

Let's Get to the Point! ou Havea See Our Google Reviews III-111 Keep it ALL at Home and ALL in One Place! jeff@containit.info **Locally Owned and Operated Serving All of Tennessee, Kentucky and Indiana**

17503 WOODLAWN LANE, WOODLAWN, IL

ONLINE ONLY • JULY 24/2025 5:00 PM

Mini Farm Retreat or Bed & Breakfast Opportunity in Woodlawn!

4 bedroom, 3.5 bath home- plus a spacious loft that could serve as a 5th bedroom- offering over 3,000 square feet of living space. Updated kitchen with modern flooring, spacious great room, fireplace, and lots of natural light. The primary suite boasts a luxurious bath 5 fully fenced acres. Two heated and cooled barns. one barn featurs a fully equipped apartment. Beautiful pond adds to the charm, offering scenic views. This property is a blank canvas waiting for the right vision. Ready to bring your



TOOL AUGTION

HUGE SELECTION OF ALL NEW TOOLS

ONLINE ONLY - ENDS ON 7/16/2025 - 5PM



See our website for terms and further information www.taylorauction.net

www.taylorauction.net



Taylor AuctionDouglas, GA – Marion, IL



618-889-6899

SALVAGE INVENTORY REDUCTION AUCTION EQUIPMENT AND SEMI PARTS



AUCTION ADDRESS:

SATURDAY JULY 19

> 9 A.M. CST

LIVE ON-SITE 1128 COMMERCE DRIVE JAMESTOWN, TN 38556

1 DAY AUCTION





LICKSKILLETAUCTIONS.COM

TERMS: BUYERS PREMIUM WILL BE COLLECTED FROM ALL ONSITE BUYERS ON ALL ITEMS. ADDITIONAL FEES WILL APPLY TO ONLINE BIDDERS.

ALL ITEMS MUST BE PAID FOR IN FULL ON SALE DAY. ACCEPTABLE FORMS OF PAYMENT INCLUDE CASH, CASHIER'S CHECK, PERSONAL OR COMPANY CHECK ACCOMPANIED BY BANK LETTER GUARANTEE, AND CREDIT CARDS ARE ACCEPTED FOR SALES UP TO \$3,000 WITH A 3% CONVENIENCE FEE.

ALL SALES FINAL AS IS, WHERE IS. ALL ITEMS MUST BE SELF INSURED.



























COREY KING | LICENSE #7145 LICKSKILLETAUCTIONS.COM

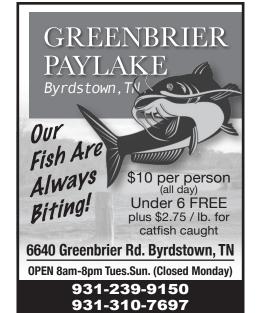
The Breath of Life

"So we must listen very carefully to the truth we have heard, or we may drift away from it. For the message God delivered through angels has always stood firm, and every violation of the law and every act of disobedience was punished. So what makes us think we can escape if we ignore this great salvation that was first announced by the Lord Jesus himself and then delivered to us by those who heard him speak? And God confirmed the message by giving signs and wonders and various miracles and gifts of the Holy Spirit whenever he chose."









Community Events Calendar



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

ONGOING:

Hebrews

2:1-4

(NLT)

Kids Art Class: The Cookeville Art Studio, 186A S. Walnut Ave., Cookeville, hosts kids art class every Monday from 4-6 p.m. Each class is \$15. Call 931-526-2424 or stop by at Cookeville Art to pre-register.

Summer Meals Program: PCSN will offer free meals for everyone up to 18 years old that is not attending Summer Learning Camp. Pick up meals from 10am - 1 pm at CHS and Prescott South: June 3,10,17,24; Monterey High: June 4,11,18,25; Upperman High: June 5,12,19,26.

Wilson County **Veterans Center** 112 Hartman Dr. Lebanon, TN. VVA 1004 meeting 1st Mon-5:30pm. American Legion 2nd Mon-5:30pm. VFW 50015 3rd Mon., 5:30pm. Free meal provided before meetings Contact: 615-804-4404

Free Food Giveaway for Veterans every Sat. from 5:00 am until it's all gone. At Uncle Pete's Restaurant. 1210 Sparta Pike, Lebanon, TN.

July 4 Red White & BOOM

Location: Putnam Co. Fairgrounds, Cookeville, TN. Time: 5:30 - 9:30 pm. Gates open at 4. Beginning the morning of Sat., June 29th with events carrying to the evening of Mon., July 8th, Cookeville knows how to show our country's independence. There's even a 1,000-ft waterslide through the middle of downtown! From Slide CKVL to cruise-ins to patriotic parades to firecracker flea markets to concerts to the 2nd largest fireworks show in Tennessee, there is something for everyone the Big Falls up close at this FREE, freedom event.

<u>July 4 & 5</u> 54th Annual Smithville Fiddlers' **Jamboree and Craft** Festival Location: Downtown Smithville, TN. Time: festivities start at 9 am on Friday. Live music, food trucks, vendors. Free admission and parking.

Celebration Location: White Co Rec Complex, 4201 Smithville Hwy., Sparta, TN. Time: 11 am - 12 pm. Come join in the fun as we celebrate Indepence Day. Food, craft vendors, live music, bounce houses, face

painting and so much

July 5

more.

July 7 The City of Cookeville's **Sounds of Summer** Location: Dogwood Performance Pavilion, 30 E. Broad St., Cookeville, TN. Time: 7:30 pm. This is a FREE concert series featuring The Sofia Goodman Group.

July 12 Kayak Float to the base of Burgess Falls Location: **Burgess Falls State** Park, 799 Cane Hollow Rd., Sparta, TN. Time: festivities start at 9 am. See and personal! Meet at Rec Area parking lot at 8:45 am. This is a 4 miles round trip paddle. Must be 12 and over to participate.

Wildcats Football **CLAY CLASSIC Skeet Shoot** Location: Crossville 772 Albert Frye Rd. TBA. Funds used to purchase safety for yahoo.com.

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

July 19 Overton Co. JR

Shooting Sports Park, 7th Annual FREEDOM Crossville, TN. Time: the players. For more info call 931-261-6332 or email: jcmelton21@



TENNESSEE TRAILER COMPANY, LLC

N in Cookeville

· 931-335-0971 (cell)





Large Selection of Trailers NOW On Site





2025 Legend Premium Aluminum High Side 6x10

2025 Legend Premium Open 7x14SA

Prices - You'll Be Glad You Did!



