

Feb. 14 - 27, 2025 • Vol. 31, No. 3

"Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. | Corinthians 13:7 (NLT)







Winchester • Weatherby • Remington Browning • Ammo • Paper Money Silver • Coins

Bidding ends Friday Feb 28th 5pm





































Auction Preview: Sunday Feb 23rd 2-4pm

Clint Conner Broker/Auctioneer (931)644-7149

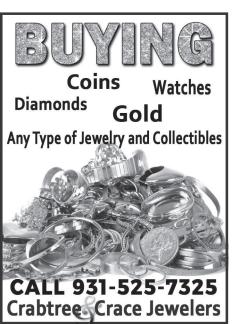
Online Only • 4500 Cookeville Hwy Cookeville, TN To bid & for complete inventory visit TNBid.com

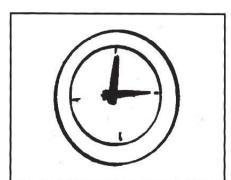




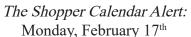
The Breath of Life

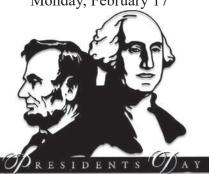
"If I could speak all the languages of earth and of angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, I would be nothing. If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would have gained nothing. Love is patient and kind. Love is not jealous or boastful or 13: 1-7 proud or rude. It does not demand its own way. It is (NLT) not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance."





Prior to 1687 clocks had only an hour hand.







Community Events Calendar



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

ONGOING:

FREE Income Tax Return preparation assistance and electronic filing services are available. Sponsored book store from 10 by AARP Foundation a.m. to 1 p.m. PCLF Tues. and Wed. from 1- am - 3 pm at the Cookeville branch of the Putnam County Library, 50 E. Broad St., Cookeville, TN.

Coffee With A Vet Everyone is welcome children's books. to come have a coffee with a vet every Thursday morning at Big O's Donuts at 8 am. All veterans are welcome. For more info call Rich Buford at 360-393-1147.

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 info, call 931-858-5657.

Vet Connect:

Veterans, active duty Presenting the show and first responders meet from 10 am to 12 noon on the 1st Wed. each month in the Life Church Garage, 2223 N. Washington Ave., Cookeville, TN.

Twice Told Tales Book Sale: The first Saturday of every month the Putnam County Library will open their used through April 9, each members will get first February 22 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 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 Chair Aerobics and County Library. Join us for a new adult art TN. Time: 8 am - 12 or craft project each week. Supplies are provided.

> February 14-22 **Backstage Series** Location: CPAC, 10 E. Broad St., Cookeville, TN. Time: 7:30 pm. "Every Brilliant Thing." For tickets visit: etix.com

February 21 & 22 **Father Daughter** Date Night 2025

Center, 1 W. 1st St., Cookeville, TN. Time: 6:00 pm. A magical evening of dinner, dancing and fun for fathers and daughters.

Vaccine Clinic Location: Major Mike Shipley Spay & Neuter Clinic, 180 Miller Rd., Cookeville, TN. Time: 8 am 12 noon. No appointments needed, first come first serve. Vaccines will be \$10-\$15.

February 22 **Cummins Falls** Marathon, Half, 10K, 5K Location: Meet at 390 Cummins Falls Lane, Cookeville, noon. Join us for the 2025 event. These four races are very scenic following the Blackburn Fork State Scenic River. The three longer races are very challenging with steep hills and picturesque rural back roads.

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

DEALER'S CHOICE LIVE PUBLIC AUCTION

Sunday February 23rd 12:30 pm

2109 8th Ave South, Nashville, Tennessee 37204











We will be liquidating items from several estates to include items from Donelson, Gallatin, and Local estates to include, Victorian, French, Italian, Empire and country furniture, leaded windows, cast iron, garden benches, urns, glassware, prints, paintings, cut glass, art, collectibles, bronze statues and more. Barry Wilkinson/Auctioneer

TAL#2463

For Additional Photos. Visit Our Website: www.DealersChoiceAuction.com



















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1234 HWY 68, SWEETWATER, TN 37874

DAY 1 WED. MARCH 12 • 9AM • LIVE AND ONLINE THURS. MARCH 13 • BEGINS TO CLOSE @5PM • ONLINE ONLY



Check our website regularly for updates

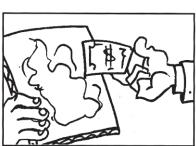
LAST DAY TO CONSIGN WED MARCH 5 2025 ACCEPTING EQUIPMENT M-F 9AM-5PM EST.

OUR WEBSITE FOR DETAILS

www.EKAuctioneers.com Auction License: 5722 • 10% BP

www.EKAuctioneers.com 1234 HWY 68, Sweetwater, TN 37886 865-607-6698

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Vincent Van Gogh, one of the most famous modern painters, sold only one painting during his lifetime.



