dreadful day of the Lord. And everyone who calls on the name of the Lord will be saved;

FLYERS • BROCHURES • FORMS



210 W. Spring St. Cookeville

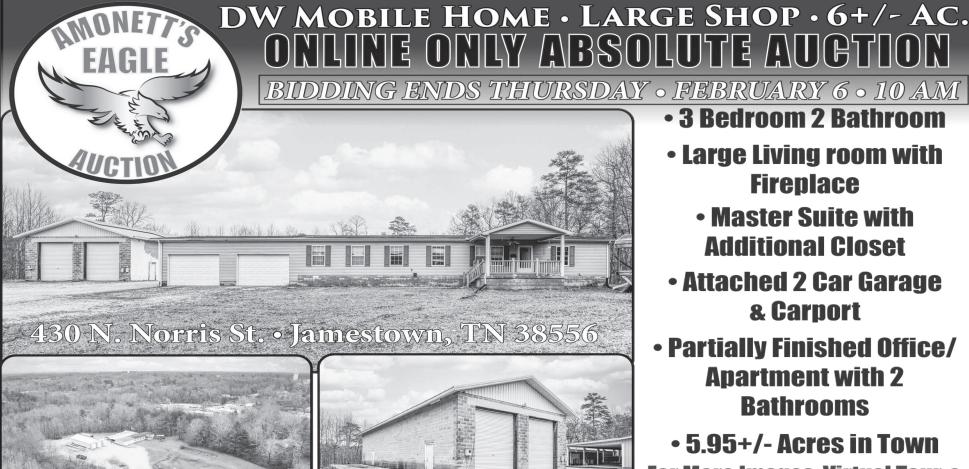


Movement is a medicine for creating change in a person's physical, emotional, and mental states. - Carol Welch



We cannot solve our problems with the same thinking we used when we created them.

- Albert Finstein



- 3 Bedroom 2 Bathroom
- Large Living room with **Fireplace**
 - Master Suite with **Additional Closet**
- Attached 2 Car Garage & Carport
- Partially Finished Office/ Apartment with 2 **Bathrooms**
 - 5.95+/- Acres in Town

For More Images. Virtual Tour. & **Bidding Visit EAGLEAUCTIONS.COM**

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LEE J. AMONETT > BROKER/AUCTIONEER > (931) 252-1907

Terms: 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. Bidders should complete their own due diligence prior to the sale. Announcements & Updates Take Precedence Over All Other Advertising.

AUCTION & REALTY...

117 S. Jefferson Ave., Cookeville, TN 38501 **931-526-5335**

TNF 6105 KY 2965 IN AU11200022 www.eagleauctions.com









BIDDING ENDS SATURDAY • FEBRUARY 8 • 10 AM Survey, Drone Video & Bidding @ WWW.EAGLEAUCTIONS.COM

Proudly offering this classic 3 bedroom, 2.5 bathroom well built 2 story home situated on 4.72 Acres in Byrdstown, TN. The home offers approximately 2,100 sqft of living area and boasts a full drive out basement. The main floor features a large living room, an eat-in kitchen and master suite. The large, attached 2 car garage has additional storage space. The second story has 2 bedrooms and 1 bathroom plus a bonus room as an added feature. The full basement is a must see...! Poured concrete walls with walk out and drive out options. This home appears to be very well built but has had recent neglect so it will need updates and repairs. The 4.72 acres is mostly open with some mature trees. It is moderately sloping and has a pond. It will sell according to a recent survey. The property is well located just short drive to Wolf River and Dale Hollow Lake as well as convenient to Hwy 111 near the TN/KY state line.



lee J. Amonett • Broker/Auctioneer • (931) 252-1907 Leana Neal • Clerk & Master • (931) 864-3359

g under the direction of Pickett County Chancery Court Case No 4350. 20% Deposit balance due upon Court Confirmation. Auction Conducted Subject to a 10 Day Raise

WWW.EAGLEAUCTIONS.COM

MISCELLANEOUS

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

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

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

Fireplace gas logs; LP/diesel/Ashley LP gas heater, 31000BTU, porcelain enamel, red; Ashley wood burning insert, AW1820E; Comfort Glo wall heater, dual fuel capacity, vent free, 20,000 BTU. Also **chimney kit** available. 423-505-6734.