2025 Legend Premium Tilt Aluminum 7x14



2025 Cynergy Cargo 6x10SA



2025 Cynergy Cargo Advanced 5x8SA



2025 Cynergy Cargo 6 Wide 6x10SA



2025 Cynergy Cargo 6 Wide 6x12SA



2025 Cynergy Cargo 6 Wide 6x12SA



2024 Down to Earth Dump 6x12



2025 Cynergy Cargo 8 Wide 8.5x24TA

View Our Entire Inventory Online 24/7 www.TennesseeTrailerCompany.com

LIVE AUCTION

Quaint Lakeside Retreat! 2 BR, 1 BA Home w/ 2-Car Detached Garage 606 W. Main St., Smithville, TN 37166 Saturday, July 19th @ 10 am

Don't miss your chance to own this charming 2 bedroom, 1 bath home nestled just minutes from Center Hill Lake! Perfect as a weekend getaway, vacation rental or a cozy full-time residence. This property features an inviting courtyard ideal for entertaining guest or relaxing evenings and open light-filled living spaces with rustic charm. This peaceful, scenic setting is just a short drive to marinas, hiking trails and local dining. Come join us July 19th at 10 am.



Auction Agent: Brad Muse, Auction License: 6555

ATTENTION REALTORS -1% Broker Participation

Terms: 10% down day of sale, balance due on or before 30 days Taxes: Prorated

Possession: Date of Deed 10% Buver's Premium

Directions: From Murfreesboro, take Hwy 96 (Lascassas Pike), turn right on Hwy. 70 (Nashville Hwy.), left on W. Main St., property

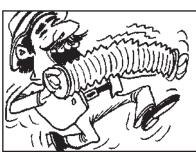


Special Note: Homes built prior to 1978 are subject to have lead-based paint. In accordance with federal law, all potential buyers will be allowed 10 days prior to sale to have the home inspected at

made day of sale take precedence over previous advertising



maplesrealtyandauction.com 615-896-4740



The concertina belongs to the same class of instruments as accordions and harmonicas. It was developed in 1829 by Sir Charles Wheatstone.





AUCTION SATURDAY JULY 12TH 5:00PM **2085 Old Jamestown Hwy., Crossville, TN**

GUNS. KNIVES. CRYSTAL, FISHING GEAR, COLLECTIBLES, FURNITURE



GENERALS WORLD WAR II COLT 45 PISTOL, HARD CROME W/ 24K GOLD ACCENTS, U.S. GOVT. FROM THE PHILIPPEN ISLAND.SPRING FIELD 45 CAL. MODEL 1911-AI, BRYCE 9MM., SACCY 9MM., HIGH POINT 40. HIGH POINT MODEL C9, COLT LIMITED EDITION WITH CASE.

COLLECTION OF FISHING GEAR, RODS, REELS, LURES, KNIVES, RUGS, CARNIVAL GLASS, CHRISTAL GLASS, LADDERS, BYCYCLE. FURNITURE - LIKE NEW LEATHER SOFA & LOVE SEAT, HIDABED, DEN TABLE WITH 4 ROLL AROUND CHAIRS, DROP FRONT SECRETIARY, 9PC.DINING ROOM SUIT. STEPBACK HUTCH. CHINA CABINET WITH CORNER BOOK SHELFS. ANTIQUE DROP FRONT DESK. NICE MAHOGANY BREAK FRONT CHINA CAB, 911-AI CHROME.

COLLECTION OF FISHING GEAR, RODS, REELS, LURES & MUCH MORE.

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

Page Auction

AUCTIO

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

Due to advertising deadlines, some items may be sold.

nts made day of sale take precedence over previously pr







Most fish would be arms were longer.



If you have one kid, you're a parent. If you have two or more you're a referee.

3 BR / 1 BATH BRICK HOUSE • BARN • SHED RAIN OR 2.46 ACRES (3 TRACTS) • CITY WATER AVAILABLE SOILS FOR SEPTIC • MACON/CLAY CO. LINE

CHEVY TRUCK • CROCK CHURN • MCCOY • QUILT TOPS PLUS OTHER GLASSWARE, FURNITURE & PERSONAL PROPERTY

In obedience to a decree of the Chancery Court of Macon County, TN the following described property will be SOLD on the premises to the highest bidder on:

SAT., JULY 19 9:00 A.M. cst

(REAL ESTATE TO SELL @ 10 A.M.) AUCTION LOCATION: 19559 CLAY COUNTY HWY. • RED BOILING SPRINGS, TN

CHANCERY COURT SALE: Kristin Reid Clerk and Master and Special Master; Case # 2024-PR-1437 - Attorney, Guy Holliman

REAL ESTATE: 3 bedroom/1 bath brick house w/covered porch (built 1964, ARAL ESTATE: 3 deprendent of the three home is equipped w/well water (city water available), electric A/C and gas heat. The property further improved with a barn and metal utility area. The property further improved with a barn and metal utility building. This property has been surveyed, platted and staked to be SOLD in (3) Tracts. TRACT #1: .63 acres fronting Clay County Hwy. approx. 145 feet. This tract is improved with a barn.

improved with a barn.

TRACT #2: .71 acres fronting Clay County Hwy. approx. 130 feet.

TRACT #3: 1.12 acres fronting Clay County Hwy. approx. 228 feet. This tract improved with a 3 BR/1 bath brick house and metal utility building.

TRUCK: 2009 Chevy Silverado Ext. Cab, 2WD, 4.3 V6, auto, (rebuilt title).

ANTIQUES • COLLECTABLES • PERSONAL PROPERTY

SELLED MG. SILVED MG. SERVED FERSON EXPORTED.

SELLER: Ms. Lillian Davis Estate, Ms. Sharon Franklin, Executor TERMS: Real Estate - 10% (non-refundable) deposit down day of sale and balance w/the deed. Macon Bank & Trust is offering non-qualifying terms on Tracts #1 & #2 by paying a total of 20% down and financing the remaining 80% payable monthly © 9.5% locked for 36 months and amortized up to a 10 to 15 year repayment plan depending on the amount of your purchase. Questions on bank terms, call Macon Bank & Trust 615-666-2121. Personal Property - cash or good check (positive ID required AUCTION AGENT: Ben Bray 615-666-2232.







Better

ASSOCIATES REALESTATE PRIVATE SALES AND AUCTIONS

BEN BRAY &

672 Hwy. 52 By-Pass W. • Lafayette, TN 37083 • (615) 666-2232 125 E. Prince St., Suite 102 • Gallatin, TN 37065 • (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

www.benbrayrealestate.com

AGENTS

Joe Barber 615-888-7099
Tim Johns 615-655-2761
Penny Kirby 615-388-0441
Jerry Shoulders 615-655-3989
David Painter 615-888-6786
Paulette Colter ... 615-388-7246
Stacey Brawner ... 615-388-2873
Necia Borders ... 615-633-8906
Devon Bray ... 615-633-8906 ENTS

Nicole Carver 615-655-3621
Matt Tuck 615-633-8691
Jared Sullivan 615-670-708
Caleb Fleming ... 615-655-7098
Kelsey Goolsby ... 270-427-9555
Cayden Shrum ... 615-670-8972
Landon Colter ... 615-633-5378
Nick Hill 615-633-5378
Nick Hill 615-838-1186
Jennifer Sullivan 615-476-2062
Jennifer Ross ... 615-473-7647
Danielle Eldridge 615-489-7865
Whitney Shrum ... 615-489-6821
Claudia Sullivan ... 615-388-7715
Jennifer West 615-830-4956

ANIMALS

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. **Jade:** female, German Shepherd mis, 2 years old.

