



# 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.



rdi-Wall" Brackets

Sturdi-Wall Plus<sup>™</sup> Brackets

Wet set for po

The Shopper Calendar Alert: Sunday, May 11<sup>th</sup>











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



# The Breath of Life

" Always be full of joy in the Lord. I say it again - rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and **Philippians** right, and pure, and lovely, and admirable. Think about 4:4-9 things that are excellent and worthy of praise. (NLT) Keep putting into practice all you learned and received from me - everything you heard from me and saw me doing. Then the God of peace will be with you."





'Ma'am, there's really nothing I can do until they've been missing for at least 24 hours. In my experience, the best thing to do is just leave it alone and they'll come home, wagging their tails behind them.'



"Yes, well I'm in Mother Goose and Goodnight Moon."





com/Race/TN/Cookeville/

HopeAdoptionAgencysMiles for

Kaici at 931-651-1412.

Spring Craft Fair and

Bake Sale Location:

Community Center,

743 Pleasant Shade

Hwy. Time: 9 am - 3

pm. Rain or Shine,

everything will be

May 15, June 19

**Third Thursday Live** 

Concerts Location:

Broad St., Cookeville,

TN. Time: 7:30 pm.

covering a variety of

music genres. This

series is sponsored

the public.

May 17

<u>May 17</u>

by the Cookeville Arts

**Strawberry Festival** 

Location: McCulley's

Amazin' Acres, 2857

Sparta, TN. Time: All

picture ops throughout

upgrade to strawberry

2nd Annual Daddy

**Daughter Dance** 

Location: Putnam

the farm. You can

Day Event. \$12 per

Old Kentucky Rd,

Council and is FREE to

**Pleasant Shade** 

Mom. For info contact

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

**Mav 10** 

inside.

**ONGOING:** Wilson County **Veterans Center** 112 Hartman Dr. Lebanon, TN. Food giveaway every Sat. 5am-10am. VVA 1004 meeting 1st Mon-5:30pm. American Legion 2<sup>nd</sup> Mon-5:30pm. VFW 50015 3rd Mon., 5:30pm. Meal provided before meeting 615-804-4404

Critical Need: The **Cookeville Regional Charitable Foundation** is in critical need of wheelchairs, bed pads; Dogwood Park, 30 E. shower benches/ seats. Please consider donating at 127 N. Oak A different band is Ave., Cookeville, at the featured each month, back of the building by the garage door. Call 931-783-2003

## 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 session. Bring your instrument, chair/blanket and join us to enjoy the music.

## May 10

Miles for Mom Hope **Center Adoption** Agency will hold the benefit race. Location: picking as well. 235 W. Main St., Cookeville, TN. Time: 8-10 am. Tickets are \$35 and can be purchased at runsignup.

Convention Ctr,

6000 Tennessee Ave., Cookeville, TN. Time: 5-9 pm. Tickets available now at: uppercumberlandevents.com **Delicious Finger foods** and drinks; FREE digital photo; Non stop entertainment. This is vour chance to create magical memories with your little girl. Moments she will treasure for a lifetime.

## May 20

Pages & Paws Location: Putnam County Library, 50 E. Broad St., Cookeville, TN. Time: 10 am. FREE event for ages 3-7. Buddy and Sky, will be back at the library for a story. Join us for fun and lots of furry snuggles.

## **May 20**

Blind Date with a Book Location: Plenty Bookshop, 41 West Broad St., Cookeville, TN. Time: 5:30-6:30 pm. Brings the fun and surprise of a wrapped book person, pay cash at the into lively discussion gate. Over 40 activities, format. Enjoy your baby animals, food and mystery read and engage in discussion and related activities.

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



2018 Hyundai Elantra 168K miles, Smith & Wesson SW22 Victory pistol NIB

TOOLS: ammunition, Utilitech 26" commercial fan, shop vac, Black & Decker cordless chainsaw, Green Works 1800 PSI pressure washer, 2 sets of car ramps, assorted tools, toolbox, two tankless water heaters, assorted hatchets, assorted hanging scales

FURNITURE: Antique twin size bed, what not shelf, Fauch wall clock, oak corner cabinet, ship captain door coffee table, table & 4 chairs, pie safe, stain glass lamp, crocks, marble top dresser, tv stand, 50" Vizio tv, wall clock, blue chair, mirror, matching wingback upholstered chairs, wooden pew/bench

ANTIQUES & COLLECTIBLES: Muhammad Ali framed poster, assortment of pottery, (2) John Wayne movie posters, Titanic & San Francisco earthquake newspapers, 11 wooden pipes collection, straight razor, Prince Albert tobacco can, porcelain pipes, Avon bottle, pool cue, 2 wooden canes, Jesus Sacred Heart print, stained glass window, Alvin C. York Memorial Grist Mill print, set of 4 fox hunting prints, mule print, Bird of Prey watercolor by Jerry Wilda, Pair of Bobcats pencil drawing by Doug Lindstrand, leather mule picture, wooden framed gold leaf mirror, 1941 Camp Forest TN group pic, Company C 44th engineer group regiment picture, Superman & Batman comic book metal signs, Pepsi-Cola metal sign, Chevrolet sign, board of bit braces, woven baskets, set of 3 framed book illustrations, Danone metal sign, (2) small churns/crocks, 1922 Peace dollar belt buckle, liquor jug, Carnival glass candy dish, 2 candlestick holders, blue hobnail glassware sets, George Washington memorabilia, Abraham Lincoln memorabilia, Robert E. Lee memorabilia, antique telephone, assorted records, Mickey Mouse book, marble book stand, 30" tall glass jar w/lid, (2) bee smokers, White Mountain ice cream churn, new queen size bed sheets, 3 sets of pink pitchers & 6 matching cups, thimble collection, Coca Cola crate, figurine collection, General Anthony Wayne whiskey bottle, assorted glassware, assorted lamps and

## MANY MORE ITEMS TOO NUMEROUS TO MENTION! SELLING FOR THE ROY WHITED RECEIVERSHIP

Directions: From the Hwy. 70W & Hwy. 111 intersection in Sparta head SE on W Bockman Way 1.3 mi.