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

resources are available.

MISCELLANEOUS

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

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.

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

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

Lap Steel Guitars custom made in Livingston, TN. Six, eight & ten string models. Call Bob Allen at 931-823-0055. Visit us online at: www.melbertguitars.com.

Want to Buy: 1951 license plates and truck parts for 1951 Chevy truck. Call 423-505-6734.

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).

MISCELLANEOUS

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.

Filling Material, Level your property, filling holes, etc. Will Deliver. Will do yard mowing, bushhog, cleanup, clean out, call for pricing in Burkesville, KY. 270-406-6095.

Sugar Lime Blue - a Middle Tennessee Band like no other. Awesome music with a mix of this and that, and a whole lot more. Check us out at www.sugarlimeblue.com, on Facebook, Twitter, and reverbnation. For booking, Call 615-438-7661.

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

It is true, as Mark Twain said, that "under certain circumstances, profanity provides relief denied even to prayer."

We all have colorful words on hand for stubbed toes, moments of bewilderment and emphatic exclamations. But how much does dirty language really belong in everyday conversations with ourselves and others?

Each word that we speak carries with it an inherent vibrational frequency. High vibrational language tends to leave people feeling happy, cared for and understood. Lower-frequency jargon can lead to feelings of belittlement, hurt or possible offense — even when the words are not intentionally directed at us.

Whether you're hanging around impressionable children, conversing in work environments or looking to save money from the "swear jar," it is valuable to keep a few cleaned-up terms in your back pocket for those four-letter-word life moments. Shake up conversations, expand your vocabulary and elevate your language with these 50 swear-word alternatives:

⇒ Son of a gun! ⇒ Balderdash! ⇒ William Shatner!

⇒ Corn Nuts! ⇒ Dagnabbit!

⇒ Son of a monkey!

Barnacles!

Holy cow!

Poo on a stick!

⇒ Sugar!

Judas Priest!

Sufferin' succotash!

⇔ Oh, snap!

⇒ Phooey!

□ Great Scott!

⇒ Bullspit!

Leapin' lizards!

⇒ Cheese and crackers! ⇒ Fart knocker!

⇒ Frack!

⇔ Crappity!

Shitake mushrooms!

⇒ Fraggle Rock!

⇒ Cowabunga!⇒ Shut the front door!

□ Gee willikers!

⇒ Mother of pearl!

⇒ Egad!

⇒ Tartar sauce!

⇒ Barbra Streisand!

⇒ Schnikes!

⇒ Jumpin' Jehoshaphat!⇒ Mother fathers!

HOLY GUACAMOLE!

⇒ Crikey!

⇒ Peas and rice!

⇒ Jeepers!

⇒ Blimey!

⇒ Galloping gremlins!

⇔ Oh, ship!

⇒ Malarkey!

⇒ Merlin's beard!

⇒ Holy guacamole!

⇔ Oh, coconuts!

⇒ H-É-double hockey sticks!

⇒ Drat!

⇒ Ay, caramba!

⇒ What the cuss?

WTF fun fact #3279

Missy, the most expensive cow ever sold. Worth \$1.2 million, she is considered to be the top milk cow, being the top in both beauty and milk production. Her embryos alone are worth \$3 million dollars in pre-signed contracts.









2021 Ford Escape SE AWD

2019 Honda Civic EX

*960,03



Stk. #3D11508, 3.6L V6, auto., loaded, only 85k

2020 Dodge Charger GT

407

2017 Chevrolet 1500 WT 4x4







2019 GMC Sierra 1500 4x4

2024 Jeep Cherokee Laredo 4x4

35,715*



2019 Ram 2500 Big Horn 4x4 \$40,682

GMC Yukon Denali 4x4

41,620

Stk. #3E01505, 6.7L Power Stroke diesel, auto., loaded, only 35k



2022 Ford F250SD XLT 4x4 \$50,259*

2023 Ram 3500 Tradesman 4x4

63,937



14,913

2020 Nissan Altima

14,278

Chevrolet Equinox LT

15,993

Stk. #3E01515, 2 4cyl, all power, o 57k, auto.