Lilah: female, spayed,
Torbie & White domestic
shorthair mix cat, 2 years old. **Rico:** male, Boxer mix dog, 3 year old. **Percy:** male, neutered, Orange & white domestic shorthair mix. 2 year old. Make room for a sweet companion!

FREE TO GOOD HOME: One Long Hair white, black & brown male Guinea Pig with cage, water bowl, bedding. **Two Gerbils**, males, one white, one brown, with cage, water bowl, bedding. Call 931-284-9957.

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

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,

CARS

1958 Ford Thunderbird. 300hp, AC, automatic, runs well, good condition. \$20,000. 423-505-6734.

2002 Jeep Liberty 4x4. Automatic, all power. \$3,000. 931-259-8802 or 931-366-9745.

2008 Chevrolet 3500 Cargo Van: Newer Jasper V8 engine, Onan commercial generator -\$11,000 OBO. Call 423-505-6734.

1999 Mazda Miata Convertible: Red, Auto, Cold air, Good tires, Top, Drive anywhere - \$4,800. Call 931-808-0867.

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

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

FARMING

For Sale: 140 International Tractor: 1 point hitch, turning plow, disc, cultivators, scraper blade, bushhog, 1 owner, excellent condition - \$4500. Call 615-597-6858 or 615-684-

Farmall 100 offset tractor: full cultivators, 3 point hitch, many new parts - \$3,500. Call 615-489-1023.

Tractor Pull Bog. Ready to pull behind a tractor. \$650. 931-265-6258.

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

Juvenile Ducks available-(8) Swedish, straight run ĺ0 each; (2) Rouen - male & female pair- \$30 must go together. Farm pickup. Call or text 931-252-0176

HOUSEHOLD

ABSOLUTELY BEST - Your Kitchen Cabinet Headquarters. Your Kitchen 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.



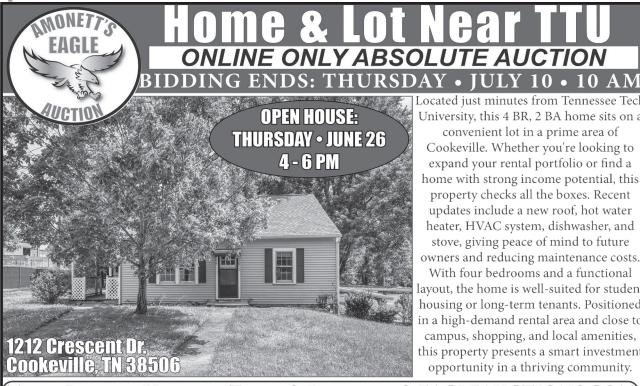
bigger if fisherman's - Anonymous



- Anonymous

Upper Cumberland Shopper July 4 - 17, 2025





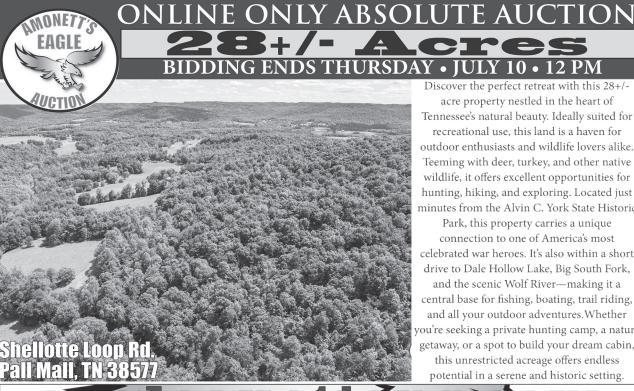
Located just minutes from Tennessee Tech University, this 4 BR, 2 BA home sits on a convenient lot in a prime area of Cookeville. Whether you're looking to expand your rental portfolio or find a home with strong income potential, this property checks all the boxes. Recent updates include a new roof, hot water heater, HVAC system, dishwasher, and stove, giving peace of mind to future owners and reducing maintenance costs. With four bedrooms and a functional layout, the home is well-suited for student housing or long-term tenants. Positioned in a high-demand rental area and close to campus, shopping, and local amenities, this property presents a smart investment opportunity in a thriving community.

MORE IMAGES, VIRTUAL TOUR & BIDDING @ EAGLEAUCTIONS.COM

Lee J. Amonett • Broker/Auctioneer • (931) 252-190

931-526-5335

Terms: 10% Buyer's Premium. 20% Deposit at conclusion of sale, with balance due in 30 days. Current Year Taxes Pro-Rated. Hor built prior to 1978, Buyer to sign a 10 day waiver of inspection for lead based paint. Possession with Deed. All Property selling "A 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.



Discover the perfect retreat with this 28+/acre property nestled in the heart of Tennessee's natural beauty. Ideally suited for recreational use, this land is a haven for outdoor enthusiasts and wildlife lovers alike. Teeming with deer, turkey, and other native wildlife, it offers excellent opportunities for hunting, hiking, and exploring. Located just minutes from the Alvin C. York State Historic

Park, this property carries a unique connection to one of America's most celebrated war heroes. It's also within a short drive to Dale Hollow Lake, Big South Fork, and the scenic Wolf River—making it a central base for fishing, boating, trail riding, and all your outdoor adventures. Whether ou're seeking a private hunting camp, a nature getaway, or a spot to build your dream cabin, this unrestricted acreage offers endless potential in a serene and historic setting.

AMONETT'S EAGLE AUCTION & REALTY 931-526-5335

Lee J. Amonett • Broker/Auctioneer • (931) 252-1907



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The Upper Cumberland

Classified Form Inside Back Co<u>ve</u>r 931-372-9978 • theucshopper@gmail.com www.TheShopperNetwork.com



What You Should Know **About Vaccines**

(NAPS)—Sometimes, what you don't know can hurt you. Consider this: Smallpox vaccines were used as far back as the Revolutionary War. This serious disease, which has killed more people than all the wars combined, has been wiped from the Earth by vaccines. It's a shame that recently the safety of vaccines has been questioned. It's time people focused on the facts.

Vaccines have long been one of the safest medical treatments. No credible study has proven otherwise. Just like other medicines, vaccines are approved by the FDA. By and large, the rewards



For your health's sake, give vaccination a shot.

of prevention are worth the small risk of any vaccine's side effects.

Another fact is that vaccines for mature Americans can save lives. When seniors get pneumonia shots, they could lengthen their life expectancy by FOUR years. Flu shots will also protect seniors from a debilitating illness with life-threatening consequences. Vaccinations are generally affordable and they are SAFE.

What To Do

If you have questions about a vaccine, talk to your doctors. They can explain the safety of vaccines and their importance to your health. There are three easy steps you can take to get protected:

- 1. Find out which vaccines you need. You can go to the RetireSafe website, www.retiresafe.org, and click on the vaccine icon on the left side of the home page. It will take you to a Centers for Disease Control and Prevention site that will ask you questions about you and your life. It will then give you a list of vaccines you may need.
- 2. Discuss the vaccines on the list with your doctor or health care professional.
- 3. Get the recommended vaccinations. That's it...that's all you have to do to be healthier and possibly add years to your life.