Continue onto US-70 E 8.6 mi. Turn right onto Lovejoy Rd. Auction site on the left.

Terms: 10% BUYER'S PREMIUM. Cash or check day of sale.

## The Friendly Folks Selling Middle Tennessee and Beyond



David M. Simpson Broker, Auctioneer Lic.# 4532 Tiffany Simpson Co-Owner, Broker

931-273-5253 931-808-7080



# May 24th • 9am-5pm

UNDER 6 FREE — PARKING \$5 Includes tours of all Museums

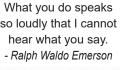
**26TH ANNUAL HERITAGE DAY** 

Antique Tractor & Engine Show Uncle Jimmy Thompson Old Time Fiddler's tional Championship with WSM Live Broadca Focus on 1920s: Decade of Change at Museums wards and Recognitions at Opening Ceremony World's Largest Whiskey Decanter Museum Artisans Demonstrating their Unique Crafts Huge Variety of Food and Craft Vendors Guided & Self-Guided Tours of all Attractio Entertainment Throughout the Day, Including Music, Cloggers, Magician, Ventriloquist





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





To avoid criticism, do nothing, say nothing, be nothing. - Elbert Hubbard



There are more than 2,000 registered saints, of whom around twothirds are either Italian or French. The first native-born American Roman Catholic saint was Mother Elizabeth Ann Bayley Seton.

The Upper Cumberland Shopper May 9 - 22, 2025 Page 5

120 CHAFFIN ROAD • LAFAYETTE. TENNESSEE

LARGE BRICK HOUSE • SPACIOUS WAREHOUSE



2.49 ACRES (2 TRACTS) • CITY WATER SOILS FOR SEPTIC • JUST OUTSIDE CITY LIMITS **CAR • TRUCK • SUV • CAMPER • PORTABLE CARPORT RIDING MOWER • GLASSWARE • FURNITURE COINS • JEWELRY** MR. EUGENE & MS. MARY EAST ESTATE SATURDAY, MAY 17TH, 9:00 A.M. (REAL ESTATE TO SELL AT 10 A.M.) LOCATION: 120 CHAFFIN ROAD, LAFAYETTE, TN 37083



DIRECTIONS FROM LAFAYETTE PUBLIC SQUARE: Travel Hwy. 10N (Scottsville Road), right onto Galen Road, left onto Chaffin Road to property on the right (signs posted).

**Real ESTATE:** Ladies and gentlemen, the subject property along Chaffin Road has been "The East Family" Homestead since the early 60's! This property consisting of a spacious brick house w/covered carport (built 1962, approx. 2000 sq. ft.). The layout is comprised of 3 bedrooms (possibly 4 or 5 bedrooms) / 1½ baths, living room, kitchen w/pantry, dining room, den w/fireplace, sunroom and utility area. The house is equipped with city water, electric A/C, gas heat. Other improvements include a large warehouse (2-story) w/open floor plan and lean to shed. This property containing 2.49 acres that has been surveyed, platted and staked to be SOLD in (2) Tracts.

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.

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

**EMPLOYMENT** 

Class A CDL Drivers Wanted: \$800 to 1,200

per week. Home at least 2

Now 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

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.

0216

9276.

days a week. Please call Gary at 615-260-6854.



**BEN BRAY & ASSOCIATES** PRIVATE SALES AND AUCTIONS 672 Hwy. 52 By-Pass W. • Lafayette, TN 37083 • (615) 666-2232 Di Zi NW, Sz Dył as W. \* Largette, IN 37063 \* (013) 0002232
125 E. Prince St., Suite 102 • Gallatin, TN 37066 • (615) 899-6089
BEN BRAY, AUCTIONEER - Lic. #4817, Broker Lic. #25022
Auction Firm Lic. #194 • Real Estate Lic. #250140
Ky. Lic. #7189 • Ky. Real Estate Lic. #24023

| ncement made day of sale takes precedence over all other advertising. |                                |
|---|--------------------------------|
| AGENTS  |                                |
| Joe Barber 615-888-7099   | Kelsey Goolsby 270-427-9555    |
| Tim Johns 615-655-2761  | Cayden Shrum 615-670-8972      |
| Penny Kirby 615-388-0441  | Landon Colter 615-633-5378     |
| David Painter 615-888-6786  | Nick Hill615-388-1186          |
| Stacey Brawner 615-388-5595   | Jennifer Sullivan 615-476-2062 |
| Necia Borders 615-633-8906  | Danielle Eldridge 615-489-7865 |
| Devon Bray 615-476-9232   | Whitney Shrum 615-489-6821     |
| Nicole Miller 937-750-2161  | Claudia Sullivan 615-388-9085  |
| Katie Jones 270-618-1617  | Kyle Woodard 615-388-7715      |
| Katie Bray 615-388-3224   | Jennifer West 615-830-4956     |
| Annette Morgan 615-633-6298   | A.J. Holiday 615-578-0465      |
| Cameron Roberts 615-388-5576  | Danya Cox 615-655-4196         |
| Nicole Carver 615-655-3621  | Karen Burrow 615-948-5973      |
| Jared Sullivan 615-670-7097   | Stephanie Gray 615-651-9471    |
| Caleb Fleming 615-655-7098  | Devin Shrum 615-670-3522       |