Stk. #3E01507, 2.0L 4cyl, auto., power, only 53k

16,188

2019 Jeep Cherokee Latitude Pl

2021 Mazda CX-30

°17,957

***18,097**

2019 Dodge Grand Carava





21,549*

2022 Kia K5 GT

2021 Chrysler Pacifica Touring L

21,265*



2020 Jeep Gladiator Sport 4x4

2018 Honda Odyssey EX-L

782*

*24.

#3E01508, 3.6L auto., all power,

26,185

29,592

2022 Toyota RAV 4 XLE AWD

,832*

2022 Ram 1500 Laramie 4x4

2024 Ram 1500 Warlock 4x4

31,609

33.428

Stk. #3D100 5.7L V8 Hern aurto.. loade



2021 Ram 2500 Big Horn 4x4

2022 Toyota Tacoma TRD 4x4

36,317

\$39.







43,149*

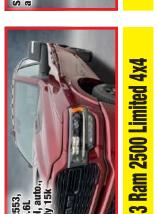
*48,222



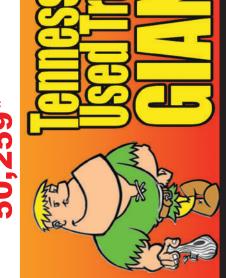


2023 Ram 2500 Limited 4x4 *70,557*

69,705







Dodge-Ghrysler-Jeep-Ram-Ford Tennessee 1-800-952-3392 • **-**886

931-484-9746

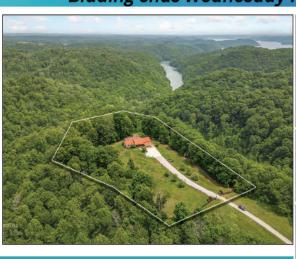
Monday-Saturday 9am-8pm · Sunday 12 noon-6pm Just off Interstate 40 at exit 317 in Crossville

*All prices are plus tax, title, license, and a \$699 doc fee. All vehicles are pre-owned, except where otherwise noted. Due to advertising deadlines, some units may be sold. **See dealer for all details. The dealer is not responsible for typographical errors. *** Max amount to be doubled is ^{\$}1500



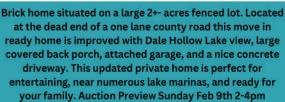
Home & 2+- Acres • Dale Hollow Lake View Attached Garage • Carport • Fenced

Bidding ends Wednesday Feb 12th 1pm











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

TO BID & FOR COMPLETE TERMS VISIT TNBID.COM

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. 15% deposit with the balance due on or before 30 days. 10% buyer's premium. 2025 property taxes are prorated to the date of closing. All bidding takes place online.







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To Bid Visit TNBID.com

Preview Sunday Feb 9th 2-4pm



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2 CORINTHIANS 5: 16 - 20

So from now on we regard no one from a worldly point of view Though we once regarded Christ in this way, we do so no longer Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassado as though God were making his appeal through us.

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Action is the foundational key to all success. Pablo Picasso



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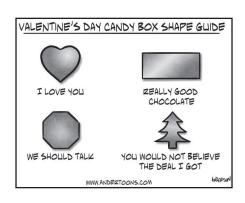
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MISCELLANEOUS

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The Veterans Honor Guard - Honoring our Veterans. We provide military funeral honors for veterans at no charge. Request the services of the Veterans Honor Guard for any veteran who has been honorably discharged from any branch of the Armed Forces. Veterans Honor Guard. 370 S. Lowe Ave, PMB 212 Cookeville, TN 38501. Call 931-528-1333.

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Small Offices for rent at Garden City Plaza (main entrance) in McMinnville TN. Salon Suite: and 825 sq ft room- \$350 deposit to hold. Call 270-217-9147.

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Office space for rent air B&B style. Fully furnished in Downtown Watertown. \$100 month/10 hours of office time. Call Watertown & East Wilson Chamber of Commerce at 615,237. of Commerce at 615-237The Upper Cumberland Shopper January 31 - February 13, 2025



WE CAN BUILD ON SITE! CALL FOR DETAILS!

Page 16







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1464 West Main St. Livingston, TN

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Yard Tree Trimming or take down. Also, roof work, additions, etc. Simon Byler, Gatewood Ford Rd., Deer Lodge, TN. 865-337-3757.