DING ENDS: TUESDAY • JULY 8 • 10 AM 1405 College St.

Home & 2+/- Acres

Set on 2+/- acres, this cozy 3 bedroom, 1 bathroom home offers 1300 sqft. of living space. The spacious yard provides room for gardening, outdoor activities, or future improvements. The home is in good condition and would make a great starter home, downsizing option, or rental investment. With just the right blend of comfort and opportunity, this property is ready for your personal touch!



3.64+/- Acre Tract

Park Rd. Pikeville, TN 37867

0.91+/- Acre Lot

More Images, Survey Plats & Bidding @ EAGLEAUCTIONS.COM



HOUSEHOLD

357 Ruger Security Six -

\$500; 6 ft pull type farm disc - \$300; 2" Receiver

wheel chair carrier - \$400; 10" Kobalt table saw. new \$400. Call 615-642-6191.

MISCELLANEOUS

New, boxed, King Dish DT4400, Tailgater 4, fully automatic, portable, HD, Satellite TV antenna for RV's. Will sell for \$300.

BF Goodrich Knobby

Tires. 3 ply sidewall, LT/255/75R17 - 111/1080 MNS. 1 tire never used.

\$300 for all 3. Call 615.

14 x 40 Mennonite Built

Call 931-316-9730.

648-3572

Spencer, TN 38585

Lee J. Amonett • Broker/Auctioneer • (931) 252-1907

Terms: 20% Deposit Day of Sale, balance due in 30 days. Current Year's Taxes Pro-Rated Possession with Deed. Selling by Agreed Order in Van Buren County Court Case No 2024-CV-41. All Property selling "As Is, Where Is" both surface and subsurface with no warranties. Bidders should complete their own due diligence prior to bidding. Announcements & Updates Take Precedence Over All Other Advertising.

MISCELLANEOUS MISCELLANEOUS

Clothes Dryer for sale, works great, bought new set, comes with cord - \$100. \$575 each; Natural gas or propane logs; Dual fuel torpedo heater. Call 423-Call 931-864-1028. **30.06 Savage 111** - \$200; **9 mil. Beretta Arro** - \$500;

CASH FOR GUITARS! Specifically seeking: Harmony, Kay, Teisco, Airline, National, Kent, "Sears" & "Dimestore" vintage. Call or text Jack. 615.669.4530.

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

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

Large Beatles poster. Yellow Submarine, framed behind glass and signed by John & Paul. With C.O.A, \$500. Call 615-489-1023 or philipmelon@yahoo.com.

CASH for Comic Book Collections. My son and collect comic books and looking for a collection to buy. The older the better! Send pics or contact us at comicdad48@hotmail.com or text/call 615-802-2500.

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

300 Craftsman Lawnmer. Ride on tractor, in good condition. \$600. 931-265-

Honor Your Loved Ones. Large assortment of monuments, vases, date cutting, custom sketched, and more. Affordable, experienced, and professional. Harris Monuments 246 West Bockman Way Sparta, TN. Donnie Daniels 931-205-

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

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

Buy - Sell - Trade

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



I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave himself as a ransom for all people. This has now been witnessed to at the proper time.





For more into call (615)/35-9001 or go to HeartlandKŁandAuctions.com

1 Carat Diamond **Hoop Earrings** NOW ONLY \$699

3 Carat Diamond Solitaire Rings NOW ONLY \$1,999

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Large Assortment of Levian, **Lafont, & Citizens Watches**

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470 NEAL STREET. COOKEVILLE. TN · 931-525-7325



Life consists not in holding good cards but in playing those you hold well. - Josh Billings



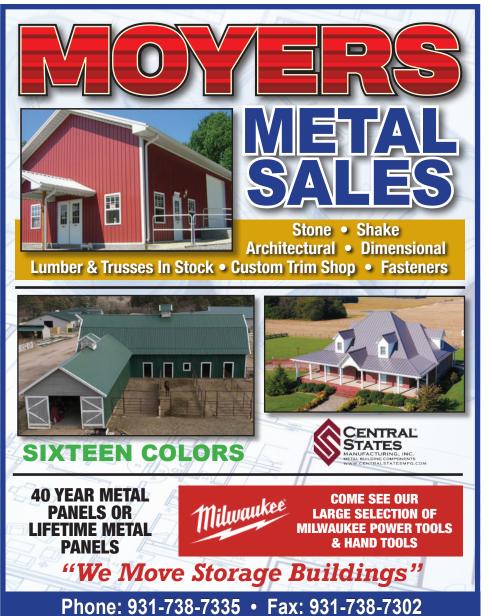
In the long run you hit what you aim at, so aim high. Henry David Thoreau



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







5161 Hickory Valley Road, Sparta, TN 38583



Emily Roebling oversaw the completion of the Brooklyn Bridge when her husband, the chief engineer, became paralyzed in an accident.





"Every now and then it is good to take a "morning inventory" and reflect on the grace of God. This morning when I opened my eyes I thanked God for protecting me while I slept. As I turned off the alarm clock, I thanked Him for sounds and my hearing. As I rested for a moment before I got out of bed I could feel my beating heart which He kept going while I slept. As I stood up, I thanked Him for my balance, healthy legs and my slippers. As I took a shower, I thanked Him for the warm water, shampoo, soap, a towel and a mat on the floor to keep me from slipping. Then I continued by thanking Him for a

mirror, razor, deodorant and on and on until I thanked Him for all of the articles of clothing He provided for me to wear today. And then I thanked Him for the words of the psalmist that reminded me of His promise: "no good thing will He withhold from those whose walk is blameless." It was then that I had to pause in deep humility and gratefully thank Him for His love and grace that I do not deserve. It is so easy for me to accept the gifts of God - including my salvation - without realizing that everything I have or ever have had are gifts from God. And as I reflected on that verse the word blameless kept ringing in my ears as though it was my friendly alarm clock. I, of all people, am certainly not blameless. As I meditated on the word blameless for a few minutes and thought about everything I am or have, it's not because I am blameless. It's because of His unending love and grace!

Saturday **July 19, 2025** 10:00 AM

607 RIDGECREST LANE, LEBANON, TN 37087

STORY BRICK HOME IN PRESTIGIOUS FIVE OAKS NEIGHBORHOO **3-CAR GARAGE • IN-GROUND POOL -**



XCELLENT OPPORTUNITY IN AN UPSCALE NEIGHBO

6,360 sq. ft. (per tax record) Brick Home Featuring 5 Bedrooms, 4 1/2 Baths, 3-Car Attached Garage, Large Den and Living Room, Oversized Custom Kitchen with Granite Countertops and Viking Appliances, In-Home Office with Custom Cabinetry, Grand Master Suite with Built-In Jacuzzi, Walk-In Tile Shower, His/Her Walk-In Closets, Upstairs Features 4 Bedrooms, Large Split Level Bonus Room, Second Story Covered Balcony Overlooking Custom In-Ground Pool with Built-In Hot-Tub and Slide.