# ANIMALS

www.benbrayrealestate.com

4 Boxers for sale. Adults, beautiful brindle colors. registered. Call 931-261-7067

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. **Gideon:** male, brown brindle/white Australian Cattle dog/Pit Bull Terrier mix dog; 13 weeks old. Sundae: female, brown Tabby/White domestic shorthair mix cat, 3 years old. **Boo:** male, Brown & White Labrador Retriever mix dog. 1 year old. **Pippa:** female, spayed, calico domestic shorthair mix. 1 year 10 months old. Make room for a sweet companion!

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.

# CARS

1969 Ford 351ci Windsor V8 engine. 290hp, fresh. 1968 Ford FE 428ci V8, fresh. Too much to list, both are professionally built. Call 931-349-2616 - Cookeville, TN.

# HOUSEHOLD

ABSOLUTELY THE BEST - Your Kitchen Cabinet Headquarters. LOW PRICES Everyday. Finished & Unfinished Oak-Ready to Install Vanity-Ext. Doors-Windows-Kitchen Counter Tops-Tub & Shower Units-Laminate Flooring. Locally owned for over 24 years. BUDGET SALES -1930 E. Spring St. (I-40, exit 290) Cookeville, TN. Call 931-528-8879.

# **MISCELLANEOUS**

For Sale - Chevy R75-16 Wheels and Tires. Radials, good and even wear. \$395. Call for pictures, 931-668-9884

For Sale or Trade: Love inspired books, romance, inspirational or mystery. Call 931-607-2420.

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.

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

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







## WTF fun fact #13527

Did you know that the world's oldest living chicken is a 21 year old bantam hen named Peanut? She was abandoned as an egg but was saved by her owner, Marsi, from becoming a meal for a fox. She now lives on Darwin's Eden Farm in Waterloo, Michigan.



# Managing Heart Failure Is Worth The Effort

A study by the American Heart Association shows people with HF report spending more time on managing their condition; free app aims to make it easier

(NAPSA)—The American Heart Association, the world's leading voluntary health organization dedicated to building healthier lives, free of cardiovascular diseases and stroke, shared this month that more heart failure patients and their caregivers report they are putting more effort into managing this complex condition. In 2015, just 55 percent of survey respondents said they were working harder to manage HF. The latest study shows a 14-point increase, with 69 percent now putting effort toward the important daily task of managing heart failure.



The AHA conducted its annual survey as part of the Rise Above Heart Failure initiative, nationally supported by Novartis Pharmaceuticals Corporation, and found that while those diagnosed with heart failure and their caregivers are spending more time and energy managing the disease, they are benefiting. These two groups showed an increased understanding of heart failure since the survey was last conducted.

"It's important to understand heart failure or any condition you have been diagnosed with," says John Osborne, M.D., cardiologist and American Heart Association volunteer. "It allows you to ask better questions of your healthcare providers and take an active role in your health."

Through Rise Above Heart Failure, people living with heart failure can access free tools to help make the daily task of managing medications, symptoms and doctor's visits simpler. This includes an app called HF Path, designed to keep all aspects of heart failure management at a patient's—or caregiver's—fingertips.

Heart failure, which occurs when the heart is not able to efficiently pump blood around the body, can cause symptoms like breathlessness, persistent coughing, swelling and fatigue. "It's important for heart failure patients to track their symptoms day to day so they can alert their healthcare provider to any warning signs of worsening HF and get prompt treatment," said Osborne. "World Heart Day serves as a great reminder to us all to make a promise to better understand and advocate for our own health."

Download the app at heart.org/ HFPath.

The Upper Cumberland Shopper May 9 - 22, 2025 Page 7





## 2012 Ford Escape Limited 159,681 miles, 2021 5x8 utility trailer

FURNITURE: curio cabinet, corner shelf, China cabinet, book shelf, matching end tables w/compartments, coffee table w/ compartments, daybed, tv stand, tv, phonograph & records, Yamaha organ, wardrobe, computer & desk, table & chairs, dresser & wardrobe set, small dresser, 5 drawer dresser, leather couch & chair, Vizio 50" tv, Symphonic VHS & DVD player, Emerson VHS player, wooden paper towel dispenser, toaster oven, Lloyds radio, Peavey amplifier, Kenmore washer & dryer.

**ANTIQUES:** 2 milk cans, camper bird house, large antique mirror, Decorama Inc. smoking figurines, piggy bank, Avon bottle collection, cast iron golf toy, porcelain shoe, Illinois sewing machine, Singer sewing machine, glassware, oil lamp, popcorn machine, bowl & pitcher, what not box, whicker monkey, metal pirate box, jar of buttons, globe bookends, old telephone, Nylint toy ladder truck, Blue Ribbon popcorn can, (3) "Big Mouth Billy" fish toys, 2 bows, 2 chests, glass hen on nest, paddle, crosscut saw, antique seed sower, kraut cutter, drawing knife, frog collection, clothes washing tool, rug beater, unique bottle collection, seaman's chest, old set of bathroom scales, sword.