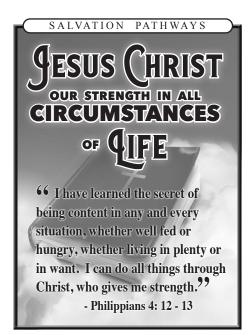
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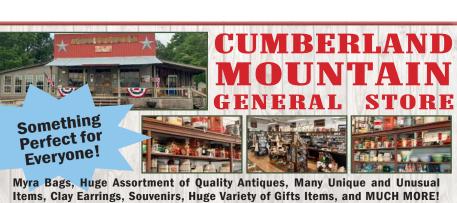
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Women are made to be loved, not understood. - Oscar Wilde

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The Upper Cumberland Shopper January 31 - February 13, 2025







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Recipe Korner

Mom's Ground Turkey and Peppers

PREP TIME

COOK TIME 15 mins TOTAL TIME

30 mins

15 mins SERVINGS

4 servings

NOTE: The method given is my mother's "one pan" approach, because she's only cooking up one pound of ground turkey, enough for 4 people. If you are increasing this ground turkey recipe to serve more people, you may want to remove the vegetables after they've cooked and set them aside as you cook the turkey meat, or cook the meat and the vegetables in two separate skillets.

Ingredients

- 3 to 4 tablespoons extra virgin olive oil
- 1 cup chopped yellow onion Some chopped greens from green onions, if you have any
- 1 bell pepper (red or yellow preferred), chopped
- 2 cloves garlic, minced Kosher salt
- 1 pound ground turkey, preferably ground turkey thighs 1 teaspoon chipotle powder or chili powder (or to taste)
- 2 tablespoons chopped fresh parsley or cilantro
- 1. Sauté the onions, bell pepper, and garlic:

Heat 2 tablespoons olive oil in a large skillet on medium high heat. Add the chopped onions and bell pepper and cook until onions and peppers are softened, a couple minutes.

Add the garlic and cook 30 seconds more.

2. Add ground turkey, salt, and chipotle chili powder:

Push the vegetables to the edge of one side of the pan and position that side of the pan so that it is off the burner, away from the heat. The empty part of the pan should be right over the burner.

Add one or two more tablespoons of oil to coat the empty part of the pan. Put crumpled chunks of ground turkey in the pan, sprinkle with salt and chipotle or chili powder.

3. Brown the turkey, then stir in the peppers and onions:

Cook the turkey without stirring until it is browned on one side, then turn the pieces over to brown the other side. Once the turkey is just cooked through, stir in the onions and peppers, and sprinkle with more salt and chili powder to taste. Remove from heat.

Stir in fresh chopped parsley or cilantro.

Serve alone, or with steamed rice or noodles.















MATTHEW 6: 1 - 4

"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven. "So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you



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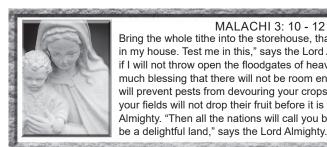
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MALACHI 3: 10 - 12 Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. I will prevent pests from devouring your crops, and the vines in your fields will not drop their fruit before it is ripe," says the Lord Almighty. "Then all the nations will call you blessed, for yours will





A poet is, before anything else, a person who is passionately in love with language. - W. H. Auden



A wide screen just makes a bad film twice as bad. - Samuel Goldwyn



अतःत

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.

"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

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

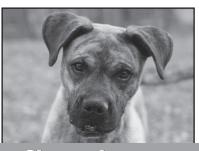
(any amount), and we can give our time and labor to help make someone's difficult situation get better. We can also offer encouragement and spend time visiting with people or simply calling them on the phone. Showing people that we care can make a world of difference in their lives. Whatever it is, all 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.



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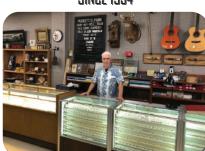
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A lot of movies are about life, mine re like a slice of cake. - Alfred Hitchcock



We can never heal from what we refuse to reveal. Pastor Bobby Davis

Plastic: Reduce, Reuse, Recycle by Lisa Luck



There are no guick fixes for the plastic problem. It is a persistent problem and increases with every bottle of water or soda we consume, every article of clothing we buy made from plastic fibers, every grocery bag in which we carry groceries home, and every piece of packaging that hold our preferred products. The plastic has accumulated in the natural environment. We eat, drink and absorb it through our skin so it accumulates in our bodies, too.