VEHICLES: 2018 Nissan Rogue - 80,902 Miles · 2022 Cadillac Escalade - 75,052 Miles · 2020 Tesla Model 3 · 2020 Tesla Model X

FURNITURE: 10ft Dining Room Table - 3 Leaves, 7 Chairs · 3-Pc Black Leather Living Room Set (Loveseat, Chair, Sofa - All Reclining) • 3-Pc King Bedroom Suit • Extra Full Bedroom Suit • Wingback Fabric Chairs - 2 • Haverty's 2-Pc China Buffet Case · Granite Top Coffee Table · Glass-Top Hall Table · Office Desk · Metal Back Barstools - 5 · Glass Top Bedside Table · RS Gaming Chair

HOUSEHOLD • PERSONAL PROPERTY • MISC.: Bravos Front Load Dryer • Candle Holders • Lamps • Sony Flatscreen - 2 • Samsung Flatscreen - 3 • Flower Arrangements · Yamaha Baby Grand Electric Piano

Call Pruitt Jones at 615-927-1667 or Hayden White at 615-587-1152 For Further Information Estate of Dr. Alexander Badru - Frank Lannom, Administrator Subject to Probate Court Confirmation



615.444.0909

www.AgeeAndJohnson.com

WTF fun fact #9591

Of the 4% of the 250,000 to 300,000 known edible plant



ONLINE ONLY REAL ESTATE AUCTION 6187 HIGHWAY 127 N | CROSSVILLE, TN 38571



BIDDING BEGINS TO CLOSE: Wednesday, July 23rd at 12PM - Noon (CT)

OPEN HOUSE:Monday, July 21st from 11AM - 1PM (CT)

Newer single-wide on a level 0.64+/- acre lot Approx. 1080 SF with 2 bedrooms & 2 bathrooms with an additional room/office

Open kitchen, living room and dining room Kitchen with large island with bar seating & eat-in area 5 min from I-40 Exit 317 & less than 15 min from downtown Crossville Cumberland County Parcel/Tax ID: 062 007.00

FOR MORE DETAILS, TERMS & ONLINE BIDDING VISIT: www.powellauction.com



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AUCTION & REALTY.



Discover the perfect blend of country charm and opportunity with this 7.52± acre property nestled in the scenic heart of the Chanute Community of Pickett County, TN. Tucked away in a peaceful rural setting, this beautiful tract offers a mix of open space and natural landscape

ideal for those seeking privacy and potential. The property features an unfinished barndominium, offering a fantastic head start for anyone looking to create their dream home. Whether you're envisioning a cozy family homestead, a hobby farm, or a weekend retreat, the framework is already in place—just bring your vision and finishing touches. With plenty of acreage to explore, there's ampl room for gardening, animals, recreation or additional structures. The location offers the tranquility of country living while still being within a reasonable drive to local amenities

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

under the direction of Pickett County Chancery Court Case No 2025-PR-7. 20% Deposit Day of Sale, balance onfirmation. Auction Conducted Subject to a 10 Day Raise Period. All Property selling "As Is, Where Is" both bsurface with no warranties. Bidders should complete their own due diligence prior to bidding. Announceme



Julie Raines • Clerk & Master • (931) 823-2536

This 3 BR, 1.5 BA home sits on a 3.66± acre lot and offers 1276 sqft. with plenty of potential. Inside, you'll find hardwood floors and a functional eat-in kitchen, providing a warm and comfortable setting. The full basement adds valuable storage or workspace options. With a spacious yard and a convenient layout, this property is ideal for someone looking to add personal touches or invest in a long-term home. Also selling a small inventory of personal property!

OPEN HOUS<u>e:</u>

Terms: Selling under the direction of Overton County Chancery Court Case No 24-PR-78. RE: 20% Deposit Day of Sale, balance due apon Court Confirmation. Auction Conducted Subject to a 10 Day Raise Period. Home built prior to 1978, Buyer to sign a 10 day vaiver of inspection for lead based paint. Possession with Deed. PP: Payment & Pickup shall be Monday, July 21 from 4 - 6 PM locate. at 141 Little Jaybird Ln., Monroe, TN 38573. Possession with Payment. Cash or Check Only. No Shipping Where Is" both surface and subsurface with no warranties. Bidders should complete their own due dilige Announcements & Updates Take Precedence Over All Other Advertising.

merson Ave., Cookeville, TK 931-526-5335





Save Money And Power

(NAPS)—The U.S. Department of Energy estimates 25 to 40 percent of the energy used for heating or cooling a home is wasted. Contaminants in the heating and cooling system cause it to work harder, and shorten its life. Even with filters, the HVAC system still gets dirty through normal use.

A clean system doesn't have to work as hard to maintain the temperature you prefer, it uses less energy and you save money while breathing clean.

So it pays to get your heating and cooling system cleaned regularly. More



For healthy air in a healthy home and lower heating and cooling bills, get your HVAC system cleaned.

than just duct cleaning, this involves all the components the air stream touches throughout the system.

According to the National Air Duct Cleaners Association (NADCA), proper cleaning of an entire system takes technical skill and attention to detail. That's why it's important to find a contractor specifically trained and experienced in this type of cleaning. NADCA members possess general liability insurance, are trained and tested regularly, sign on to a code of ethics, and must clean and restore your heating and cooling system in accordance with NADCA standards.

To learn more, visit www.Breathing-Clean.com. To find a NADCA member nearby, go to http://nadca.com/en/prosearch/all. To see more money-saving ideas, watch the video at https://youtu. be/hImvxVyZvQE.

WHEN EVERY DETAIL MATTERS, MICHELLE'S GOT YOU COVERED LIST WITH CONFIDENCE



FEATURING MY NEWEST LISTINGS!

stripped down

• This beautiful,

to the studs and

47 Blue Berry Drive

: Pikeville, TN 37367 **\$285,000** #1515180

rebuilt by the seller
a licensed contracthe buyers to pick features/colors and improve on the project depending upon the phase we're in when they jump into the contract. The land has a slightly sloping established yard with

large deciduous trees, and has forest surrounding it for privacy. Wrap around porch will be improved to consist

of a timber pitched craftsman style roof, A naster ensuite with laundry/ mud room will Hurry and make your

271 Anderson Road

Palmer, TN 37365

has the bones, you provide the imag-ination! The views \$387,000 #1514806 • • • • • • • • • • • • are beautiful. 5.6

acre location, overlooking gorgeous farmland, and a mile or so from Savage Gulf Park, where you can hike to waterfalls a short

distance from this property. Unused well and public water, needs

updates and some remediation for the basement, brand new secluded, brick, full

room and a glassed-in sun-room. Make your iew it today!



Lot 561 Simmons Rd.
Pikeville, TN 37367

\$29,900 #1515768

Priced 10,000 under original purchase price, and it's a gorgeous wooded to with access to county utilities and road! Beautiful and road! Beautiful

level land on the Cumberland Plateau, in the highly sought after Wheeler Elementary School District. Septic will need to be installed (this appears to be sandy/loamy soil perfect for perking).

