

WHE BUILT. **POWERING** TESTED. YOUR PERFECTED SUCCESS

STANDER LG



Profoundly simple and solid, offering you the best combination of performance, versatility, compact footprint, and low operating cost.

- 52" or 61" deck options
- 27hp Kawasaki FX850 engine
- Hydro-Gear ZT-4400 transaxles
- Up to 12.5 mph ground speeds
- 11-gallon fuel capacity • 24" drive tires

The ZK is our most capable Stander. It's ideal for when time is short with its larger engines, more run time, larger tires, and faster transport speeds.

- 52", 61" or 72" deck options
- 34.5hp Kawasaki FX820 engine or 40.0hp Vanguard 61G8 EFI engine
- · Hydro-Gear 16cc pumps, 15 cu.in. motors
- Up to 12.5 mph ground speeds
- 15.5-gallon fuel capacity



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3757 Black Burn Mountain Road • Sparta, TN 38583 (931) 738-9108



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MOYER'S REPAIR 2 LOCATIONS TO SERVE YOU

3757 Blackburn Mtn. Rd. - Sparta, TN - 931-738-9108

924 Miller Lane - Smithville, TN - 615-597-9166

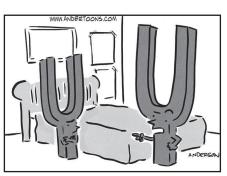
SALES **SERVICE PARTS**



For more information please call 931-526-3338 / www.ClaytonHomes.com 1440 Interstate Dr. Cookeville, TN

Family Friendly Prices





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elaytoneookeville.com



470 NEAL STREET, COOKEVILLE, TN • 931-525-7325

The Breath of Life

"Because of the weakness of your human nature, I am using the illustration of slavery to help you understand all this. Previously, you let yourselves be slaves to impurity and lawlessness, which led ever deeper into sin. Now you must give yourselves to be slaves to righteous living so that you will become holy. When you were slaves to sin, you were free from the obligation to do right. And what was the result? You are now ashamed of the things you used to do, things Romans that end in eternal doom. But now you are free from 6:19-23 the power of sin and have become slaves of God. (NLT) Now you do those things that lead to holiness and result in eternal life. For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord."





The Shopper Calendar Alert: Friday, April 4th

NATIONAL SCHOOL LIBRARIAN DAY





Community Events Calendar



EMAIL: THEUCSHOPPER@GMAIL.COM FOR A FREE LISTING OF

ONGOING:

FREE Income Tax Return preparation assistance and filing services available. Sponsored by AARP Foundation through April 9, each Tues. and Wed. from 1am - 3 pm at the Cookeville branch of the Putnam County Library, 50 E. Broad St., Cookeville, TN.

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

The Upper **Cumberland Foster Closet:** Donations Needed - for the month of March are toiletries.

Jammin' at the Depot, 116 W. Broad St., Cookeville, TN. Time: 4-7 pm. Every Friday night. Hip Cookeville hosts the weekly acoustic pickers' jam collection of realistic session. Bring your instrument and a chair or blanket and join us to enjoy the music.

March 29 5th Annual 'Hello' to Spring Market, Location: 155 Fairground Lane, Cookeville, TN.

Time: 11 am - 4 pm. FREE entry. Kids zone, petting zoo, train & helicopter rides, vendors, food trucks and more!

March 29-30 Upper Cumberland Home & Garden Delmonaco Winery & Vineyards, 600 Lance Dr, Baxter, TN. Time: 12 pm - 5 pm. Home building and remodeling ideas to decorating and landscaping. Admission is \$5. There will be shopping, giveaways, food trucks and MORE!

Dinosaur **Dimensions Show:** Location: Putnam Co. Library, 50 East Broad St., Cookeville, blacksmithing, clay TN. Time: 10-11 am. This is your chance to 'meet the dinosaurs!' An amazing puppets present an experience like no other. From cuty baby triceratops to a life size raptor. You

March 31

don't want to miss this. Run time is 45 minutes.

April 5

5th Annual Banana **Pudding Festival,** Location: Downtown Monterey, TN. Time: 10 am. There will be food, vintage finds, crafts and unique goods for sale across three streets including the Farmers Market, petting zoo and kids zone. The fee is \$5 cash per person for the Puddin' Path tasting. FREE admission.

April 5 Celebration of Craft Location: Appalachian Craft Center, 1560 Craft Center Dr... Smithville, TN. Time: 10 am - 5 pm. Family fun, crafts, music, food and more! Live demonstrations in glass, wood, fibers and screen printing. Hands on crafts for the the kids. FREE

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

admission.

APRIL 12th @ 10:00 AM

48.96± AC OFFERED IN 5 TRACTS

THE FAYE RITCHEY ESTATE

Truck, Antiques, Tools & MORE



Tools: 8' utility trailer, 2-wheel yard cart, Craftsman pressure washer, Craftsman tool box, Redline tool box, crosscut saws, Homelite 4400w generator 8hp, Craftsman LT3000 42" riding mower, Craftsman air compressor, Craftsman 2550 PSI-2GPM pressure washer, handsaw, red metal cabinet, ratchet sets, 49 pc. screwdriver kit, Wizard 6-amp battery charger, Task Force weed eater w/ 2 batteries & charger, Feather Light weed eater FL-26, squirrel fan, cabinet, table w/vice & bench grinder, Littlestown, PA vise, bench grinder, Task Force blower, 22" weed trimmer, air tank, 2 1/4 ton hydraulic floor jack, crowbar, metal cabinet & contents, duster, potato fork, mechanics creeper, Craftsman drill w/charger, Black & Decker hedge trimmer.

Furniture & Appliances: Antique dining set including China cabinet, whiskey stand, buffet, expandable table & 6 chairs, Davis made table w/ 4 chairs, stereo cabinet, matching champagne chairs, gold arm chair, cabinet w/ glass shelves, piano, La-Z-Boy overstuffed recliner, bookshelf, queen size 4 post bed, 9 drawer dresser w/ mirror, 5 drawer chest, wardrobe, bench, gun cabinet, glider rocker, seaman's chest, full size bed, pink dresser w/ mirror, pink chest, camelback trunk, Hotpoint fridge/ freezer, ice cream maker, NIB GE 11,900 BTU window a/c unit, Kenmore electric dryer, Maytag washer, Frigidaire dehumidifier, Thermolaire gas stove.

Home Décor & MISC: Early American Prescott punch bowl w/ cups, 1983 Kroger 100th anniversary Coca-Cola platter, 9" cast iron skillet, set of Pyrex yellow daisy pattern, cake decorator set, Anchor Hocking casserole dish, Tupperware deviled egg dish & lid, vintage canister set, electric skillet, cobalt glasses & salt & pepper, brass napkin rings, set of 8 blue ceramic plates & 7 bowls, casserole dish, egg plate, blue cookie jar, figurines, #2 crock, Brother XL-3010 sewing machine, Boxcar children's book collection, gospel record collection, nesting chicken tureen, Chattanooga Intelect Tens machine, 1992 Bill Clinton/Al Gore campaign signed postcard, floor lamp, magnetic dart board, crock w/ lid, oil lamps, heavy glass candle sticks, amber candy dish, matching green lamps

AND MANY MORE ITEMS TOO NUMEROUS TO MENTION!

Directions: From the Hwy. 70S & Hwy. 56 intersection in McMinnville head west on 70SW 1.1 mi. Take the Woodbury exit 7.3 mi. Right onto W Green Hill Rd/TN-287N 2.7 mi. Left onto Cherry Springs Rd. 2.1 mi. Right onto Smith Town Rd. .5 mi. Auction on the left.

Real Estate Terms: 10% BUYER'S PREMIUM. 10% will be added to final bid to determine contract price. 10% down day of sale. Balance due at closing within 30 days. Taxes to be prorated. Possession with deed.