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OAK GROVE ROAD • RED BOILING SPRINGS, TN

36.34 ACRES / 1352' ROAD FRONTAGE (8 TRACTS) CATTLE BARN • EQUIPMENT SHED • (2) PONDS **CITY WATER • OPEN & WOODED** "BEAUTIFUL HOMESITE OR MINI-FARM PROPERTY" **MASSENGILLE PROPERTY**



SAT., MARCH 1, 10 A.M. LOCATION: OAK GROVE ROAD (2000 BLOCK) **RED BOILING SPRINGS, TN 37150**

DIRECTIONS FROM HILLWOOD SHOPPING CENTER IN RED BOILING SPRINGS: Travel Hwy. 52 East to Oak Grove Road, right onto Oak Grove

TRACT #5

TRACT #2:

TRACT #7:



REAL ESTATE: 36.34 level to gently rolling acres nestled in the "Heart of the Upper Cumberland"! This property just the right distance off of Hwy. 52 offering the closeness and conveniences but also the

doseness and conveniences but also the feel of living in the country. The rolling hills of lush green grass and heavily treed areas makes this one the perfect spot of choice. This awesome property also includes (2) ponds, equipment shed and cattle barn with 600 sq. ft. of finished area. This one has been recently surveyed, platted and staked to be SOLD in (8) Tracts!dolly, wheel barrow, ladders, garden tools and more.... SELLER: Brian Massengille and Emily Massengille.

"LADIES AND GENTLEMEN, THE SEARCH IS OVER! MARK YOUR Endar and make your plans to be along oak grove road on Saturday, March 1st and we will see you there!"

down day of sale and balance w/the deed or Macon Bank & Trust is offering non-qualifying terms by paying a total of 20% down and financing the remaining 80% payable monthly @ 9.625% locked 60% payable monthing @ 9.6.25% locked for 36 months and amortized up to a 15 year repayment plan depending on the amount of your purchase. Questions on bank terms, call Macon Bank & Trust 615-666-2121.



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Jerry Shoulders615-655-3989	Ca
David Painter615-888-6786	Ke
Paulette Colter615-388-7246	Ca
Stacey Brawner615-388-5595	Lar
Tony Day615-388-2873	Nic
Necia Borders615-633-8906	Jer
Devon Bray615-476-9232	Jei
Nicole Miller937-750-2161	Da
Katie Jones270-618-1617	Wh
Katie Bray615-388-3224	Cla
Annette Morgan 615-633-6298	Ky
Cameron Roberts .615-388-5576	Jéi

AGENTS .615-655-3621 .615-633-8691 .615-670-7097 .615-655-7098 .270-427-9555 .615-670-8972 .615-633-5378



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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A man's beard grows at a rate of about 51/2 inches per year-or 30 feet over a lifetime.



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But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money. boastful, proud, abusive, disobedient to their parents ungrateful, unholy, without love, unforgiving, slanderous without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God - having a form of godliness but denying its power. Have nothing to do with such people.

2 Timothy 3: 1 - 5



ANIMALS

Kitten & Puppy Season is 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.

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). Macon County.

For Sale: Mountain Cur/ Feist pups. Kemmer Stock - 10 weeks old. Make good squirrel dogs or pets. \$2 each. Call 931-743-1139.

CARS

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

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

Have a car to sell? \$4 for 4 weeks gets the word out to 18 counties in the Upper Cumberland & KY!

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.

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

FARMING

Farm fresh duck eggs available: \$4/dozen. Putnam Co. Ducklings and Goslings will be available soon! Check out our website at: wwfarmtn.com or call/text 931-252-0176.

HOUSEHOLD

ABSOLUTELY BEST - Your Kitchen Cabinet Headquarters. LOW PRICES Everyday. inished & 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

Singer Sewing Machine in maple cabinet. \$160 firm. 931-858-1340.

Christian, Single Senior (64), female wants to rent a room in a house with the same in McMinnville, TN. I currently live in Alabama and plan on moving there in the latter part of March. Call 256-577-9193.

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

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-





money. Benjamin Franklin

Time



Time is what we want most, but what we use worst.

- William Penn



A brick home and personal property located in the heart of Livingston, TN. This 2 bedroom 2 bathroom brick home offers 1,385 sqft of main level living area featuring hardwood floors, a fireplace, open kitchen, dining area and a large pantry. The home also boasts a full finished basement with usable space for a 3rd bedroom or game room plus dditional storage. The home is situated on a 0.88 acre lot and is improved with a paved drive & carport. Also selling an inventory of Personal Property such as Furniture, Kitchenware, Household Items and More.

MORE IMAGES, VIRTUAL TOUR & BIDDING @ EAGLEAUCTIONS.COM Lee I. Amonett • Broker/Auctioneer •

931-526-5335



AUCTION & REALTY... ₄₋₀₉₉ **931-526-5335**

Lee J. Amonett • Broker/Auctioneer • (931) 252 Prorated. Possession with Deed. Home built prior to 1978, buyer to sign a 10 day waiver on inspection for lead based paint. PP: Payment & Pickup shall be Saturday, March 1 from 9 AM to 1 PM at 330 Woodland St., Livingston, TN. Payment in Full at Pickup. Cash or Check Only. No Shipping. Selling for Andrew Binkley as Administrator ad Litem for the Estate of Richard Averitt & the Estate of Margaret Averitt Endicott. 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.