The best solution for preventing additional plastic waste is to reduce the amount of plastic you use. With a few minor changes in one's day-to-day routine, dependence on plastic can be reduced. The tactics used for managing plastic waste include recycling, reusing, replacing and refusing. The best of these is to refuse. That is almost impossible in the world in which we live because plastic is so pervasive.

In larger municipalities, many grocery stores have recycling containers near the front door to collect plastic bags and plastic wrap. Walmart, Kroger and Publix collect the following: plastic bags including grocery and retail bags, Ziplock bags, produce or bread bags, dry cleaning and newspaper sleeves. They also accept package overwrap for products such as toilet paper, napkins, paper towels, bulk snack outer wrappings and plastic food liners. Plastic materials such as shipping envelopes, bubble wrap and air pillows (deflated) can also be recycled. All plastic materials must be clean and dry.

Publix has a recycling container to collect Styrofoam such as packing peanuts and egg cartons. Styrofoam packing peanuts can also be taken to any shipping hub such as the post office or other shipping companies. Plastic planting pots can be donated to local gardeners. They must be in good condition so they can be reused. Medicine bottles can be recycled at local

Seeking a recycling solution for the plastics we cannot avoid is a great thing to do. This keeps plastics out of the environment and out of the landfill, at least temporarily. However, recycling is not the best solution for reducing plastic waste. Replacing plastics with other materials that biodegrade is a better solution. Biodegradable and compostable bags made from plant starch can be purchased online. Instead of degrading and spilling into waterways and polluting the ocean, they will decompose. A search online for ecofriendly products can help guide you in finding environmentally friendly replacements for preferred products.

Instead of using single use plastics, replace them with products made from stainless steel or other lasting materials that will last a lifetime. Replace plastic thermos, water bottles and even straws. Avoid Styrofoam by taking your own to-go container to restaurants. Take your own coffee cup to avoid Styrofoam cups - which are not recyclable and are toxic. Hot beverages cause microplastics to be released and then consumed.

The Environmental Protection Agency (EPA) estimates that 45% of the waste that is discarded in landfills is packaging. Most of that can be managed by recycling. Reduce plastic waste to protect our health and the environment.

Lisa Luck is a writer living in Cookeville, TN

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JOHN 10: 7 - 11

Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. All who have come before me are thieves and robbers, but the sheep have not listened to them. I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. "I am the good shepherd. The good shepherd lays down his life for the sheep.

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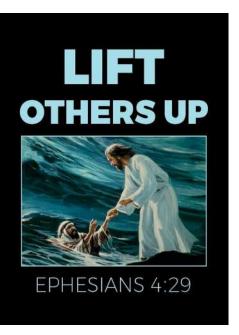
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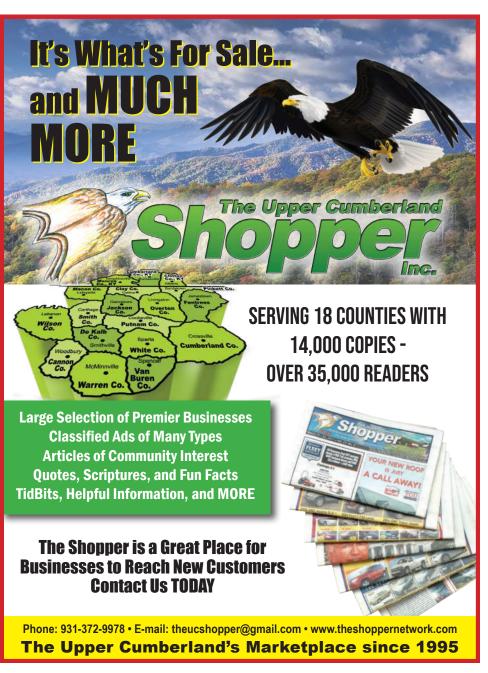
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