Water is your choice, (either public or well). Electric and Fiber Optics available. No building permits are required in Bledsoe

Electric are the only inspections required to build!



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Home & 114.60+- Acre Farm • Open Ground • Pond Dale Hollow Lake • Mature Timber • 8 Tracts

Bidding Ends Thursday July 24th 3pm



114+- acre farm of rolling pasture and mature marketable timber nestled just of the banks of Dale Hollow Lake at Willow Grove! Whether you are seeking a cattle farm operation, hunting tract, or recreational property with homesite development potential this farm is for you. Also, this 114+- acre farm is improved with a solid country home featuring a full basement, covered front porch, enclosed back porch, and is a perfect home away from home near the lake. Do not miss this great investment opportunity selling Absolute and in 8 tracts.

















To bid & for survey plat visit: TNbid.com





Challenges of Wet Weather Farming

Wet weather farming refers to agricultural practices adapted to manage the challenges of excessive rainfall and saturated soil conditions. This includes strategies for soil management, crop selection, and infrastructure adaptation to minimize negative impacts on yields and farm operations.

Soil Issues:

Excessive moisture leads to soil compaction, erosion, and nutrient leaching, impacting plant growth and soil health.

Delayed Operations:

Wet conditions can hinder planting,

harvesting, and other field work, leading to

shorter growing seasons and potential yield losses.

Disease and Pests:

Saturated soils create favorable environments for fungal diseases and pests, increasing the risk of crop damage.

Flooding and Infrastructure:

Heavy rainfall can cause flooding, damaging crops, infrastructure, and equipment.

Livestock Management:

Wet pastures can lead to hoof damage, soil compaction, and disease for livestock.

The Upper Cumberland Shopper July 4 - 17, 2025

Chancery Court Auction Selling Absolute

Saturday ~ **July 19 @ 10:00** am

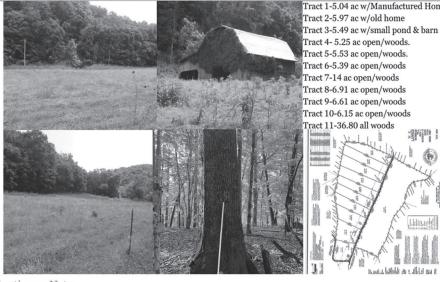
95.28 Acres + or -, Big Timber, 1988 Double Wide, Barn, Pasture, Old home place, selling in 11 Tracts. City water avail. Estimated 300,000 board feet of timber. Tracts 3-10 to be regrouped with 10% increase.



Location: 455 Hurricane Branch Ln. Gainesboro, TN From JCCH: Take Hwy 53 to Hwy 56, Left onto Hwy 56/Hwy 53N, continue 3.4mi, Right onto Hurricane Branch Ln. 0.7mi, see signs

CHANCERY COURT AUCTION SELLING ABSOLUTE

95.28+/- Acres, w/Manufactured Home, Old Home Site, Barn, Small Pond, Creek, Great Building Sites, TIMBER, TIMBER, TIMBER



Auctioneer Note:

We are pleased to offer this 95.28 surveyed acres with manufactured home, old home site, Barn and small pond. Selling in 11 Tracts. Lots of marketable timber with several building sites. Close to town and Cordell Hull Lake. Tracts 3 through 10 to be regrouped with 10% increase.

Contact: Mickey Sircy 615.735.7865 or Sherrie Loftis 931.268.9516

Terms: 10% down day of sale (NON-RE FUNDABLE DEPOSIT) balance at closing Taxes: 2025 Taxes to be Prorated.

Possession: Date of Deed NO Buyers Premium!!!

111 South Union St. Gainesboro, TN 38562 931-268-SOLD (7653)



Mickey Sircy Auctioneer 4559 Cell 615-735-7865

For more information see our website at highlandseliteauctiongroup.hibid.com



Any announcements made day of sale takes precedence over all advertisements. All information deemed to be correct but not warranted of guaranteed, Real Estate Sold "As Is" <u>TINY HOME - 4 BAY BUILDING - SPORT CARS - VEHICLES - PERSONAL PROPERTY</u> ON-SITE ABSOLUTE AUCTION! SATURDAY JULY 19th 2025 10:00 A.M. CENTRAL 4:00 to 6:00 PM



"FOR A REAL DEAL

French is the official language of 32 countries.







They will neither harm nor destroy on all my holy mountain, for the earth will be filled with the knowledge of the Lord as the waters cover the sea. In that day the Root of Jesse will stand as a banner for the peoples; the nations will rally to him, and his resting place will be glorious. In that day the Lord will reach out his hand a second time to reclaim the surviving remnant of his people from Assyria, from Lower Egypt, from Upper Egypt, from Cush, from Elam, from Babylonia, from Hamath and from the islands of the Mediterranean. He will raise a banner for the nations and gather the exiles of Israel; he will assemble the scattered people of Judah from the four quarters of the earth.



Isaiah 11:9-12

Home, Barn & 176+/- Acres **ONLINE ONLY ABSOLUTE AUCTION** ENDS TUESDAY • JULY 15 • 10 AM Guns • Jewelry • Personal Property



on 176.6 surveyed acres, this two-story home offers space and comfort in 2,736± sqft of living area. The main level features 2 BR and 1 BA, a spacious eat-in kitchen, and a large living room with a fireplace. The home boasts a full walk-in basement offering an optional third bedroom, full bathroom and plenty of space for a rec room and additional living area. A generous side deck

provides great outdoor entertaining space, and the attached two-car garage adds convenience and storage. The property offers a perfect blend of recreational and agricultural appeal. The land is rich in marketable timber and teeming with wildlife—especially turkey and deer—making it a haven for hunters and outdoor enthusiasts. In addition to the wooded acreage, the property includes open pasture and hay ground, providing potential for farming or livestock. Whether you're looking for a private retreat, hunting land, or a working farm, this versatile tract delivers. It will be offered in 3 tracts by a new survey.



OPEN HOUSE: TUESDAY , JULY

Lee J. Amonett • Broker/Auctioneer • (931) 252-1907





Nothing in the world is friendlier than a wet dog. Anonymous



What comes from the heart reaches the heart. Anonymous

2 Cabins & 65+- Acres ROCKY TOP REALTY Woodland Unrestricted • Private

Bidding ends Tuesday July 8th 3pm









To Bid & For Complete Auction Terms, Visit:

before 30 days. 10% buyer's premium. 2025 property taxes are prorated to the date of closing. All bidding takes place online.

2 rustic cabins situated on 65.22+- acres of young to mature woodland. Nestled in the hills of Tennessee this recreation property is move in ready with privacy and convenience wrapped into one. Perfect for a large family or taking care of aging parents. Selling ABSOLUTE and in 1 tract!