THE DANGERS OF D-I-Y DUCT CLEANING



Homeowners often look for D-I-Y tips online and elsewhere to help maintain their house, but some advice can do more harm than good.

For example, D-I-Y duct cleaning can lead to serious damage to your H-VAC system. Inadequate tools and techniques can cause blockages, reduce system efficiency, and result in costly repairs. More importantly, D-I-Y methods can release harmful particles into your home's air. Dust, allergens, and mold spores can escape, posing health risks to you and your loved ones. D-I-Y duct cleaning can be time-consuming and frustrating, often resulting in incomplete or ineffective cleaning. Any initial cost savings can quickly vanish with potential system damage and increased energy bills.

Fortunately, there is a solution. NADCA (NAD-kah) member companies use specialized equipment to thoroughly and safely clean your ducts, ensuring contaminants are properly contained and removed.

You can trust NADCA professionals to maintain your H-VAC system and ensure you and your family breathe clean indoor air.

Visit NADCA--dot--com to learn more and find qualified professionals.



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Perfection is not attainable, but if we chase perfection we can catch excellence.

- Vince Lombardi

WTF fun fact #13714

n Peachtree City, Georgia, residents can use golf carts travel on over 100 miles of paths that connect virtuall parts of the community—from schools and shopping enters to recreational facilities. This extensive network even teenagers, who can legally drive golf carts a o navigate the city independently, fostering early ng skills and a unique sense of community while upporting environmentally friendly transport.





To register to bid & for terms, visit <u>TNbid.com</u>







0.31+- acre commercial building lot on one of the busiest stretches of road in the Upper Cumberland area. Less than 1/2 mile to Tennessee Tech University this property offers lots of unique possibilities. Bid Now!

Bidding ends Thursday Feb 27th 3pm

Buyers to place a 15% deposit with the balance due on or before 30 days. 10% buyer's premium. 2025 taxes will be prorated to the date of closing.





Hear, O Israel: The Lord our God, the Lord is one. Love the Lord you God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gate

Deuteronomy 6: 2 - 9

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



Computers are useless. They can only give you answers. - Pahlo Picasso



You can never plan the future by the past.

Edmund Burke

25th ANNUAL Farm Equipment Consignment

AUCTION

Held inside Holder's Tobacco Warehouse 314 East Main Street - Hartsville, Tennessee

Saturday - March 1st, 2025 9:00 AM

Consignments Welcome & Wanted

We will be receiving equipment February 26th - March 1st

New and Used Equipment

Lunch Available 'Rain or Shine'



NO "NO SALE" FEE - NO "BUYER'S PREMIUM

10% commission not to exceed \$800 per item -- \$5 minimum charge per item For Consignment Inquires:

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Ron Paschal Owner /Auctioneer 615-574-0931

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COOKEVILLE PUTNAM

HOURS: M-T &



A009388 Male, Black & White Labrador Retriever Mix. 10 months old.



A003614 Female, Brown Brindle, White Boxer & Mountain Cur. 2 years old.



BIG T Male



A009302 Male, Black & White Labrador Retriever/Austrailian Shepherd. 15 weeks

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



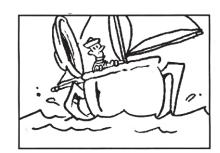
2606 Gainesboro Grade, Cookeville, TN • 931-526-3647 • cpas@frontiernet.net

The Upper Cumberland Shopper February 14 - 27, 2025

Page 8







A trophy awarded in a sailing competition in 1851 was won by the schooner *America*, and the trophy became known as the America's Cup.





"How many more times do I have to tell you before you remember what I'm trying to teach you?" asked Jim's Dad. "Probably as many times as it takes for me to see what's in it for me," answered Jim. Most of us have been involved in similar "discussions." Some "lessons" are more difficult to learn than others if we see no immediate benefits. So it was with the Children of Israel. Psalm 78 begins with a plea from God: "Oh my people, hear my teaching!" Notice that God is pleading with His people to hear Him. There is a difference between listening and hearing. We often listen but do not hear. So God emphasized that

fact: "listen to the words of my mouth." Of course we want to know what He means when He asks us to "listen to the words of my mouth." Then, as now, many only listen when any speaker has anything to say that has value to them - even God. If we do not believe that the words of the speaker - even God - will benefit us personally and tangibly we will not hear their voice. Sadly, what was true then is true today. God spoke to the Israelites many times on many different occasions through many different individuals and unexpected miracles. Yet, His message did not penetrate into the depth of their hearts and make a lasting impression in their lives. They seemed to forget the importance of His teachings and paid a price. If we listen to and obey His Word, He will reward us.



DIRECTIONS: From I-40 exit 258, head north on Highway 53 and go approx. 3.5 miles and take the exit ramp on Hwy 70/Cookeville Hwy, go approx. 8 miles to Chestnut Mound and turn left onto State Hwy 53/Granville Hwy, and go approx. 2.5 miles and turn right onto Enigma Road. Go approx. 2 miles and see the property on the right. See signs!!!







ne has approx. 928 sq ft with a year-round lake view. It has 2 bedrooms (10x13) (10x11) 1 bath (5x8), Eat-in Kitchen (8x11), oom (11x26), Laundry Room (6x6), Office with Lakeview (7x17), Wood Side Porch wir amp (4x7), Wood Covered Porch wit w (10x17). These lots have been septic approved and city water available. The tracts are open daily for viewing and we invok at your convenience.