Personal Property Terms: 10% BUYER'S PREMIUM. Cash or check day

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

Tiffany Simpson Co-Owner, Broker 931-808-7080

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Mayberry Dinner Theater April 10th & 11th

10 Special Shows

cial Musical Concer The Darlings Band & Charlene

Mayberry Author's Showcase Book, Tape Purchase

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"Here Comes Everybody" Mayberry-Lucy Parade

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yberry Squad Car National: & Obstacle Course Race

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www.granvilletn.com • for more info call 931-653-4151 or 931-653-4544

COLOSSIANS 2: 9 - 13

For in Christ lives all the fullness of God in a human body. So you also are complete through your union with Christ, who is the head over every ruler and authority.

When you came to Christ, you were "circumcised," but not by a physical procedure. Christ performed a spiritual circumcision - the cutting away of your sinful nature. For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead. You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins.

BUILD BETTER. BUILD STRONGER. BUILD TO LAST.

START OFF ON THE RIGHT FOOTING

Wood in the ground will rot. Concrete will not. Post-frame construction has advanced beyond the decaying practice of burying wood columns in the ground. Perma-Column® elevates wood out of the ground, so your post-frame building will last for generations - guaranteed









731-487-8477



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



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

- Frederick Douglas

108 YOUNG AVENUE • LAFAYETTE. TENNESSEE

3 BR / 1 BATH HOUSE WITH BASEMENT **CORNER LOT WITH FRONTAGE ON 3 ROADS (2 TRACTS)** PAVED DRIVEWAY • CITY UTILITIES • ZONED R-2 2008 FORD EDGE • GLASSWARE (FENTON, FOSTORIA) **CROCK • CAST IRON • MARBLE TOP TABLES VICTORIAN FURNITURE • OAK DINING ROOM SUIT**

PLUS OTHER FURNITURE, GLASSWARE, ANTIQUES & COLLECTABLES MS. REBECCA CUTRELL ESTATE

SATURDAY, APRIL 5

(REAL ESTATE TO SELL @ 10 A.M.) **LOCATION: 108 YOUNG AVENUE • LAFAYETTE, TN 37083**

DIRECTIONS FROM LAFAYETTE PUBLIC SQUARE: Travel Hwv. 10N (Scottsville Road) approx. 1/2 mile to Young Avenue, right on Young Avenue to property and sale site (signs posted).

REAL ESTATE: "Right in the Heart of the Downtown Residential District of Lafayette." A (1-owner) 3 bedroom, 1 bath vinyl sided house with basement



and sunroom (built 1956. approx. 2000 sq. ft.); living room, kitchen/dining room, den and utility room plus lots of storage space. The home is equipped with C/H/A,

city utilities, plus built-in appliances. Other improvements include a deck and surveyed, platted and staked to be SOLD in (2) Tracts.

TENT • CONCESSION • PORT-O-JON

ISCLOSURE: The home was constructed before 1978. Any bidder will be permitted during the 10 days prior to the sale to con ad is believed to be correct but not warranted. Any announcement made day of sale takes precedence over all other advertisin LEAD BASE PAINT DISCLOSURE: The home was con.



BEN BRAY & ASSOCIATES

PRIVATE SALES AND ALICTIONS 672 Hwy. 52 By-Pass W. • Lafayette, TN 37083 • (615) 666-2232

125 E. Prince St., Suite 102 • Gallatin, TN 37066 • (615) 899-6089 BEN BRAY, AUCTIONEER - Lic. #4817, Broker Lic. #262922 Auction Firm Lic. #194 • Real Estate Lic. #250140 Ky. Lic. #7189 • Ky. Real Estate Lic. #24023

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Karleys and all Automot

Including ATV & UTV
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161 Wade Subdivision Lane (just off Hwy. 56, behind K & K) ____Gainesboro, TN___

931-268-1634

Service,

Repair, and Custom Work





paved driveway. All of these improvements positioned on a large lot that fronts Young Avenue, Courthouse View and Wootten Avenue. This property has been

AGENTS		
Joe Barber 615-888-7099	Caleb Fleming 615-655-7098	
Tim Johns 615-655-2761	Kelsey Goolsby 270-427-9555	
Penny Kirby 615-388-0441	Cayden Shrum 615-670-8972	
David Painter 615-888-6786	Landon Colter 615-633-5378	
Stacey Brawner 615-388-5595	Nick Hill615-388-1186	
Necia Borders 615-633-8906	Jennifer Sullivan 615-476-2062	
Devon Bray 615-476-9232	Danielle Eldridge 615-489-7865	
Nicole Miller 937-750-2161	Whitney Shrum 615-489-6821	
Katie Jones 270-618-1617	Claudia Sullivan 615-388-9085	
Katie Bray 615-388-3224	Kyle Woodard 615-388-7715	
Annette Morgan 615-633-6298	Jennifer West 615-830-4956	
Cameron Roberts 615-388-5576	A.J. Holiday 615-578-0465	
Nicole Carver 615-655-3621	Danya Cox 615-655-4196	
Jared Sullivan 615-670-7097	Karen Burrow 615-948-5973	

n Johns 615-655-2761 nny Kirby 615-388-0441 vid Painter 615-388-6786 icey Brawner 615-388-5695 cia Borders 615-633-8906 von Bray 615-476-9232 zole Miller 937-750-2161 tie Jones 270-618-1617 tie Bray 615-388-3224 nette Morgan 615-633-6298 meron Roberts 615-388-5576 zole Carver 615-655-3621	Caleb Fleming 615-655-7088 Kelsey Goolsby 270-427-9555 Cayden Shrum 615-670-8972 Landon Colter 615-633-5378 Kick Hill 615-388-1186 Jennifer Sullivan 615-476-2025 Abrithey Shrum 615-489-6821 Claudia Sullivan 615-388-9085 Kyle Woodard 615-388-715 Jennifer West 615-830-4956 A.J. Holiday 615-578-0465 Danya Cox 615-655-4196 Karen Burrow 615-948-5973
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The first baseball game between an American team and a Japanese team took place in Japan in 1896. The Americans lost 29-4.

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_SCOTTSVILLE ROAD (1000 BLOCK) • LAFAYETTE, TN

FARM EQUIPMENT

DEERE 2640 W/LOADER • 2024 JOHN DEERE 835M GATOR JOHN DEERE 6500 HI-BOY • KINZE PLANTER

UNVERFERTH ROLLING HARROW • JOHN DEERE GRAIN DRILL • JOHN DEERE WAGONS INTERNATIONAL FLAT BED TRUCK • PLOW • DISC • FORD 8N • CUB CADET ZERO TURN PLUS TRACTOR/FARM EQUIPMENT PARTS AND TOOLS

"SELL-OUT OF TRACTOR PARTS AND SUPPLIES OF SHRUM'S FEED AND FARM SUPPLY"



THURS., APRIL 10 9:00 A.M. cst LOCATION: SCOTTSVILLE ROAD (1000 BLOCK)

LAFAYETTE, TN 37083 ECTIONS FROM LAFAYETTE: Travel Hwy. 10N (Scottsville Road) to sale site on the right (signs posted)

TRACTORS • TRUCKS • FARM EQUIPMENT: John Deere 4640 MFWD wicab, 187 hp, 15 spd. powershaft (newly
 Case 2594 Trador wicab & duals, 200 hp, 2 sets remotes, AC works,
 John Deere 2640 Tractor wi2-post canopy and Woods loader (bucket, fork:
 2024 John Deere Gator 835M, 4WD, 56 hours, 300 miles

20/24 JOHN Leeter Grout Gooding, 1972 John Sheep Sold Piley Wisch.
Gesel, 10/00 hours
Gesel, 10/00 hours
Gesel, 10/00 hours
Leen Inteless, KFM Zimonitus
Lehn Deere S000 grain drill
Lehn Deere S000 grain drill
Gesel Sold Piley Sold

TOOLS: Snac-on YA 5550 plasma cutter, Matco wire feed welder, Miller SHX-333 industrial welder (single or three phase), air compressor (3 phase 10-7½ hp), cherry picke

VIGNET TRATOR PARTS / FARM EQUIPMENT PARTS AND SUPPLES:

- Parts for CasellH, Cub Cadet, Massey Ferguson, Ford, Bush Hog, Fred Cain, Mechanical & Holland Transplanters Engine rebuild hyd, field, ACI, Case II Hardor seaf. Farmall 140 trador seaf. Massey Ferguson seaf, PTO parts, roller chains, Massler Locks, clubif etch, disc mover large, teleth refers beinder films, bettlery calles, idsor films capts (electh, disc mower large), teleth refers, browser, but we want to the company of SELLER: Shrum's Feed and Farm Supply and others

TERMS: Cash or good check (positive ID required).