CROSS ROADS
#6589 AUCTION GROUP



22.38+/- Acres • Interstate 40 Frontage **Unrestricted • High Visibility • 4 Tracts**

Bidding ends Thursday July 10th 6pm



22.38+- acres of unrestricted woodland fronting I-40 just 10 miles west of Cookeville and 60 miles east of Music City USA. 1,200 ft fronting the interstate and 1,400 ft fronting Old Baxter Rd at exit 276. Selling ABSOLUTE and in 4 tracts!



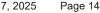
Clint Conner Real Estate Broker/Auctioneer (931)644-7149 TO BID & FOR COMPLETE TERMS VISIT TNBID.COM

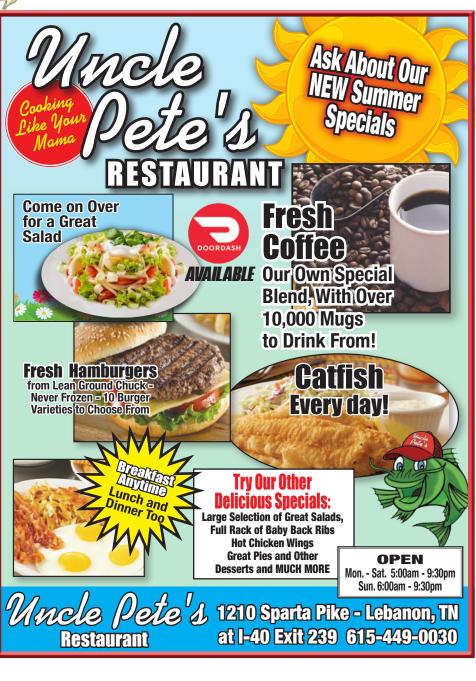
Terms: All property in this auction sells "As is, Where is" having given the right to bidders to inspect prior to bidding. No Warranties or Guarantees. 15% deposit with the balance due on or before 30 days. 10% buyer's premium. 2025 property taxes are prorated to the date of closing. All bidding takes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





The Upper Cumberland Shopper July 4 - 17, 2025





MISCELLANEOUS

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

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

Are You Short on Storage Space? We Have YOUR Solution! 20' ad 40' storage containers. Our prices will surprise you! Store it all right at home. Locally owned and operated. Serving all of TN, KY, and Indiana. www.containit.info. 317-409-9000.

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

WRITERS WANTED: Let's share our stories. Memoir, Essay, Poetry, Fiction, Non-Fiction. All Genres & Ages Welcome! Contact: TennTM38501@gmail.com

Now is a great time to study God's Word! Free lessons by mail. Study at your own pace. Certificate of completion given. Write: Discover Bible School, PO Box 645, Crossville, TN 38557.

MISCELLANEOUS

Wood Stove: Chimney kits, other piping accessories available; Miller Thunder bolt welder. Call 423-505-6734.

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

DO YOU NEED EXTRA CASH? Want to buy arrowheads and other Indian rocks. Best prices paid. Call 931-668-9884.

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

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 VA to obtain Healthcare, Compensation, Pension Survivor Benefits, Burial Benefits & more. Assistance offered in obtaining military records, discharges from TN state records or the National Archives. Hours are Mon.- Fri. 8am to 4pm. Anyone can call for Mark Harris or Thomas Jacobs at 931-526-2432.

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

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

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

Find it all in The Shopper!

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

We Pay CASH for your Junk Car. No title required. Werner Scrap Metal. Bryan Werner, Call 931-260-8558.

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

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



"The verb isn't the only part of that sentence that's irregular."



Recipe Korner

Indulge Yourself Healthfully...With Mangos

(NAPSA)—Luscious mangos. They are chock-full of fiber, bursting with antioxidants and provide a tropical zing to any humdrum salad. This Spinach Salad with Mango Vinaigrette is composed of good-for-you spinach, walnuts and tomatoes plus creamy blue cheese and succulent mangos that transform this salad into a dish straight from paradise.

At only 300 calories per serving, this salad is perfect as a side dish or you can double up the amount for an ideal meatless meal. Your family will love this crunchy, juicy, tangy salad that provides a balance of important nutrients. Mangos provide more than 20 essential vitamins and minerals, are an excellent source of vitamins A and C and are rich in fiber. Since they're available year-round, mangos can be your goto source for sweet, indulgent flavors anytime of year.

Spinach Salad with Mango Vinaigrette

Makes 4 Servings Prep time: 15 minutes

1 (10-ounce) bag baby spinach

1½ ripe mangos, peeled, pitted and cubed

1 medium tomato, cored, seeded and finely chopped

1/2 cup walnuts, toasted and chopped

% cup green onions, sliced

% cup crumbled blue cheese freshly ground pepper, to taste

Mango Vinaigrette ½ mango, peeled, pitted and pureed



Mangos can help you make the most of a simple salad.

- 3 tablespoons extra virgin olive oil
- 3 tablespoons white balsamic vinegar
- 1/4 teaspoon salt

Instructions:

To Make the Spinach Salad: Place spinach, mangos, tomato walnuts and green onions in a large bowl. Drizzle with Mango Vinaigrette and toss well to coat. Add blue cheese and toss again very lightly. Serve immediately with freshly ground pepper.

To Make the Mango Vinaigrette: Combine mango, extra virgin olive oil, white balsamic vinegar and salt in a blender container or small food processor; blend until smooth.

Nutritional Analysis Per Serving (4 servings): Calories: 300, Calories from Fat: 180, Total Fat: 20g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 10mg, Sodium: 420mg, Total Carbohydrate: 30g, Dietary Fiber: 6g, Sugars: 18g, Protein: 6g, Vitamin A: 70%, Vitamin C: 80%, Calcium: 15%, Iron: 15%.

Following are tips from the National Mango Board to get the most out of the mango experience:

- Color isn't the best indicator of ripeness. To determine if a mango is ripe, squeeze gently. A ripe mango will give slightly but not be too soft.
- To ripen firm mangos, store at room temperature. They will continue to ripen, becoming sweeter and softer over several days.
- Once ripe, store mangos in the refrigerator for up to five days.
- Mangos may be peeled, cubed and placed in an airtight container in the refrigerator for several days or in the freezer for up to six months.



Page 15

To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people." like other people - robbers, evildoers, adulterers - or even like this tax collector. I fast twice a week and give a tenth of all I get.'

"But the tax collector stood at a distance. He would not even look up to

heaven, but beat his breast and said, 'God, have mercy on me, a sinner.' "I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."



Luke 18: 9 - 14



514 N. Willow Ave. (Next to Dominos) - Cookeville, TN Ph. 931-526-CAFÉ (2233) Fax 931-520-GRIL (4745)





"If I say 4+4=7 it's wrong. If you say 4+4=7 it's wrong. But if the entire first grade says 4+4=7, well, now she has to take us seriously.'



Bakery - Deli Spices - Candies Local - Honey - Sorghum Mrs. Yoder - Fruit Cakes



Manager: Mark Hostetler Tue. - Fri. 8AM - 5PM Sat. 8AM - 4PM Closed Sun. & Mon.