**TOOLS:** Worx leaf blower, tree pruner, step ladder, car ramps, animal cages, small vise, Dewalt saw blades, grease gun, (3) scythes, stock racks set, john boat, Black & Decker 6" bench, grinder, Troy Bilt weed eater. bolt bin

## AND MANY MORE ITEMS TOO NUMEROUS TO MENTION!

Directions: From the Hwy. 70S & Hwy. 56 intersection in McMinnville head north on Smithville Hwy. 10.9 mi. Turn left onto Sink Creek Rd. .5 mi. Left onto Haley Rd. Auction on the right.

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.

## The Friendly Folks Selling Middle Tennessee and Beyond



David M. Simpson Broker, Auctioneer Lic.# 4532 Tiffany Simpson Co-Owner. Broker

931-273-5253 931-808-7080

#### 303 W. Main St. McMinnville, TN 37110

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

# Ountry ONLINE ABSOLUTE AUCTION Real Estate 93+/- Total Acre Farmland **Lakes and Land**

**Realty/Auction** 

& Timber in 5 Tracts



Bidding Starts: Thursday May 15, 10:00am CST Bidding Ends: Thursday May 29, 2:00pm CST 4077 Huntersville Rd, Albany, Ky 42602





AKESANDLAND.COM FOR TERMS AND FULL AUCTION DESCRIPTION HUNTER SHEARER, BROKER / AUCTIONEER +606-306-2995 JAY CRAIG, AGENT/AUCTIONEER +606-688-3119



"Fine, have it your way. About your mother tell me."







Beautifully Maintained Brick Ranch Home on the South Side of Lebanon. 3 Bedroom, 2 Full Baths featuring a Nice Living Room/Dining Room Combination, Kitchen with Built-in Cabinets with a Converted Garage Mud Room to the side, a Den with a Slate Fireplace adjacent with a Sliding Glass Door to your Covered Patio and Parking Area.

TRUCK • FURNITURE • COLLECTIBLES • PERSONAL PROPERTY

**TRUCK:** 2012 Chevrolet Silverado 1500 · Low Mileage Approximately 15,000 Miles FURNITURE: Cherry Cumberland Valley 4 Piece Set · 4 Piece Bedroom Set · Cherry Dining Table w 6 Rose Carved Back Chairs · Victorian Medallion Settee · Oval Marble Top Tables · Turtle Top Marble Table · Rose Carved Victorian Chairs · Corner China Cabinet · Large Glass Front Curio Cabinet · Wood Kitchen Table w 6 Chairs · Glass Front Curio Cabinet · LazyBoy Leather Recliner · Upholstered Print Sofa · Upholstered Side Chair · Glass Front Book Shelf · Upholstered Swivel Rocker · Electric Singer Sewing Machine · Whatnot Stand · Sofa Table · Maple Rocking Chair · Dry Sink · Lift Chair · Yamaha Organ · Vintage Metal Patio Set w Glider · Picnic Table

**COLLECTIBLES / GLASSWARE:** Fostoria Collection: Water Glasses, Dessert Plates, Vinegar Cruet, Sherbet, Butter Dish, Water Pitcher, Serving Boat, more • #3 Crock • Prussia Bowls & Plates • Milk Glass • Dixie and Co China • Noritake China • Hand Painted China • Moss Rose Tea Set • Tea Set Hand Painted Japan • Tea Cups & Saucers Germany • Roseville Pottery • Assorted Fenton Hobnail • Nippon Chocolate Set • Pressed Glass Slippers • M-C Pitcher and Bowl • Porcelain Doll Collection • Budweiser Beer Stein Collection • Lions Head Hand Painted Clock • Hand Painted Brass Organ Lamp w 3 Shelves • GWTW Lamp Hand Painted • Seth Thomas Mantel Clock • Lunch Boxes: Adam 12 - no thermos, Disney Robin Hood w Thermos, NFL, Space Shuttle Orbiter Enterprise • Necessary Porcelain Pot • Tyco Train Set • Vintage Blow Mold Santa • Vintage Toy Box w Toys • Two Washboards • Coca Cola Clock

<u>KITCHEN / HOUSEHOLD</u>: Stemware Pressed Clear Glass • Pyrex • Fireking • Corningware • Assorted Serving Platters • Cast Iron Skillet • Bread Box • Kitchen Stoneware • Egg Plate • Pressure Canner Cooker • Microwave • Trash Can • Bedspread & Linens • Samsung TV • World Book Encyclopedia • Frames • Throw Rugs • Gilded Frames & Mirrors • Christmas Decorations • Wood Walking Sticks • Sombrero • Shop Vac • Deep Freezer • Whirlpool Washer • Amana Dryer

Call Jay White at 615-308-4421 or 615-444-0909 For Further Information



615.444.0909

# WTF fun fact #12800

Monkeys don't eat bananas in the wild, and they should not be fed bananas in captivity. Despite our popular depictions of monkeys snacking on bananas, their sugar content is too high and can lead to gastrointestinal problems and even diabetes.



# **AUGIUN** Saturday May 24th 10:00 AM











Terms: All inspections shall be made prior to the auction included but not limited to a lead based paint inspection at buyers expense. Ten percent down day of sale with balance due with deed in 30 days. Ten percent Buyers Premium will apply.

<u>GREEN ACRES</u> <u>Real Estate & Auction</u> 6403 South York Hwy. Clarkrange, TN 38553 (931) 863-3434 Jeff Green Principal Auctioneer #6001



(931) 657-7678 2920 Old Union Rd., Sparta, TN 38583 Residential and Commercial - Big or Small 30 Color Choices—Free Estimates!





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## Got Stress? Ancient Music May Be Cure

(NAPSA)—Although doctors at Harvard University found that just one bout with anger can increase the risk for heart attack within two hours for those prone to irregular heart rhythms, there are behavioral strategies to help people keep their cool and protect their heart. For many, that chill factor comes in the unusual form of chanting and listening to ancient mantras.