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To err is human - and to blame it on a computer is even more so. - Robert Orben



One should believe in marriage as in the immortality of the soul.

- Honore de Balzac

Puckett's Pawn Sh

L.G. Puckett 60 Year ANA Member Professional Numismatist

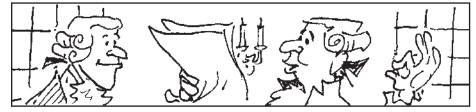
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Harvard University's Hasty Pudding Club, which puts on theatrical spoofs, takes its name from the mock epic The Hasty Pudding, written by American diplomat Joel Barlow in 1796.





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The Upper Cumberland Shopper February 14 - 27, 2025

2025 Pag

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MISCELLANEOUS

Wood Stove - Ashley AW2020, other sizes available. Ashley LP red porcelain heater. Also, chimney kit available. Hot Blast Model 1551E EPA Medium wood furnace. 423-505-6734.

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.

WE BUY TRASHED GUITARS! Most any condition, reasonable cash amounts offered. Call or text Jack at Jack's Guitarcheology, Lebanon. 615.669.4530.

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.

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.

MISCELLANEOUS

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

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

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

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

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

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.

Do You Need Extra Cash? Want to buy arrowheads and other Indian rocks. Best prices paid. 931-668-9884.

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 toped heater. Call 423-

MISCELLANEOUS

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.

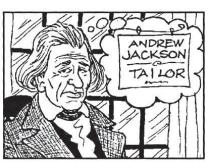
Scenic Valley Tire. 4071 Bald Knob Mt. Rd. - Doyle, TN. Specializing in Farm, Forestry, & Industrial Tires. Onsite Service available - we come to you. 931-254-3552.

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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-



President Andrew Johnson was apprenticed to a tailor at age 13 and for the rest of his life he made his own clothes.

CROSSVILLE TILE OUTLET

Great selection



MON-SAT 8am-4pm 931-484-4248 346 SWEENEY DR. CROSSVILLE, TN (I-40, EXIT 320)

Hearh LAWareness.

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 infected—within 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 most individuals.

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.

"Blessed are the poor in spirit, for theirs is the kingdom of heaven Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. 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

Matthew 5: 1 - 10



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You may delay, but time will not. Benjamin Franklin



The bonds of matrimony are like any other bonds - they mature slowly.

- Peter De Vries





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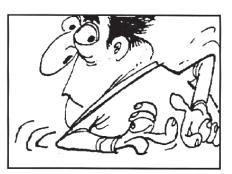
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The game of backgammon is so called from the Anglo-Saxon words bac gammon, meaning "back game."

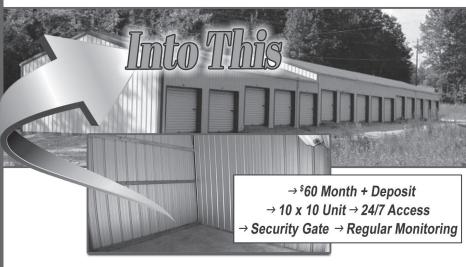
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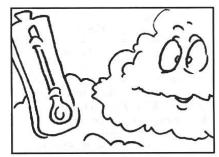


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Insects During Heavy Rains?

Insects are able to sense atmospheric pressure changes that signal incoming bad weather. Some will then modify their behavior to protect themselves from rain and other adverse conditions.

For example, spiders move closer to ground level or leave their webs in order to shelter from impending rain. Honeybees cease foraging and return to their hive to wait out bad weather. Beetles pause mating activity in advance of windy or rainy conditions. Flies bite more frequently ahead of



storms, feeding to build strength before bad weather arrives.

Some bugs take shelter from the rain, while others are relatively unbothered. Many small, winged insects fly in all but the heaviest rain.

Mosquitoes are especially well-adapted to bad weather flight. In light rain, they make small, nimble targets for raindrops. In the event they are hit by a raindrop, they are protected from trauma by their extremely tough exoskeletons. They then use their water-resistant hairs to break free from the droplet as it falls. The ability to fly in the rain allows them to continue feeding during conditions where other insects may need to take shelter, decreasing their competition for blood meals.



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Barricades are so-called from the French barrique, or barrel, of which barricades were made during a Paris insurrection in 1588.



Compost Reports by Lisa Luck



Did you compost in 2024? If so, it is time to report how much organic waste you composted in your yard. Materials that can be reported are grass clippings, leaves, manure, twigs or branches and food waste. As long as these materials stayed in your yard to decompose rather than being transported to the solid waste department or city brush collection sites - they can be counted. The totals don't have to be exact – estimates count. When estimating, keep in mind that one gallon of food waste is approximately 8.5 pounds. For example, if you compost a gallon per day, that would be 8.5 lbs X 365 days = 3,102.5 pounds per year. If you have a horse, it is estimated that they produce approximately 40+ pounds of organic waste daily, or an estimated 10 tons annually. Each chicken produces about 140+ pounds of manure annually. That can also be counted.