Better

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Nicole Carver615-655-3621	Karen Burrow615-948-5973	
Jared Sullivan615-670-7097	Stephanie Gray615-651-9471	
Caleb Fleming615-655-7098		

ANIMALS

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. **Auzzie:** male, Black & White Labrador Retriever Mix dog, 10 months old. Big T: male, orange tabby, domestic shorthair mix cat. Clementine: female, Brown & White brindle & Mountain Cur dog. 2 years old. **George:** Male, Black & White Labrador Retriever/ Australian Shepherd mix, 15 weeks old. Make room for a sweet companion in your life!

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

It's that time of year! Spay and Neuter your pets.

Dog-Stud Service: Blonde Labradoodle. No fee pick of litter. Text 615-854-0354.

CARS

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.

CARS

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

EMPLOYMENT

\$800 to 1,200 per week. Home at least 2 days a week. Please call Gáry at 615-260-6854.

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

FARMING

Quick attach trailer wagon tongue - new - \$60: Wagon hitch for square baler - \$50. Call 615-708-

Toulouse goslings are now available for new homes. \$20 each, straight run only. Check out our website at: wwfarmtn.com or call/text 931-252-0176.

No Future without Farmers

Square Bales of hay, mix of orchard grass & fescue. \$5 per bale. Livingston, TN area 931-337-1000.

Farm fresh duck eggs: \$4/ dozen. Cookeville/Putnam Co. Check out our website at: wwfarmtn.com or call/ text 931-252-0176.

HOUSEHOLD

ABSOLUTELY THE BEST - Your Kitchen 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

LIBERTY SAFE, Lebanon TN, \$1,800. Lincoln 45 with fireliner, 32 long-gun **Sportsman.** Leave voice message, 615-449-1349, NO TEXT. 615-449-1349, NO TEXT.

For Sale - Chevy R75-16 Wheels and Tires. Radials, good and even wear. \$395. Call for pictures, 931-668-

9mm hand gun, new with holster, two clips and clip loader, some ammo, brand Taurus - \$650. Call 615-419-4708.

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.

Quick attach trailer wagon tongue - new - \$60: Wagon hitch for square baler - \$50. Call 615-708-

SATURDAY APRIL 5TH @ 10:00 AM

186 Stone Dr., Crossville, TN

LIVE AND ONLINE AT PAGEREALTYANDAUCTION.COM

ESTATE OF JOE AND MARY McNUTT

SETS, LINENS, LIFT CHAIRS, ADJUSTABLE BED, ROCKERS, CHRISTIMAS DECOR, GLASSWARE, NOT ALL PERSONAL PROPERTY WILL BE ONLINE



REAL AND PERSONAL PROPERTY AUCTION PREVIEW FRIDAY APRIL 4, 2025 12:00-4:00PM HOME CAN BE SHOWN BY APPOINTMENT ONLY

PROPERTIES WILL BE OFFERED SEPARATELY











REAL ESTATE TERMS: Selling with reserve. The winning bidder will be required to sign contract on sale date immediately following the sale. Earn required on auction day. A 10% buyer's premium will be added to the high bid to establish the total sales price. US currency cash or approved chec full at the deed closing. By bidding you are entering into a binding agreement.

ult at till debet cusnig, by bround you are emering into a binding serverinent.

Journent taxes of \$846.00 will be prorated at the date of closing, unless otherwise specified. Seller to provide deed. Buyer is responsible for title opinion

bes. Buyer is responsible for transfer fees if applicable. Title company closing cost to be split between buyer & seller. Buyer is to obtain his/her own fin

r before May 5, 2025. The contract will not be contingent upon financing, inspections or any other contingencies.

5, 2025. The contract will not be contingent upon tinancing, inspections or any other contingencies.
Ind Auction, LLC and its auctioneer(s) and employee(s) are representing the seller(s) as the sellers Agent(s). All properties are sold "AS IS, WHERE, without any warranties expressed, implied or guarantees of any kind. Agent represents the seller only and does not inspect properties on bidde s, square footage & age are approximate and not guaranteed. Seller and or Agent makes no warranty as to accuracy of information. All information is det teach, buyer to verify ALL information, to their satisfaction before bidding. Tennessee Residential Property Exemption and Lead-Based Paint Waiver will.
Page Realty and Auction reserves the right to withdraw, without notice, any items in the auction at any time. Seller is owner/agent of property. nk you for participating in this Page Realty and Auction LLC Live and Online Auction.



2604 US 70 N Crossville, TN 38571 (931) 787-1063 pagerealtyandauction.com

1.43+/- Ac • Commercial Lot • 5.5+/- Acres BIDDING ENDS: THURSDAY • APRIL 3 • 10 AM 9201 Hwy 111, Byrdstown, TN 38549 Location! Location! Location!

Lot 1 - A prime commercial lot ready for your next business venture! Previously the Farmhouse Restaurant was located here for many years which served customers from all over the area. The recently surveyed 1.43+/- acres has great visibility, ample parking and easy access onto Hwy. 111in Byrdstown, TN. This lot does have an existing septic system, water and electricity is available. Commercial or investment opportunity at its finest!





Lot 2 - A scenic 5.46 +/- acres adjoining Wolf River on Dale Hollow Lake and the Army Corps of Engineers. The acreage is a mixture of open land with woodland that offers building sites, areas suitable for campers and recreational activities. This property is also near a public boat ramp leading into the ever popular Wolf River.

More Images, Survey Plat & Bidding @ EAGLEAUCTIONS.COM



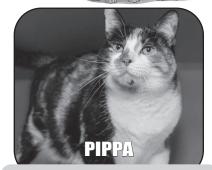
Nathan Groce • Agent/Auctioneer • (606) 688-1925 Lee J. Amonett • Broker/Auctioneer • (931) 252-1907

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





A009446 Male, Great Pyrenees & Austrailian Shepherd. 1 yr 2 months old.



A004796 Female, Spayed, Calico Domestic Shorthair Mix. 1 yr 10 months old.