Enjoying the hypnotic sound of these soulful songs, a growing number of people find chanting or singing mantras—either aloud or silently—helps still the mind, improve memory and diffuse stress. <u>deva</u> premal



Ancient mantras set to music provide relief in today's high-speed lifestyles (and traffic jams).

"We get e-mails all the time from people sharing how listening to this music calms them, often mentioning road rage and attention deficit disorder," says Deva Premal, of the performing duo Deva Premal & Miten, the bestknown mantra musicians, who count His Holiness the Dalai Lama, Cher and Edward James Olmos among their fans.

The duo has been singing mantras with audiences around the world since 1991. They offer tips on using mantra meditation to experience more inner peace at www.DevaPremalUSA.com, where you can sample their music and download free text of mantras from many of the world's spiritual origins.





The shock produced by an electric eel generally reaches about 200 to 300 volts, enough to stun a person or light a neon lamp!

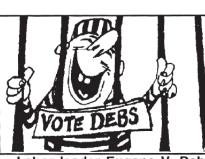
WTF fun fact #1746 Honey badgers have been known to eat porcupines and poisonous snakes, raid beehives, kidnap baby cheetahs and steal

food from hungry lions.



Star Trek's DeForest Kelley wanted to be a doctor in real life, but he couldn't afford medical school. Later on, some of his proudest moments as an actor were the number of people who told him his portrayal of Dr. McCoy inspired them to become doctors. "You can win awards and that sort of thing, but to influence the youth of the country...is an award that is not handed out by the industry."





Labor leader Eugene V. Debs received nearly a million votes for president in 1920, while in prison on espionage charges.





22.18 Acres Improved with 72'x48' Barndominium. Flexible Living Space both Upstairs and Downstairs, Land Lays Gentle to Rolling, Open Fields and Mature Wooded Areas, Property Enrolled in Greenbelt, Excellent Homestead Opportunity, The Possibilities Are Endless. High Speed Internet - United Communications

TRUCK • FARM EOUIPMENT • TOOLS • GUNS • MUCH MOR

VEHICLES / FARM EQUIPMENT: 2019 GMC 1500 SLT 602 L Leather 130,000 Miles 4x4 · John Deere 5300 3,254 Hours w/ 540 Loader · 200 JLG Man lift Model 15 sp · Case Tractor 480 w/ Loader · Ford Ferguson Tractor · Post Hole Digger · Bush-Whacker MD 84 · Farm Wagon · 4 Ft Bush Hog · Grader Blade · Go Cart · Small Utility Trailer · Large Yard Cart · John Deere Yard Cart · 6x12 Single Axle Trailer **TOOLS & HARDWARE:** Dr String Trimmer · 4 Werner Extension Ladder · 2- Wheel Dolly · Husky Pro Air Compressor · Coleman Cooler · Dewalt Kerosene Heater · Predator Generator 4000 · Stihl FS 56c Trimmer · Shop Rack · Steel Racks · Come Alongs · Floor Jacks · Bottle Jacks · Chainsaw Sharpener · Stihl MS 270C Chain Saw · Top Links · Swinging Draw Bars · Receiver Hitches · Oil Pan · Hand Saw · Grease Gun · Lincoln Welder · Battery Charger · Aluminum Walk Board · Ladder Jacks · Tuffum Fuel Tank (2) · Nuts and Bolts · Screws · Planer · Grinders · Dewalt Impact Drill · Dewalt Nailer · Bosch Nail Gun · Milwaukee Power Drill · Makita Hammer Drills · Tripod Land Level · Pipe Benders · Makita Skill Saw · Finishing Nailers (2) · Roofing Nailers (2) · Sears Router Drill · Rigid Pike Threaders · Milwaukee Driver Drill · Milwaukee Sawzall · Shop Series Table Saw · Tripod Leveler · Craftsman Sander · Dap C Air Tools · Shop Vac · Shop Lights · Fans · Tackle Box · Homak Tool Box · Ratchet Links · Ratchets · Wood Vice · Vice Grips · Measuring Squares · Allied 4 Vice

**<u>GUNS & ACCESSORIES</u>**: Browning 12 Gauge Model 30 Shotgun • Mossberg 20 Gauge Shotgun • Mossberg 12 Gauge Shotgun • Savage Model 110 30-06 Rifle • Remington Sportsman 48 12 Gauge Shotgun • Kel Tec9mm Luger Pistol • Ducks Unlimite Pellet Gun • Corpsman Optimus Pellet Gun • .22 Caliber Bullet Trap • Gun Vice • Gun Cabinet • Sentry Gun Safe 28 Inch • Brinks Safe 12 Inch

HOUSEHOLD ITEMS: Cast Iron Kettle • Singer Sewing Machine • Vintage White Mountain 5-Gal Ice Cream Maker • Propane Range 24 in • Brass Fire Extinguisher • Washer and Dryer • Black Stone Grill • Electric Knife Sharpener • Smoker and Grill • Refrigerators • Much More

Call Jay White at 615-308-4421 or 615-444-0909 For Further Information *Owner - Kevin Olsen* 





www.AgeeAndJohnson.com

For all sad words of tongue and pen, the saddest are these, "It might have been." - John Greenleaf Whittier