Food waste is especially important to compost in one's yard rather than discarding it with the household waste. As organic waste decomposes in a landfill, it releases methane gas which contributes to the excessive warming of the earth's atmosphere. Composting helps food waste decompose naturally into rich soil that can be used in the garden. It is an environmentally sound way to manage organic waste and is a valuable resource.

So, why count the organic waste? The State of Tennessee requires that every county show that at least 25% of the waste generated in that county was diverted from a Class I Landfill. Composting organic waste instead of putting it in with the household trash counts as diversion. Diversion is the statewide method used to help landfills last longer to provide future waste disposal options for our county. Your report helps our county achieve this required 25% diversion rate.

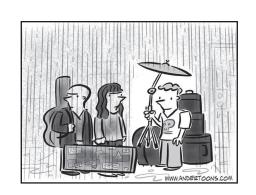
All composting reports that are received from county residents are added together. The final number is reported to the State of Tennessee in an Annual Progress Report (APR). This report must be completed and submitted by March 31 annually. The APR compiles statistics about the amount of trash a county collects, where the trash is taken for disposal, and the cost of managing waste. Recycling and composting reduces the amount of trash that goes into a Class I Landfill and is counted as diversion. Recycling can reduce waste up to 50%, while composting can reduce waste up to 25%. These annual statistics become part of a larger report by Tennessee to be compared to other states, and eventually, become a part of a national report.

If you composted food, yard waste or manure at home, email your report for 2024 to lisaluck.work@gmail.com, or text 931-261-7841. Specify which county you are from. Composting classes will be offered this Spring in the Upper Cumberland if you would like to learn about composting. Information on how to set up your own composting bin will be provided with a list of foods that can be composted. Classes will be posted in this newspaper. Your report counts!

Lisa Luck is a writer living in Cookeville, TN







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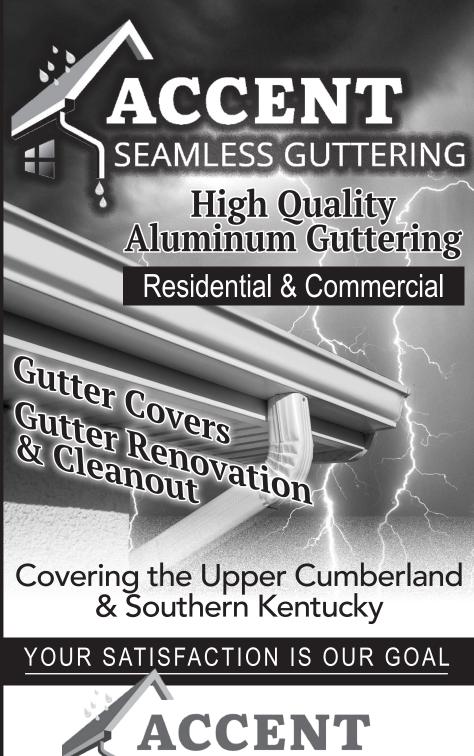
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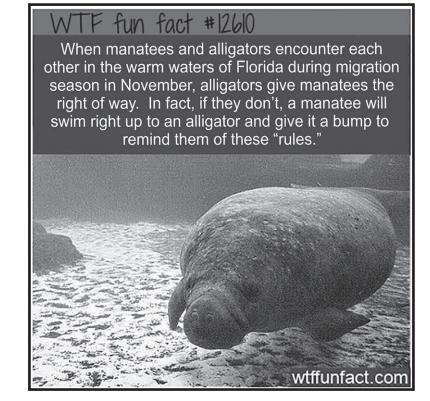
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- A.P. Gouthey



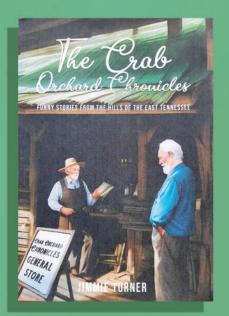
A dress that zips up the back will bring a husband and wife together.

- James H. Boren

DO YOU LOVE TO LAUGH?

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

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

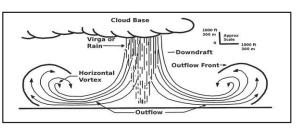


This book is filled with funny stories about real people from Crab Orchard, Crossville, and the Cumberland Plateau area. It is filled with Tall Tales, Quips & Quotes, and Anecdotes. It is filled with Crab Orchard Names & Slang.

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

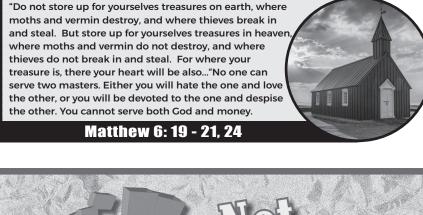
This book can be purchased at Amazon, Ebay, Barnes & Noble, Kindle, or anywhere books are sold.

Jimmie's website is www.CrabAppleNews.com



A heat burst is an atmospheric event that occurs when a parcel of air is pushed down from thunder clouds to the earth's surface. The burst can raise the surface temperature by as much as 20_iF in as little as 15 minutes.

"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaver where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also..."No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.