MANY FOREVER FRIENDS ALL IN ONE PLACE



A009534 Female, Spayed, Tortie Domestic Shorthair Mix. 11 months old



A009149 Female, Spayed, Labrador Retriever & Border Collie, 5 months old,

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

HOURS: M-T & TH-F • 12PM-4PM 2606 Gainesboro Grade, Cookeville, TN • 931-526-3647 • cpas@frontiernet.net



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

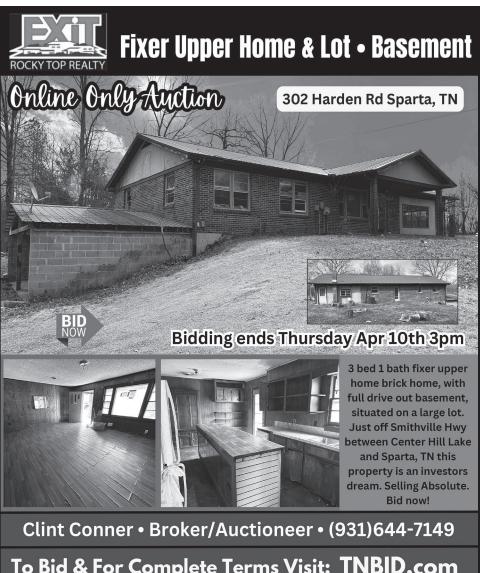




It's not society's job, or government's job, or Wall Street's job, to take care of you - that's YOUR job! - Anonymous



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











CROSS ROADS

#6589 AUCTION 🔦 GROUP



5191 Jennings Crk Hwy Whitleyville TN

Terms: All property in this auction sells "As is, Where is" having given th bidders to inspect prior to bidding. No Warranties or Guarantees. Payma at time of sale. Cash, check, or card (4%). Possession is with payment Buyer's Premium applies. All bidding takes place online. Personal Pro-Payment & Pickup: Wednesday April 9th 9-1pm & Thursday April 10th:

1987 Chevy Silverado, Lexus RX300, John Deere Ztrack Mower, 2006 Honda Rancher ES, Large Variety Of Furniture Home Decor, Kitchenware, Vintage Collectibles, Antique Glassware, Quilts, Records, Pottery, Cast Iron, Dishes, Crocks, Holiday Decor, Vintage Tools, & So Much More!! Auction Preview Sunday April 6th 2-4pm

> CROSS ROADS AUCTION K GROUP

ROCKY TOP REALTY

The Upper Cumberland Shopper March 28 - April 10, 2025

APRIL 19th @ 10:00 AM

ESTATE OF FRANKIE GILBERT

80± AC FENCED PASTURE IN 3 TRACTS

TRACT 1: 26.594± AC PASTURE W/ SOME WOODS TRACT 2: 31.101± AC MOSTLY PASTURE W/ LARGE POND TRACT 3: 22.179± AC MOSTLY PASTURE W/ 2 PONDS & 3 BUILDINGS

FARM EOUIPMENT & OLD VEHICLES



1586 INTERNATIONAL 15' ROTARY CUTTER 1963 GMC FLATBED

EQUIPMENT: Rhino 2150 rotary cutter, 1586 International, International FC tractor, International M tractor, (3) manure spreaders, Ford 8N w/ 5' rotary cutter, Arts-Way 450 feed mixer, 410 Massey Ferguson Soybean Special combine, Massey Ferguson Model 12 square baler, (2) 855 New Holland round balers, gates, head catcher, (2) new rolls of woven wire, **VEHICLES:** 1963 GMC 1 Ton, 1962 scaffolding, feed trough Chevro-let C10, 1967 Ford 100, 1982 Subaru Brat, 1993 Toyota Tercel, ca. 1988 Buick LeSabre, ca. 1985 Buick Century, ca. 1970 Buick LeSabre, ca. 1957 Ford Fairlane 500, 1994 F150 shortbed 4WD & MUCH MORE!!!

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Directions: From Walmart in McMinnville head west on US-70S .7 mi. Continue onto Hwy. 55 .8 mi. Turn right onto Shelbyville Rd. 11.5 mi. Turn right onto Browntown Rd. Auction site in 1.5 mi on the left. From Manchester: From exit 110 off I-24 head north on TN-53N 9.2 mi. Right onto Pocahontas Rd. 4.5 mi. Left onto Browntown Rd. 1.5 mi. Auction on the left. **Real Estate Terms**: 10% BUYER'S PREMIUM. 10% will be added to final bid to determine contract price. 10% down day of sale. Balance due at closing within 30 days. Taxes to be prorated. Possession with deed. Personal Property Terms: 10% BUYER'S PREMIUM. Cash or check day of sale.

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303 W. Main St. McMinnville, TN 37110



Auction Location: 2200 Shores Rd. · Scottsville, KY 42164



CONSIGNMENT INFORMATION

IMPORTANT—PLEASE NOTE:

ACCEPTED FRIDAY. All out of state fowl mu ve health papers. Consignors are responsible

for making sure all items are properly registered in, tagged, and/or numbered. Small animal and fowl consignors must provide cages coops, or boxes for buyers. All out of state fowl need to have health papers at time of check-in Goats need scrapies tags. The following item will NOT be accepted: motorized equipment

electronics; no pigs, llamas, horses, dogs, ws & doors, & storm wind No junk consignments please! The Sale Committee reserves the right to refuse any consignment

SETTLEMENT AGREEMENT

er \$451.00 on rates are 10% on items of and up, 15% on items from \$1.00 to \$450.00.

The no sale fee is \$10.00 per item.

There will be an additional charge of \$1.50 pe

The no sale lee is \$10.00 per item.

There will be an additional charge of \$1.50 per ot for ALL items consigned. \$5 fee on any item that is a "NO BID". Consign low dollar items at your own risk. All items sold privately on the sale grounds are subject to commission. All sale errors must be corrected within 30 days of sale date or be voided. No Sunday load out.

TERMS & CONDITIONS: Please obtain a Buyer's Number upo We will not be accepting payment until 10:00 AM.

Its Accepted: cash, good check with proper ID, credit:

Ids. 3% fee on cards. Buyers not known to the Sale
iment must have current Letter of Credit for major

s. Settlement to consigners will be mailed within
mately 14 business days. Items not removed from the
unds within 10 business days will be property of the
mittee. Please bring proper Dealer tax number and
on forms. Farm exemption # needed.

MISCELLANEOUS

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MISCELLANEOUS

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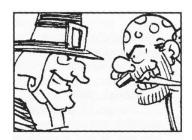
2- 100 pound anvils, \$575 each; Natural gas or propane logs; Dual fuel torpedo heater. Call 423-505-6734

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-

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



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





The Race...is never truly won.

Getting married, having children, rearing them, and then retiring into the sunset in a happy glow is never completely achieved without trial or turmoil.

As a teenage, I remember how little I thought my parents really knew. I can remember looking at them when they gave 'bits' of wisdom, and wondering what planet they had just visited. As a young adult, I began to realize how little I really knew. As a mature adult, I now know - that there is so much more to know!

When we can gain perspective on what we need to know and who is really in charge - that is when we are truly running an honest race.

As our children grow we can see those 'bits' that we have planted in them start to sprout and show fruit. It's this fruit that will truly determine if we have won our race.

Have we planted seeds of love, peace, integrity, motivation, and compassion? Or is there hatred, dissension, dishonestly, and disinterest? Our prize is our children's prosperity, and their children's prosperity in this life. We are

responsible for owning our lives and investing in theirs.

It's a wonderful place to be when you can look back at where your children stumbled and then look forward to see how strong they are walking in this life.

We must always keep our focus on the finish line but never get so fustrated that we quite the race early. It's not how fast you get to the finish line, but how well you ran your race. This is what our children learn from us...that finishing with excellence is their trophy in life!





Consignment Auction Saturday, April 19th, 2025 10:00 AM

6403 S. York Highway · Clarkrange, TN



Expecting tractors, construction equipment, tillage equipment, hay equipment, gates, feeders, and tools of all kinds.

Will receive equipment until Friday afternoon April 19th.