\*\*\*









433 F-150 XIT \$**33**,



**Denali** 4x4 GMG



PRICE \$36,092\*





æ







Stk. #3E0 3.6L V6, 8 all power

IIII CO

\$32,487

35

ALE \$30,980

#3E4009, 3.5L loaded, auto.,

**023 Ram 1500** 

019 Ford F-150XLT 4x4

\$29,512

3E03300, 5.7L V8, all power, only 28k

E

\$25,325

\$24.392

**SALE PRICE** 

4,311

**N** 

Stk. #3E04 V8, auto

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id XLE



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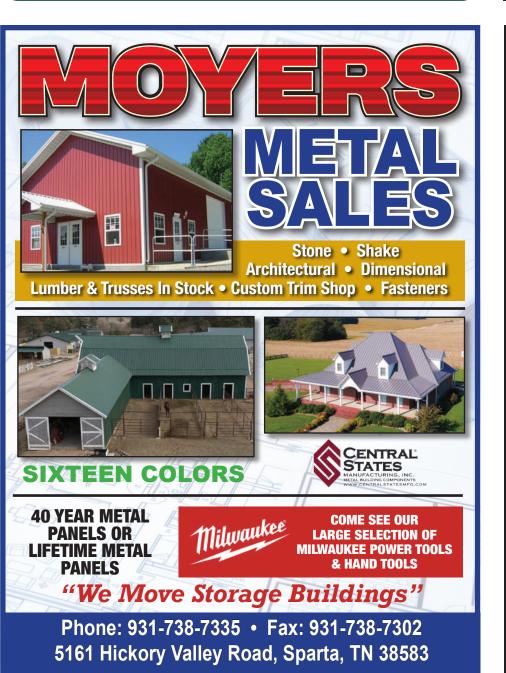


\*All prices are plus tax, title, license, and a \$699 doc fee. All vehicles are pre-owned, except where otherwise noted. Due to advertising deadlines, some units may be sold. \*\*See dealer for all details. The dealer is not responsible for typographical errors. \*\*\* Max amount to be doubled is <sup>\$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

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The Upper Cumberland Shopper May 9 - 22, 2025 Page 17

EAGLE

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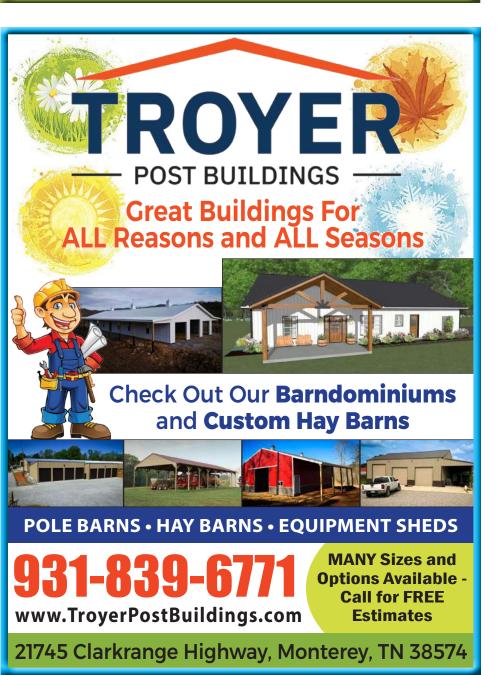


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# **Open Hearts Can Open Doors**



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.

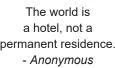
Children come to us because of emotional and behavioral disorders, physical or sexual abuse, substance abuse, or suicidal ideation or attempt. Our LifeSet program is a bridge from foster care to successful adulthood for young people who have experienced foster care.

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



Don't just go to Church; each of us must be the Church. - Anonvmous







The Upper Cumberland Shopper May 9 - 22, 2025 Page 19

D)

**Tennessee Classic Sportsman Show** 

White County Fairgrounds Agriculture Building 565 Hale Street • Sparta, TN

SATURDAY, MAY 17, 2025 • 9AM - 4PM

SUNDAY, MAY 18, 2025 • 9AM - 3PM

\$50<sup>00</sup> reserves 6ft. Table for Both Days

Professional



Few of us enjoy going to a dentist. The first words we usually hear are, "Open your mouth wide, please." Most of us from our previous experiences with dentists would rather keep our mouths shut. When the Psalms were written there were different ways to show favors to individuals. For example, if a king wanted to extend a favor to a guest he would sometimes say, "Open your mouth wide," and then fill it with gems or sweets. Our King said to us in Psalm 81, "Open wide your mouth and I will fill it!" What an unusual statement. Yet, when we think of it, our King's love is limitless and His might is measureless

and His knowledge of our needs is ever on His mind! What an encouragement to pray. When we pray we open our mouths and express our needs and desires to God. If, when we pray, we are earnest and expect God to hear us and if we have been obedient to His teachings and if in our prayers we are asking Him to bless our requests in a way that will honor Him, surely He will respond to our requests. God is able and anxious to meet our every need. If we have a loved one who has not accepted His grace, or if we have a need for food on our tables, or if we have a spouse or parent or child who is suffering with a disease that some say is incurable - are all gifts He is willing to grant us. We must never forget that God is able and anxious to hear us and help us if we "open our mouths wide in prayer."





The Shopper Calendar Alert: Saturday, May 17<sup>th</sup>

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MISCELLANEOUS

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

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# MISCELLANEOUS

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The Veterans Honor Guard - Honoring our Veterans. We provide military funeral honors for veterans at no charge. Request the services of the Veterans Honor Guard for any veteran who has been honorably discharged from any branch of the Armed Forces. Veterans Honor Guard. 370 S. Lowe Ave, PMB 212 Cookeville, TN 38501. Call 931-528-1333. Our lives are filled with stuff. "What do you mean by stuff?", you ask. Just that - STUFF. I'm not talking about going to work, spending quality time with our families, or doing all those routine tasks that we have to perform to keep our lives in some

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perform to keep our lives in some type of order. Webster's Dictionary defines STUFF as: "the material out of which something is made; substance; household or personal articles; unspecified material; worthless material." So there you have it. Just about everything that we have which doesn't fit in any particular category is "Stuff"- or Worthless Material!