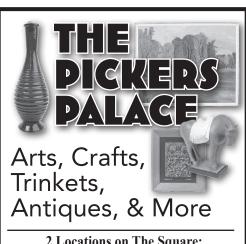




All you need is love. But a little chocolate now and then doesn't hurt Charles M. Schulz

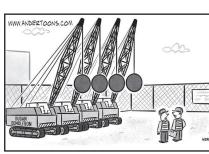


A word to the wise ain't necessary - it's the stupid ones that need the advice. - Bill Cosby



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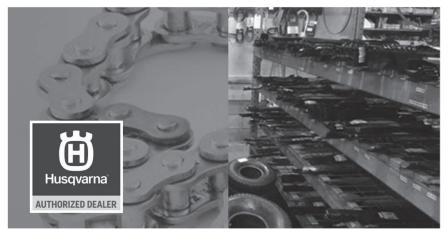
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Botanically speaking, nuts are actually one-celled fruits.



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ecipe Korn Warm and Wonderful Pastrami-Spiced Veal Burgers

(NAPS)-Whether you're feeding your family or entertaining guests, a



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delightful way to keep things cosy yet special during the cold weather season is with a delicious dish such as this one, made with Trusted Veal from Europe.



Pastrami-Spiced Veal Burgers Yield: 6 servings

12 slices Smoked Gouda, sliced thinly

2 cups Sauerkraut, rinsed and drained

34 cup Mayonnaise

1 oz Fresh breadcrumbs

4 oz Milk

2 tsp Salt

2 lbs Ground veal

2 tsp Black peppercorns

2 tsp Coriander seeds

½ tsp Mustard seeds

1 tsp Sweet paprika

1 tsp Onion powder

1/2 tsp Garlic powder

1 tsp Brown sugar

1/2 cup Whole grain mustard

Place the breadcrumbs, milk, and salt in a bowl and soak the breadcrumbs until softened. Mix the veal with the breadcrumb mixture and combine to form six patties. Toast the peppercorns, coriander, and mustard seeds in a dry pan. Let cool and grind them with the paprika, onion powder, garlic powder, and brown sugar. Coat the burgers with the spice mixture. Heat a grill on medium-high heat. Grill the burgers to desired doneness but at least 71°C (160°F) for food safety, adding a slice or two of cheese to each burger towards the end, to slightly melt. Spread the bottom of the bun with the mayonnaise, and top with whole grain mustard. Place the burger on the bottom, top with sauerkraut, and top with the bun.



As easy to make as they are enjoyable to eat, one reason these burgers are better is that they're made with

Pastrami-spiced veal burgers can be a great way to greet friends and family on a cold day.

genuine European veal. Desired for its light color and delicate taste and texture, European veal has long been held



in high regard among chefs around the world. What's more. Union European (EU) Legislation means high animal welfare standards are practised and enforced so consumers worldwide can feel confident about Trusted Veal from Europe,

considered simply the best in taste and tradition.

Fortunately, a wide selection of high-quality European veal is available throughout Canada. Ask your local retailer for European veal.

Learn More

For further facts about enjoying and purchasing Trusted Veal from Europe plus terrific recipes, visit www. trustedveal.com.

More Ways to Keep Cosy

In addition to cooking a comforting meal, there are other ways to keep your spirits up when the thermometer

1. Exercise your option to keep moving. Try hot yoga. Or embrace the cold and go out and ski, skate or build a snowman. You'll warm up while you're out and appreciate the heat indoors even more.

2. Love a lamp. If the dark days get you down, an LED full-spectrum light may cheer you up as well as warm you up.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

the sers,

Hebrews 12: 1 - 3



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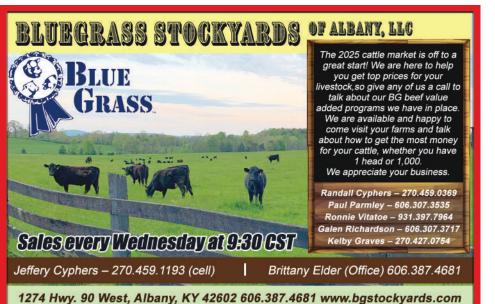
- Groucho Marx



You can always make more money, but you can never make more time.

- Anonymous







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Open Hearts Can Open Doors



Youth Villages is a private, nonprofit organization dedicated to helping children with emotional and behavioral problems and their families live successfully.

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.

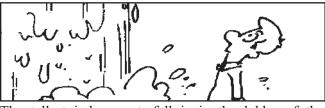
More than 85% of Youth Villages children have multiple problems, which may include developmental or learning disabilities, as well as family issues and instability.

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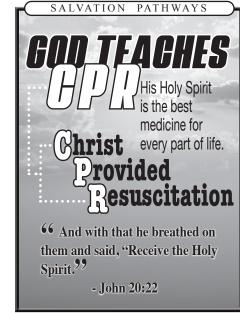


The tallest indoor waterfall is in the lobby of the International Center Building in Detroit. It is 114 feet



Faith comes from hearing the Word; it grows by doing the Word. - Pastor Bobby Davis







Your career is what you're paid for. Your calling is what you're made for. - Zig Ziegler

America's Spam Scorecard

(NAPS)—The next time your phone rings, there's a good chance it will be a spam call—but there are ways you can protect yourself.