CALL TO CONSIGN:

Jeff Green (931) 397-4549 • Samuel Green (931) 397-4714



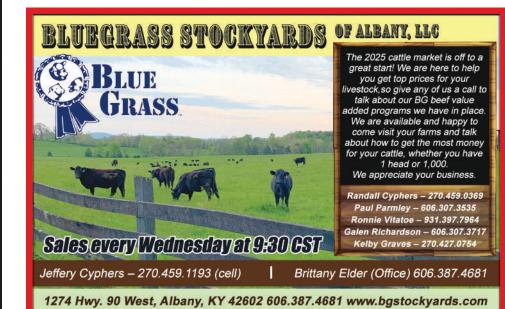
TERMS:

All items must be paid in full day of sale and before loading. 10% buyer premium will be charged on all items.



DEUTERONOMY 15: 10 - 11

Give generously to them and do so without a grudging heart; then because of this the Lord your God will bless you in all your work and in everything you put your hand to. There will always be poor people in the land. Therefore I command you to be openhanded toward your fellow Israelites who are poor and needy in your land.





A cloudy day is no match for a sunny disposition. - Anonymous



Children are like wet cement. Whatever falls on them makes an impression - Dr. Hain Ginott



Nestled in the recent development "The Village at Dale Hollow Lake", this 3.06 +/- acres is primarily wooded with some cleared acreage offering a gorgeous building site. Located approximately 1 mile from Dale Hollow Lake State Park and a premier 18 hole golf course. The property adjoins Lake Village Rd. This is your opportunity to own property near Dale Hollow Lake that is suitable to build your dream home or weekend retreat.

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Terms: 10% Buyer's Premium. 20% Deposit at conclusion of sale, with balance due in 30 days. Current Year's 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.





This double-wide mobile home sits on a 0.46± acre lot and offers plenty of potential for the right buyer! Featuring 3 bedrooms and 3 bathrooms this fixer-upper is a great opportunity for those looking to customize a home to their liking. The property features an attached carport, providing convenient covered parking and extra storage space.

With a spacious layout, the property provides ample room for a single-family residence, whether you're looking for a primary home or an investment project!





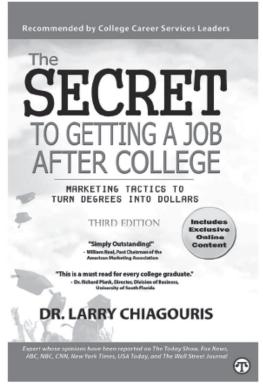
Some lobsters can live to be more than 100 years old.



What College Kids Need

(NAPSA)-To give college students something that'll help them for years, consider these job search tools and resources.

1. Give books on how to successfully navigate the job search process. One of the more popular books is "The Secret to Getting a Job After College: Marketing Tactics to Turn Degrees into Dollars." The newest edition addresses obstacles that college students have to overcome to make it through the job search process.



A great gift for near or recent college grads is a book that can help them get good jobs.

The author, Dr. Larry Chiagouris, is a professor at Pace University. He wrote the book after several years working in corporate America, where he realized most students don't have a clue how to find the best opportunities and then sell themselves to employers.

With this gift, you can provide much-needed guidance. The book provides answers to the tough questions employers tend to ask college students during an interview. It also has tips on preparing cover letters, résumés, and an online presence that can capture the attention of employers. A quick read (something students prefer), it's available from Amazon and Barnes & Noble.

- 2. Give a gift certificate to a printer or to Vistaprint.com, where they can purchase business cards. These can help students appear more professional than their peers who don't have them.
- 3. Provide gift certificates to clothing stores to help with interview prep. Many students don't understand the importance of a professional appearance when going on an interview. In his book, Dr. Chiagouris provides suggestions as to what to wear—and what not to wear. His bottom line suggestion: Avoid appearing too casual when going on an interview. Overdressing rarely hurts.

Learn More

For more tips, go to https://the secrettogettingajobaftercollege.com.







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





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



Take good care of the kid inside you. - Anonymous





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'Tell me about yer ma.'

Sweet Solutions For A Successful School Year

(NAPSA)—A new school year is upon us, and as students everywhere gear up for an exciting time of learning ahead, the best way to set them up for success is to gather all their back-toschool essentials. Help your child start the year on the right foot with these four tips for packing his or her backpack. Each pointer will keep any student on his or her A game for a fun and eventful first day.

- 1. Make a statement with your backpack. Select a pack that gives your child confidence to start a conversation with other students. Having favorite characters in common can begin any great friendship.
- 2. Carry the right writing utensils. Include a pencil case with pencils, highlighters, colorful pens, erasers and sticky notes to keep your child organized throughout the day.
- 3. Think beyond school supplies. Prepare your child for anything by adding nontraditional items such as an extra pair of glasses, sunscreen, an umbrella or a hat. Consider including a reusable water bottle to help your child stay hydrated all day.
- 4. Add delicious, fruit-forward snacks for fuel. HI-CHEW™, the immensely fruity, intensely chewy candy, is a satisfying snack that provides a bright explosion of real-fruit flavor. Made with real fruit juices and purees and 100 percent free of cholesterol, artificial colors, nuts and gluten, the candy will spark any kid's taste buds.

Snacks are especially important as the school year calls for students to be alert and energized between schoolwork and play. Top your back-to-school list with HI-CHEW™, available in a variety of formats and flavors for any child's enjoyment. Each 10-piece stick pack can easily fit in your child's backpack, lunchbox or pocket, perfect for always having a favorite flavor handy from the first bell



A snack between classes can improve your child's school day.

to after-school activities. HI-CHEW™ sticks are available in seven mouthwatering flavors, including Strawberry, Green Apple, Mango, Grape, Banana, Kiwi and Açaí. Each chew provides a burst of vibrant, real-fruit flavor and soft, chewy texture.

In addition to 10-piece stick packs, HI-CHEW™ mixed bags are available with individually wrapped pieces for a variety of fruity fun. Perfect to hand out for the whole class to enjoy or to pack in your pocket for a pick-me-up, there's a mix of chews for every child's flavor preference. The HI-CHEW™ Original Mix includes classic flavors such as Strawberry, Green Apple, Mango and Grape. There is also a Tropical Mix, which provides a refreshing assortment of exotic flavors, including fan-favorite Mango, Kiwi and Pineapple, perfect for children who want a taste of summer during their school day. No matter which mix you choose, each bag is great for sharing with classmates, celebrating birthdays and as a sweet reward for a job well done.

Where to Get It

For further facts or to order the tasty treat, go to www.HI-CHEW.com.

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Bidding Begins to Close April 14th at 10am

















Viewing April 11 - 1pm to 6pm Pick Up April 15 - 9am to 5pm
For all terms, information, & pictures check out our website!

Pick up & viewing location will be on Kempville Hwy in Carthage, Tennessee 37030.

Shipping is NOT available. All bidding will take place online. We accept Cash, Check, or Card (card adds 4% & must be processed day before pick up). 10% buyers premium added to establish final sale price. All lots are sold "AS IS" "WHERE IS" with no warranties or guarantees of any kind. Please read the full terms & conditions before registering to bid. Out of state bidders must call the auctioneer prior to bidding if they plan to pay with a check. Info in this advertisement is believed to be correct, but is not warranted.

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<u>Tract 1:</u> 71 Acre Farm fronts 207 feet on Granville Hwy. and 936 feet on Enigma Road. Beautiful Land, Hilltop Fields & Wooded Valleys. Improved with Two Barns and Other Outbuildings, Two Ponds, Fenced & Cross Fenced. This Hilltop Farm is Ideal for horses, Cattle & Other Livestock, Abundant Wildlife & has 3 Soil Sites Making it Ideal for Family Estate. Ingress & Egress to Property at 55 Enigma Road.