So what? Well, it's the Stuff in our lives that gets in the way. What's NOT important is- the size of the engine in your new SUV; the dollar value of your bank account; the number of times you can afford to go out to eat during the week. Now we need to really focus on what IS important. The Bible says, "He must manage his own family well, having children who respect and obey him. For if a man cannot manage his own household, how can he take care of God's church?"

- 1Timothy 3:4-5.

I've discovered that God places tremendous value on the family structure. It's this very structure that has been

allowed to disintegrate in our society. Little by little, piece by piece, we have allowed the minority to direct and dictate

what should be of value. It's those very groups that have managed to deceive us into believing that we have selfish desires that must be met. When in reality - it's those very "apples"; those forbidden fruits- that have caused us to fail our families and allow our children to flounder.

We shouldn't need to preach to the choir. It's time to stop being so consumed with what we DON'T have, start looking at what we DO have, and at what we COULD lose. We are the majority. America was founded as a Christian nation. And the last time I looked- a democracy rules! So - Stand Firm! Stop working yourself to death for that fancy car or home that's too big anyway.

STOP! LOOK! LISTEN! Our children and our families need our attention -NOW, not LATER!



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"I think there's some sea-monsterism on my mother's side. Why?"



# **Recipe Korner** Start Your Day With A California Yogurt Cup

(NAPSA)—Many reach for yogurt for breakfast because it's convenient, tasty and healthy. This preparation also shows off its versatility. California Yogurt Cup makes a quick and delicious breakfast you can feel good about — high in calcium, protein, potassium and flavor. And you can make it with your favorite fruit so you can enjoy a new variation every morning.

The recipe combines creamy yogurt with fresh fruit for a refreshing taste. No-sugar preserves add a touch of sweetness and low-fat granola contributes satisfying crunch. It comes together quickly with plain yogurt and whatever fresh fruit you have handy, or you can experiment with different yogurt flavors and combinations of fruits and nuts.

Preparation is easy. Simply layer yogurt and other ingredients in a parfait cup or glass for an easy and delicious start to your day. Or if you're on the run, pop the ingredients in a plastic container and take it with you. Beyond breakfast, this tasty combination also makes for a satisfying and healthy snack.

Yogurt is a food you can feel good about eating any time of the day and is an excellent source of calcium. California is the nation's leading milk-producing state and is also a leading producer of many dairy products including butter, ice cream and yogurt.



The California Yogurt Cup is a healthy way to kick off the day.

California Yogurt Cup Makes 1 serving

- <sup>3</sup>⁄<sub>4</sub> cup nonfat yogurt (plain, vanilla or favorite flavor)
  <sup>1</sup>⁄<sub>2</sub> cup diced fruit
- 1½ teaspoons no-sugar preserves
- ½ cup low-fat granola

Spoon half the yogurt into a bowl or parfait glass. Add half the preserves and half the granola. Repeat with one layer each of remaining ingredients.

**Suggested variations:** 

Strawberry yogurt, sliced strawberries and bananas, strawberry preserves.

Peach yogurt, diced fresh or frozen peaches, 1 tablespoon toasted pecans.

Apricot mango yogurt, chopped dried apricots, 1 tablespoon toasted walnuts.

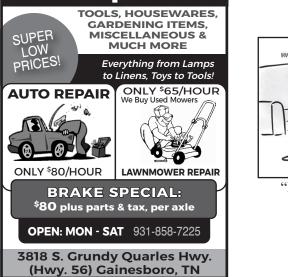
The Upper Cumberland Shopper May 9 - 22, 2025 Page 21





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# **Baillie Liquidators**





"How long 'till he toddles?!"

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# For The Birds by Lisa Luck



It is finally spring and the birds are super busy. They spend the day gathering small twigs, bits of plastic, and other construction materials to build their nests. Birds, when working together as a couple, can get a lot done in a short period of time. Next comes the waiting as the birds sit on the nest. Doesn't seem very long to us but for a mother bird -- just sitting there -- it probably seems endless. But that's actually the calm before the storm. The wide-open beaks of the little ones will line the nest soon and require one trip after another to keep them fed and quiet. It is a joy to watch the different birds building their nests and gathering food all around the yard.

It seems like a wonderful life. Birds don't have to focus on anything past or present. They live in the moment, doing what needs to be done so they can thrive and reproduce. It is not always as easy as it sounds. There are many dangers they must face as they go through their day-to-day activities. Cats are ever-present and ever-watching – waiting for a busy bird to become distracted. Their quick paws and sharp teeth make a quick end for an unsuspecting bird that sits too low on a bush, or pecks at worms on the ground. According to the American Bird Conservancy, approximately 2.4 billion birds are killed annually by domesticated cats. A cat's presence in a yard can impact the health of the birds by reducing nesting habits. Humane World for Animals estimate there are 30 to 40 million cats that live outdoors in the United States. Many of these are not spayed or neutered so have numerous kittens over their lifespan. Cats are the primary reason bird populations are decreasing.