The Problem

The average person sees around 9 spam calls a month. According to the experts at Truecaller, a global combatant against spam and fraud, Americans wasted an estimated 272 million hours, (that's 11 million days, or 373,000 months) answering spam calls in the last 12 months alone. And since the average spam call lasts about 4 minutes, spammers and scammers have plenty of time to trap their victims.

So, Who's Calling?

Between regular sales calls, robocalls from legitimate businesses, online surveys, political or donation calls and outright scams, unwanted calls—some with malicious intent—make up a large part of ordinary communication. Among these, most were related to credit card fraud, identity theft, Medicare/insurance, Social Security, car warranty and debt collection.

Where The Calls Come From

While a majority of spam calls (89.84%) made to Americans originate from within the U.S. (or, at least, seem to), over 75 percent of rest are from India, nearly 5 percent from Nigeria, and the rest mostly from Colombia, South Africa, Mexico and Egypt

Who Can Help

Truecaller sees it as its mission to empower consumers with the knowledge to protect themselves from unwanted calls and the ability to identify and block them.

What You Can Do

It's important to install protective software on your mobile devices, just as you would on your computers. To handle spam on Truecaller: Enable the autoblock feature to automatically decline calls from known spammers, manually block numbers by searching for them in the app and marking them as spam,



Your phone company can help you avoid wasting time and risking your money on spam callers.

and report suspicious numbers to help Truecaller's database identify future spam calls. You can also customize your blocking level to choose whether to block only "top spammers" or all identified spam numbers. That way you can answer most calls with the confidence of knowing your phone has screened out the spam.

In addition, the Federal Communications Commission says:

- Be aware: Caller ID showing a "local" number does not necessarily mean it is.
- Don't respond to any questions, especially those that can be answered with "Yes."
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls or if you are at all suspicious.
- If you get an inquiry from someone who says they represent a company or a government agency, hang up and call the phone number on your account statement, or on the company's or government agency's website to verify the authenticity of the request.

Learn More

For further facts on fighting spam and how Truecaller can assist you, visit www.truecaller.com.

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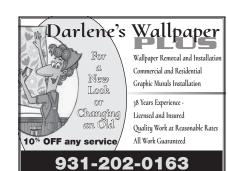
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In the Cherokee tradition, the color black is associated with the west and death. White is associated with the south and happiness.



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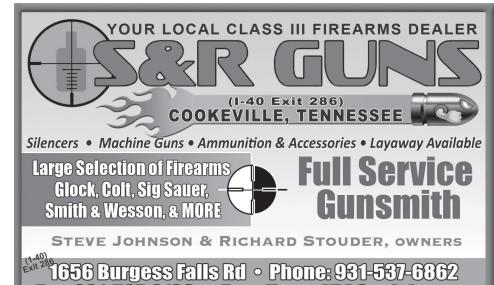
Thoughts may come and thoughts may persist, but thoughts never spoken in word or deed will die unborn - Anonymous



We make a living by what we get, we make a life by what we give. - Winston Churchill

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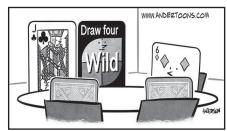
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I will come again



AND I WILL TAKE YOU TO MYSELF, THAT WHERE I AM YOU MAY BE ALSO.

JOHN 14:3



"While he comes from a nontraditional background, I think our new team member is going to add an exciting new perspective.'

What is Mission Creep?

It's a very big danger on a farm.

One minute you are running outside for "just a sec" to grab a UPS package before the dog does and the next thing you know a half hour has passed, your slippers have been tracked through all manner of filth and you have hay stuck way (WAY) down in your bra. And the package has been left somewhere along the way, likely on top of a random hay bale. What just happened?

Farm mission creep, that's what.

Work on the farm is never (ever) entirely done and random emergencies can arise at any moment...which means there is no such thing as a casual walk across the yard, even the 45 seconds it should take to get the garbage in the bin. Because in that minuscule amount of time, it is practically guaranteed you will see no less than a half dozen "I should do that real quick" items and at least one "oh poop" problem to fix.

One of the most dangerous areas of mission creep comes when you have put on your "town clothes" and think to yourself "I will stop at the barn quick on my way out" Hint: YOU CAN NEVER STOP AT THE BARN QUICK. It's impossible. Because the moment you think that, you are in trouble. Town clothes + "just moment" is the key to the Pandora's box of farm chaos: Sheep stuck in the hay feeder, horses with a mysterious new limp, barn cats crying from the rafter they marooned themselves upon, gates left open....you get the picture

One time I even "stopped at the barn quick" while on the way to a funeral (and dressed as one would expect) to find a sheep gone into labor unexpectedly, and had one leg and a nose sticking out where there should've been two legs. The scene ended with me lying on my stomach in the muck, covered in gore and pulling two new lambs into the world in my church clothes.