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WTF fun fact #13201

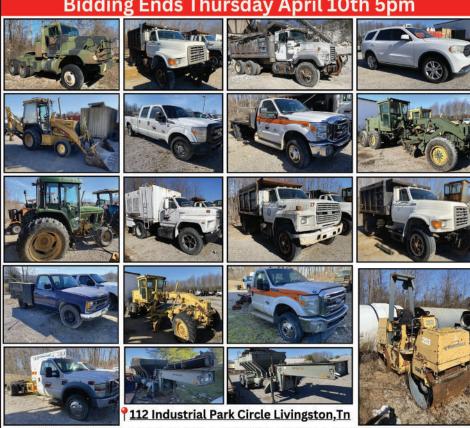
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Terms: All property in this auction sells "As is, Where is" having given the right to bidders to inspect prior to bidding. No Warranties or Guarantees.

Payment in full at time of sale. Cash, good check, or card (3%). 10% buyer's premium. Payment & Pickup: Friday April 11th 9-12pm



Blast-off at Safe Light | Weigh-In at 3:00PM **Breakfast and Lunch Provided**

REGISTRATION

For more information, please contact event organizer, Travis Williams (865)356-4794 or CASA Executive Director, Sherri Hundley (606)682-1522











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

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

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MISCELLANEOUS

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



HEBREWS 12: 1 - 3

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.

Litter Stinks by Lisa Luck



It is time to clean up litter. The buds on the trees have swelled and will bloom soon. The leaves have decomposed exposing the ground beneath. The grass hasn't grown yet this year which exposes litter - some even leftover from last year. If you think you see more litter lately - you do! It's been too cold for most people to get out and clean it up.

Litter does not clean itself. If you see a piece of litter on the road you will see it again the next day, and the next until someone stops and picks it up. The more litter there is on the roadside, the more litter will accumulate over time. This is because of two reasons. When people see litter on the side of the road they are more apt to throw out their own trash. Trash begets trash. Another reason litter accumulates is because the same people litter all the time. When cans or bottles are all the same size, the same brand, near the same place, that likely means it was done by the same person. It seems that if those few people were ticketed and required to clean up trash for community service, we would have a lot less litter in our community.

There is not enough money in the world, apparently, to keep the litter cleaned up. The State of Tennessee spends over \$22 million annually to keep our state clean. The U.S. government spends over \$11 billion annually. I can think of dozens of things where that money could be better spent to improve the life of others – but first -- the litter has to be cleaned up. There are over 6,000 pieces of litter along every highway mile. This can be dangerous for vehicles as litter can blow out into the highway and cause accidents. Littering, whether knowingly or negligently, is punishable under the Tennessee Litter Law. Litter is harmful for the environment and human health.

Keep America Beautiful Great American Cleanup began on March 20th on the first day of Spring. Take that opportunity to clean up your own neighborhood and community. Engage family and friends to clean up with you. Set up a hydration table in your front yard and provide snacks to volunteers. Cleaning up litter doesn't take long and is a good way to meet friends who also care about the environment.

Many people don't want to clean up litter because they don't litter. This is unfortunate because litter has a huge impact on everyone's quality of life. A clean neighborhood makes for a safer neighborhood. Cleanliness increases property values, reduces criminal activity, and provides a beautiful community for the enjoyment of both residents and tourists. Tennessee State Parks bring an estimated \$1.9 billion dollars into the economy annually. Community members can support their efforts by gathering litter along the roadsides and waterways that approach the parks. The taxes derived from tourism benefit all Tennessee residents. Let's work together to keep our community clean and beautiful!

Lisa Luck is a writer living in Cookeville, TN



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



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

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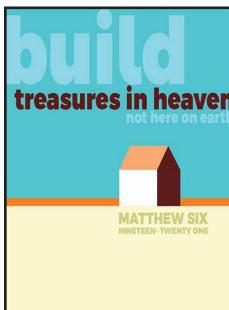


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one reason infant nutrition is so important is that brain cells of human beings multiply only until about eight months after birth. No matter how well a child eats later, additional brain cells cannot be developed.



Po<u>inters</u> For

Small Moments Make a Big Difference

(NAPSA)-There are about 74 million children in America today and if you're a parent, here's something you should know: involved fathers—whether they live with their kids or not-can help their children lead happier, healthier and more successful lives. Children who feel close to their fathers are two times more likely to go to college or find a job after high school, 80 percent less likely to end up in jail and 50 percent less likely to experience depression. The small moments kids enjoy spending with their fathers can make a big difference in their lives. If you're like most fathers, you're already doing what you can to be a great dad. Here's a look at five easy ways to keep it up.

What You Can Do

- 1. Spend time with your children.
- 2. Be a positive role model.
- 3. Send a text to stay connected when far away.
 - 4. Read to your children.
 - 5. Remember #DadJokesRule!

There has been a massive growth in fatherhood involvement over decadesfathers now spend nearly triple the amount of time with their children than fathers did in the 1960s.2

What Dads are Already Doing

Recent research suggests fathers are already very involved:

- 90 percent consider their role as a dad to be rewarding day in and day out.3
- 78 percent have talked to their child's teacher about progress in school.4
- · 61 percent have attended a PTA or other school meeting.5
- Over half have helped with a class trip, special project or activity.6
- Over a third of fathers have helped with coaching their children's sports teams.7

Even though fathers are largely more involved than in previous generations, dads today still want to be more engaged. Nearly half say they don't spend enough time with their kids and want to do a better job at parenting.8

To help more fathers understand the importance of their role in their children's lives, the U.S. Department of Health



Recent studies confirm that fathers play a central role in their children's lives.

and Human Services' Administration for Children and Families, the National Responsible Fatherhood Clearinghouse (@fatherhoodgov), and the Ad Council (@adcouncil) have partnered on a national Responsible Fatherhood Campaign.

"All dads should be supported and celebrated for their efforts on Father's Day and year-round because we know how the story ends for the kids whose fathers show up for them consistently-these children and families thrive," says Kenneth Braswell (@braswellkenneth), Director, National Responsible Fatherhood Clearinghouse and Fathers Incorporated.

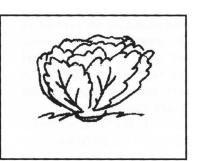
The campaign drives to Fatherhood. gov a free resource that offers information, tools and more. Dads can visit the website for ideas to get involved and stay involved in their children's lives. Other resources include activity suggestions, homework help, online games and a long list of dad jokes! No matter how busy you may be, make time for your children. It only takes a moment to make a moment.

Learn More

For helpful tips, tools, information, jokes and resources, visit www. fatherhood.gov.

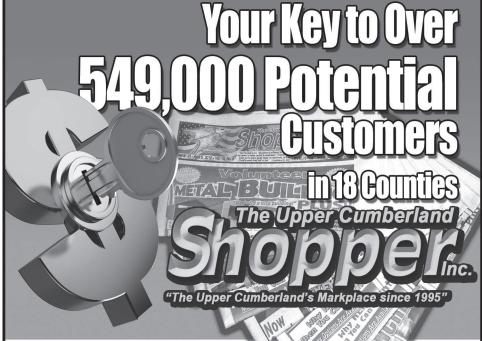
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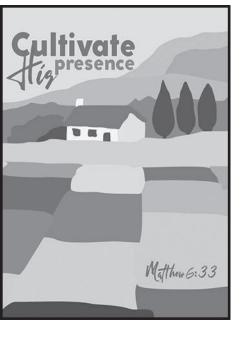
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"I told you it wasn't an aquarium."

Sleep Facts)

Three Cool Ideas For A Better Night's Rest

(NAPSA)—The next time you find yourself kicking your leg out of the side of your blankets to cool off or turning your pillow over because it's too hot—you won't be alone. Some 50 million Americans are affected by intermittent sleep problems, potentially created by bedding choices, according to the National Sleep Foundation—but you don't have to be.

Not many people realize it, but surrounding yourself with breathable fabrics while you sleep is essential for a restful night. Airflow matters because it lets heat naturally dissipate away from your body and helps keep your temperature regulated. Overheating can lead to a night of tossing and turning, leaving you groggy the next day because you didn't recover properly the night before.