The bright night lights that line city sidewalks and roadways are another danger for birds. Just like for people, the bright lights disrupt their circadian rhythms and interfere with their getting enough sleep. In the last couple of years, the city has installed bright lights that have changed the birds behavior in our neighborhood. Instead of the birds waking up at 5:00 am to start their day, they now awaken around 3:00 to 3:30 am. This can cause stress and shorten the lifespan of a bird. Migrating birds are at special risk because artificial lights can cause them to become disoriented. They can lose their way and become too exhausted to continue migrating to their destination. Bright lights at night can cause them to collide with buildings or windows as they head toward the light.

We can help our bird friends by keeping cats indoors and by turning out the lights at night. This will protect our bird populations. Birds are important to humans. They are pollinators and can assist in increasing harvests. They disperse seeds throughout the environment for a healthy ecosystem. They also eat many insects preventing infestations. A bonus is that they are fascinating to watch.

Lisa Luck is a writer living in Cookeville, TN



## 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.

Love me when I least deserve it, because that's when I really need it. - Swedish proverb



I love deadlines. I like the whooshing sound they make as they fly by. - Douglas Adams



"I'm playing Titanic."



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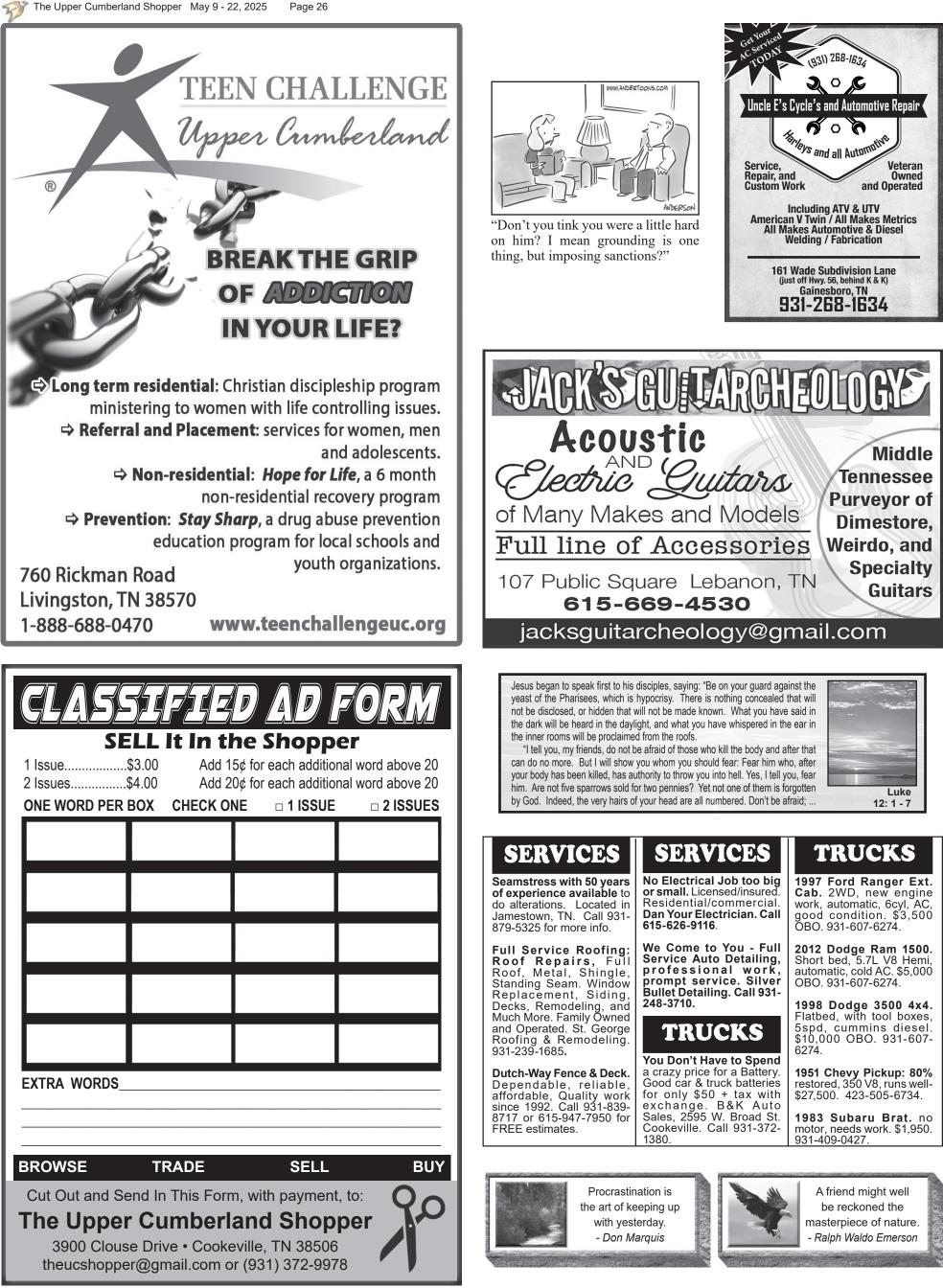
The Upper Cumberland's Marketplace Since 1995

<text>



"The stork's delivery is still four months away?! You should've gone Fed-Ex!"





The Upper Cumberland Shopper May 9 - 22, 2025 Page 27





The country with the greatest number of post offices is India, which has more than three times as many as the U.S.



full of suffering, it is also full

of the overcoming of it.

- Helen Keller

space between your dreams

and reality. If you can dream

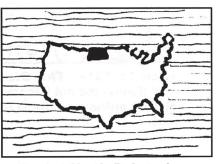
it, you can make it so.

- Belva Davis





Amos 5:24



Rugby, North Dakota is considered the geographic center of the North American continent.



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