I have an untold number of "nice shoes" permanently ruined after thinking such foolish thoughts. There is nothing like a trek through urine-soaked hay in pursuit of an errant cow or slipping on fresh turkey droppings to render footwear unsuitable for civilized life. I generally live by the motto "it'll wash" but certain things leave a mark no human



Today's "real quick" adventure ended with me coming inside after 20 minutes with a near case of frostbite. I had run outside (in just a sweater, no gloves and no hat) to grab something left in the car and noticed the colts standing oddly expectant by their water tank. Sure enough, they had knocked the heater out and it was iced

This sent me to the barn to grab the axe where I noticed the sheep were out of loose mineral which sent me to the feed room where I noticed all the buckets that belonged in there had migrated elsewhere which sent me on an across the farm quest to find at least one...gloveless, hatless and coat less. By the time I actually returned to the frozen tank my hands were already frozen and of course, my first hit on the ice splashed water all over them. It was approximately 9° with a five below windchill so this ranked way down on the "fun on the farm" list.

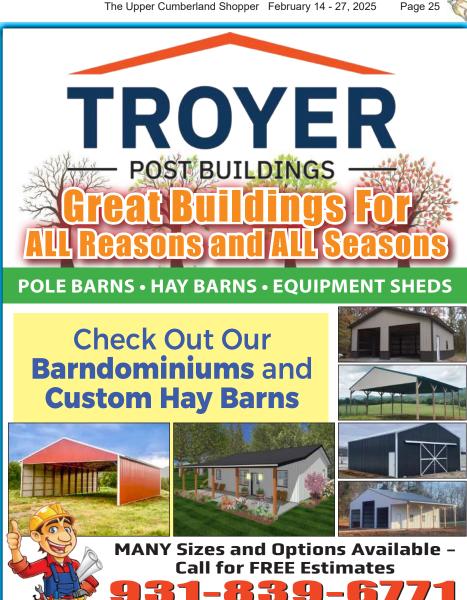
I finally made my way back to the house with my benumbed hands and noticed that my horses had been my highly amused audience the entire time. Though I'm sure they were disappointed that my creeping mission had not somehow included cookies for them.



Dream as if you'll live forever. Live as if you'll die today. - Anonymous

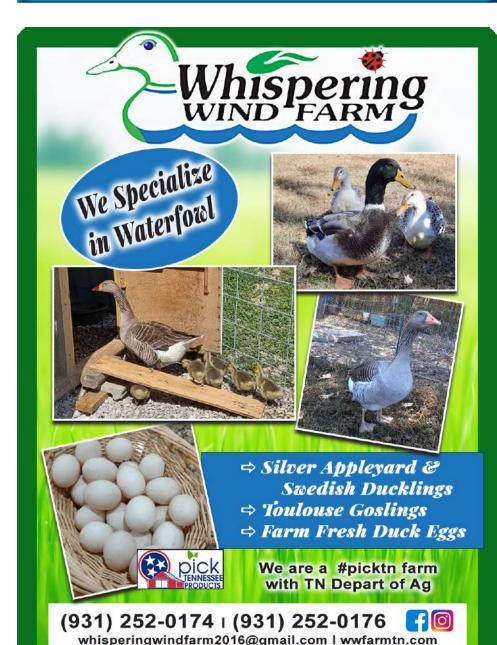


Being a male is a matter of birth. Being a man is a matter of age. Being a gentleman is a matter of choice. - Anonymous



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The Upper Cumberland Shopper February 14 - 27, 2025

<u>Statistically Speaking</u>

Page 26

Statistically speaking, if we could shrink tion to a village of precisely 100 people, with all the existing human ratios remaining the same, it would look something like the following: There would be: 57 Asians 21 Europeans 14 from the Western Hemisphere (both north and south), 8 Africans. 52 would be female, 48 would be male. 70 would be nonwhite, 30 would be white, 70 would be non-Christian, 30 would be Christian. 6 people would possess 59% of the entire world's wealth, and all 6 would be from the United States. 80 would live in substandard housing. 70 would be unable to read. 50 would suffer from malnutrition, and 1 would be near death; I would be near birth. Only I would have a college education, and 1 would own a computer. When one considers our world from such a compressed perspective, the need for acceptance, understanding, and education becomes glaringly apparent. The following is also something to ponder... If you woke up this morning with more health than illness...you are better off than the million who will not survive this week. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation... you are ahead of 500 million people in the world. If you can attend a church meeting without fear of harassment, arrest, torture, or death... you are better off than three billion people in the world. If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 70% of this world. If you have money in the bank, in your wallet, and spare change in a dish someplace... you are among the top 8% of the world's wealthy. If your parents are still alive and still married...you are very rare, even in the United States and Canada. If you can read this message, someone was thinking of you, and furthermore, you are better off than over two billion people in the world who cannot read at all. Statistically Speaking, next time you feel like complaining about how bad your day is going, or how you wish it was different.. just remember how fortunate you are compared to the rest of the world.

When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." So he came down at once and welcomed him gladly. All the people saw this and began to mutter. "He has gone to be the guest of a sinner." But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost.

Luke 19: 5 - 10



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Heaven goes by favor. If it went by merit, you would stay out and your dog would go in. - Mark Twain



One reason the dog has so many friends: he wags his tail instead of his tongue. - Anonymous

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