What To Do

So what's the solution? It's possible to get more out of each day by enhancing your sleep environment. There are options that can cater to your individual sleep position, body frame and temperature to help you maximize recovery at night.

Consider these facts and tips for a better night's sleep:

1. There are 24 vertebrae in your back, eight of which are supported by a pillow and the rest by your mattress. Therefore, while you're sleeping, 30 percent of your comfort comes from your pillow and 70 percent comes from your mattress. This is why it's important to have the right fit of sleep equipment that supports your body's needs.

2. Get personalized. It's true that one size doesn't fit all—especially when it comes to your bedding. You might want



You may be able to sleep more soundly in a bed suited to your personal needs and dimensions.

to check out Bedgear, which offers a personalized Performance Sleep System and a Pillow ID fitting process, used by professional sports teams such as the Boston Celtics and Dallas Mavericks. The process is designed to fit people with individualized products for the best sleep every night.

3. Spend the last hour before bed away from electronics. Taking some time to relax and unwind calms your body and helps your brain transition more easily into deep sleep. At the same time, you're removing artificial sources of the blue light found in electronic devices that activates your brain to stay awake and can disrupt sleep.

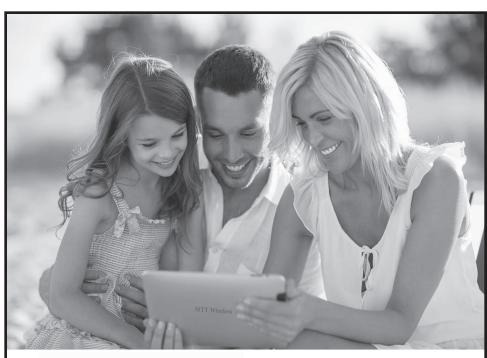
Personalization, coupled with fabric technologies that are engineered to promote airflow and assist with temperature regulation, can ensure that your sleep environment is optimized for the best rest.

Learn More

For further information on how to upgrade your sleep, visit www.bedgear.









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Recipe Korner

Beef Burrito Bowls

The best part about these beef burrito bowls is that they are totally customizable. I love beans, corn, rice and pico de gallo in mine but you could mix it up with your favorite guacamole or use quinoa as a base instead. You could also change out the protein for chicken, ground turkey or chorizo if you'd like!

1. Heat 1 tablespoon olive oil in a medium pot over medium heat. Add half of the onion and cook, stirring, until softened, 3 to 4 minutes. Stir in the rice and garlic and cook, stirring, until fragrant, 1 minute. Add 2½ cups water and 1 teaspoon salt and bring to a boil. Reduce the heat to low and simmer, uncovered, for 5 minutes, then cover and



cook until the rice is tender, 15 to 18 minutes. Remove from the heat; let sit, covered, for 10 minutes. Fluff with a fork and stir in the cilantro, lime zest and lime juice.

- 2. Meanwhile, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the corn, pimentos, scallions, ½ teaspoon cumin, ½ teaspoon salt and ¼ teaspoon pepper. Cook, stirring frequently, until warmed through, 3 to 5 minutes. Transfer to a serving dish and wipe out the skillet.
- 3. Add the remaining 1 tablespoon olive oil to the skillet over medium-high heat. Add the remaining onion and cook, stirring, until the onion starts to soften, about 3 minutes. Add the beef and cook, breaking up the meat with a wooden spoon, until browned, about 5 minutes. Pour off the excess fat.
- 4. Add the chili powder, paprika, and the remaining 1 teaspoon salt and $\frac{1}{2}$ teaspoon each cumin and pepper. Stir in $\frac{1}{2}$ cup water, reduce the heat to low and simmer until reduced, about 5 minutes.
- 5. Scoop some rice, beans, corn mixture and beef into individual bowls and add desired toppings.





ISAIAH 40: 6 - 8
A voice says, "Cry out." And I said, "What shall I cry?" "All people are like grass, and all their faithfulness is like the flowers of the field. The grass withers and the flowers fall, because the breath of the Lord blows on them.

Surely the people are grass. The grass withers and the flowers fall, but the word of our God endures forever."



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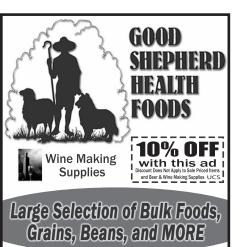


The highest of distinctions is service to others. - King George VI



When you get tired, learn to rest, not to quit. - Banksy





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"Well, not that we've quietly sussed out each other's political leanings, another beer?"





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Combating Cancer In Young Women Online

(NAPSA)-Women from the ages of 18 to 50 are the most active group of adult Internet and social media users. And even though women in this age group are less likely to get breast cancer than older women, it does happen. Now, three southern states are making sure these women have reliable online resources.

Tailored to the Territory

The program could be lifesaving throughout the country. African-American women are more likely to be diagnosed with breast cancer younger, and more likely to get a type of breast cancer that grows quickly and is hard to treat. Louisiana-especially the southern part of the state—has a large African-American population.

Dr. Donna Williams, director of the Louisiana Cancer Prevention and Control Programs (LCP), says she was surprised to see the number of women under 50 in the area with breast cancer.

Many of these cancers were found through a program started by LCP and local partners. The program sponsors two mobile vans carrying equipment to give mammograms, the recommended screening test for breast cancer. Still, diagnosis is just the beginning of the breast cancer journey.

Raising Awareness

LCP searched for breast cancer resources for young women on the Gulf Coast, but found only a handful. Practically none of them talked about fertility. early menopause or discussing cancer with kids-problems most older women with breast cancer don't face.

So, with a grant from the Centers for Disease Control and Prevention (CDC), LCP started a series of workshops just for younger women with breast cancer. It held meetings all over southern Louisiana and set up a Facebook account.

LCP called the project "Survive-DAT" after the rallying cry of New Orleans Saints football fans: "WHO DAT!"

Going Regional, Going Viral

When LCP applied for another CDC grant for the successful program, it had a big choice: keep SurviveDAT live or go totally online. While the in-person workshops drew only about 20 people at a time, the Facebook page had gained



Several online programs offer young women vital information about dealing with breast cancer.

more than 2,000 followers statewide. The decision was easy from there: It was time to go virtual.

All of Louisiana could be reached with the planned website. But why stop there? LCP also got in touch with cancer control programs in other states. Right away, Mississippi and Alabama signed on, creating SurviveMISS and SurviveAL.

The goal of the "Gulf States Network" was to reach 7,000 users online in the first year. It took only 90 days to exceed that.

Information Machine

A single small team manages the websites. Each site has the same look and basic structure and facts. Individual states can add regional information such as meeting dates and support group contacts separately.

All the websites share resources such as expert advice, survivor videos and frequently asked questions. Many conferences and other live events are also recorded or streamed live online.

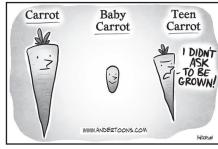
Looking to the Future

Dr. Williams and her partners want the project to keep growing. Already, cancer control programs in Arkansas and Florida have expressed interest.

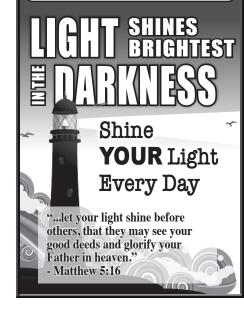
And there are more issues to discuss. Women often have concerns about fertility, a good reason to talk to a doctor before beginning cancer treatment. Many are interested in genetic counseling, or speaking with a professional before genetic testing about possible test results and what they could mean.

Learn More

CDC has a nationwide campaign about breast cancer in young women called Bring Your Brave. To find out about your risk and steps you can take, visit www.cdc.gov/BringYourBrave.







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- George Bernard Shaw

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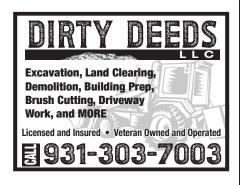


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"G.K. Chesterton was a famous English writer. He is held in high esteem for his poetry, respected for his work as a journalist and his works in philosophy. He was once named by Time magazine as a "man of colossal genius." Once, while traveling on a train, he became so engrossed in the book he was reading that he forgot his destination. As the train made its last stop, the conductor went to him and said, "Sir, this is the end of the line." He frantically searched his pockets for his ticket but could not find it. Not being able to find it, he looked bewildered and confused. Sensing his predicament, the conductor asked,

"Where were you going?" After a lengthy pause he said to the conductor, "I can't remember. I'll have to phone my wife and ask her." The writer of Psalm 80 recognized that the children of Israel had abandoned their relationship with God. With a heavy heart he prayed, "Restore us, O God, make Your face shine upon us that we may be saved." Realizing that they were going in the wrong direction he asked God to "restore them and save them." And He did! Throughout history, from the dawn of Creation until this very moment, God has never abandoned anyone. It is always the other way around: we have abandoned Him. A mother received a letter from her son in prison. In his despair he wrote her and said that he got into trouble because God had abandoned him. With a heart filled with love and sadness she wrote, "Son, if you do not feel the closeness of God it is because you have left Him."



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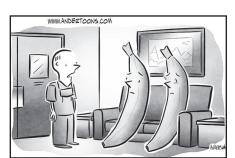
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"I'm sorry, it doesn't look good. If you have a good banana bread recipe, you should have it ready."

News For Older Americans

Four Tips For Better Managing Your Retirement Budget

(NAPSA)—A recent survey by Ameriprise Financial found that 68 percent of retirees with at least \$100,000 in assets have not yet taken money out of their savings, beyond what they must withdraw as part of the IRS' required mini-mum distributions from their retirement accounts.

It turns out that the transition from saving money to living off of those assets is much tougher for seniors to navigate than many realized. The Ameriprise survey found that just one in five seniors say they feel "confident" about how to draw down their retirement savings, leaving them fraught with uncertainty about how to manage their budgets.

Helpful Hints

Here are four tips that personal finance experts recommend for tapping that nest egg and making the most of your retirement years:

1. Revisit your monthly expenses. Many people do a good job of tracking their spending in their preretirement years and establishing projections for what they anticipate they will spend in retirement. But it's important to revisit those estimates and use your actual expenditures to fine-tune your average monthly expenses. This will give you a more precise handle on your spending needs and might also identify some areas where you can reduce spending.

2. Consider the bucket approach to income. A common approach to the asset withdrawal phase of retirement is to establish a "bucket strategy." This approach involves breaking your nest egg into three buckets: (1) The Cash Bucket (one to three years of shortterm income); (2) The Income Bucket (five to eight years of medium-term income); and (3) The Growth Bucket (10+ years of long-term income). As each of the first two buckets gets low on dollars, you replenish them with assets from the others. This helps you achieve stability in your cash flow and increases peace of mind.

3. Maximize the value of your assets. In addition to savings accounts and retirement accounts, you may have the ability to unlock value from assets that you didn't consider. For example, if you own your home, a reverse mortgage can free up cash for you while you still



With proper planning, you may have more cash for your golden years.

live there. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy. It's your personal property, so you have the right to sell it anytime. When you sell a policy—something called a "life settlement" transaction—you get a cash payment and the purchaser assumes all future premium payments, then receives the death benefit. Candidates for life settlements are typically 70 or older, with a life insurance policy that has a death benefit of at least \$100.000.

4. Keep a backstop in place. Financial advisers often recommend that you keep a cash backstop in place of perhaps 12–18 months' worth of living expenses. This will help cover unexpected costs (the biggest risk factor is health care expenses) and provide you with some reassurance that you can weather a sudden big-ticket item without having to cancel that long-planned vacation. Remember, it's your retirement; pay yourself first.

For seniors who have fine-tuned their expense budget, allocated their income into buckets that ensure cash flow, maximized the value of their everyday assets and put in place a cash backstop, there's no reason to hesitate to draw down your retirement accounts anymore. Just stick to your plan and stay the course.

For seniors who need additional cash flow for retirement, if they own a life insurance policy that they no longer need or can afford, they may be able to boost their retirement savings by selling that policy for immediate cash.

Learn More

For facts about life settlements, visit www.LISA.org or call (888) 891-8383.

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

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

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

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

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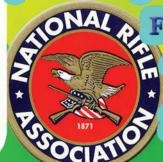
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FNGOURAGE

"Cast your bread upon

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- Ecclesiastes 11: 1

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the waters, and after

it again."

"Encourage" is defined in Webster's dictionary as "to inspire with hope, courage, or confidence." This is something all of us need in our daily lives, and sometimes it can be pretty difficult to find. All of us have had times of discouragement in our lives, and have been thankful to people who have encouraged us and inspired us to persevere in times of disappointment, heartache, tragedy, grief, or any other kind of difficulty that is certain to come our way at times in life. Often we look to leaders such as ministers, politicians, business managers, charities, and other professionals to offer encouragement during difficult times. Thank God that He has put them in positions where they can

be a blessing to many people; however, what is even more important than receiving encouragement is our willingness to give encouragement to others. We don't have to be particularly

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talented in this area in order to bless others. Letting your family, friends, and co-workers know that you appreciate even the little things that they do for you will go

Love grows out of encouragement. When we are inspired by others and filled with hope we naturally want to pass it along contagious. Hope naturally wants to be passed along to others. Consider what them a genuine, heartfelt smile.

Letting someone know that he or she is appreciated can turn around that person's entire attitude. Whether at work, at home, or any other setting, the person who is appreciated is more productive and will naturally bless many others is many ways. Remember that when we bless others

> we are also blessed in return.

So be sure to let people everywhere know that you appreciate them. Let them know you have confidence that they can do amazing

things in ordinary circumstances. Want to be encouraged? Then be an encourager! Remember, the blessings that you give away will return to you again someday!

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a long way towards blessing their lives. to others. That's right - encouragement is barriers fall down in people when you give



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JAMES 1: 22 - 25 Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it - not forgetting what they have

heard, but doing it - they will be blessed in what they do

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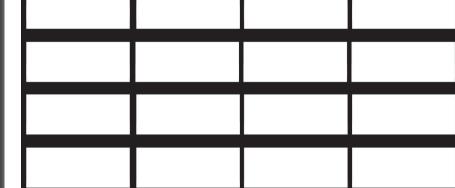
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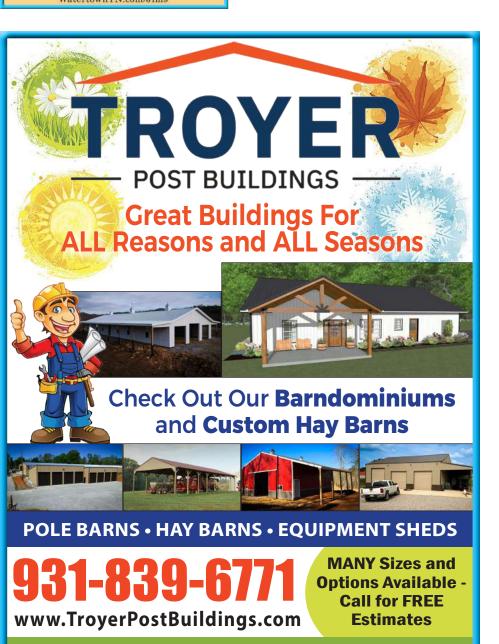








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