A person who aims at nothing is sure to hit it. Anonymous



You cannot plow a field by turning it over in your mind. - Anonymous

FRY DRI

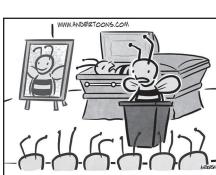
CLASS A and CLASS B - CDL License Required Top performers earn over \$85,000 annually Weekly Pay • Home Nightly



615-699-5080

Performance Feeds, LLC 2784 Bethany Road, Red Boiling Springs, TN



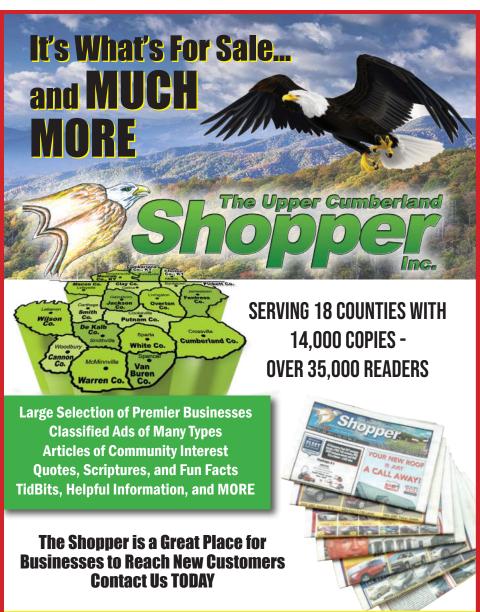


died doing what he stinging some random guy one time."



The Upper Cumberland Shopper July 4 - 17, 2025





Discover The Latest Travel Trends In A Surprising Spot

(NAPS)-Nestled between the Tennessee River and the Great Smoky Mountains in Eastern Tennessee is charming Loudon County—an underrated travel destination and a very special place to visit in Tennessee. Loudon has been called the ultimate affordable mountain lake vacation with everything from local shopping and family-friendly activities to breathtaking views and outdoor adventures.



Tennessee Grown

Agritourism is an ongoing trend and one of Loudon's biggest charms, with a number of farms in the area producing Tennessee-made goods and products. Sweetwater Valley Farm, a beautiful family dairy farm, produces award-winning farmstead cheeses, offering samples as well as full farm tours to see how everything is made. The Seed to Sandwich Café is a must-visit, serving up grilled cheese sandwiches and milkshakes made from Sweetwater's own products. Windy Hill Farm & Preserve is a peaceful, all-inclusive getaway on 650-acres. The on-site restaurant's ingredients are harvested on the property, and the resort offers a range of rustic outdoor activities, from beekeeping to wine hikes. Loudon also has seasonal farm activities throughout the fall, including Maple Lane Farms Legendary Corn Maze, the pumpkin patch and petting zoo at Deep Well Farm and Dead Man's Farm's famous haunted house.



Dine Like a Local

With culinary travel on track to be another big trend in 2024, Loudon County boasts local flavors with exciting twists at many of the beloved restaurants in the area. Monkey Town Brewing is a brewpub in the historic train depot in downtown Loudon serving 20 draft beers and a versatile menu. If there's one thing Tennessee knows it's good barbeque, and Loudon County is no exception. Smokin' F, Sons of Smoke and Calhoun's are three of the best spots in the area, highlighted along The Visit Loudon County BBQ Trail. From live music to craft beer, each of these spots boasts something completely unique, along with amazing barbeque.



Loudon County, TN is known for its spectacular natural beauty, fun farm fairs, delicious dining and fantastic fishing.

Antiques, Boutiques & Charming **Main Streets**

Culture and connections are inspiring leisure travel for 2024, and Loudon County is a small-town destination with locals that treat you like family. Downtown Loudon and Lenoir City have charming main streets with small-town businesses that specialize in everything from beautiful clothing to antique furniture. Shop new trends at Brikel Boutique, a mother-daughter owned clothing shop that specializes in styling/consulting, or peruse The Tennessee Homestead Exchange's inventory of everything from soaps and lotions to coffee and handmade art; everything here is produced by locals within 30-40 miles of Loudon.



Lakeway to the Smokies

No Tennessee vacation is complete without enjoying some time in the state's beautiful wilderness. Loudon boasts both lakes and rivers in addition to easy access to the Smokies, making way for diverse outdoor adventures. If you're looking for things to do in Tennessee, enjoy lake activities on Fort Loudon Lake and hike the scenic East Lakeshore Trail. Play a round of golf at one of five top-rated courses in the Southeast designed by some of the sport's biggest names, including Greg Norman. Loudon is the perfect weekend trip from larger cities like Atlanta, Knoxville and Nashville.

In 2024, travelers are interested in slow travel destinations that boast natural beauty and landscapes. Loudon County Tennessee encourages visitors to immerse themselves in the local community and culture for an authentically stunning experience.

Learn More

For further facts, visit www. visitloudoncounty.com.

Phone: 931-372-9978 • E-mail: theucshopper@gmail.com • www.theshoppernetwork.com The Upper Cumberland's Marketplace since 1995



Brick Home & 0.43+/- Acres • Commercial **Potential • Basement • Personal Property**

Bidding Ends Thursday July 31st 6pm







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

Auction Preview Monday July 28th 4-6pm

This brick home is situated on surveyed 0.43+/- acres in the vibrant heart of Livingston, TN, featuring four bedrooms and two bathrooms. Take your pick COMMERCIAL or residential. Improved with large carport, full drive out basement, and located near everything. Bid now on this ABSOLUTE auction! We are also proud to offer a large selection of pesonal property

TO BID & FOR COMPLETE INVENTORY VISIT: TNBID.COM











ROCKY TOP REALTY

CROSS ROADS #6589 AUCTION 🔦 GROUP

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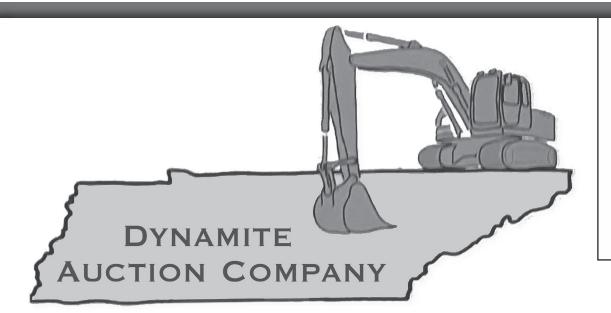
Bidding Begins to Close Sun. July 20^{m} at $4\mathrm{pm}$



Viewing July 16th Noon-5pm | Pick Up July 22nd 10am to 6pm

Pick up & viewing location will be on Green Hill Rd in Pleasant Shade, Tennessee 37145. Shipping is NOT available. All bidding will take place online. We accept Cash, Check, or Card (card adds 4%). 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 - this includes vehicles. Please read the full terms & conditions before registering to bid. Out of state bidders must call the auctioneer to confirm payment & pick-up before bidding. Information in this advertisement is believed to be correct, but is not warranted. Call 615-735-9001 or 615-735-7778 with any questions or concerns.

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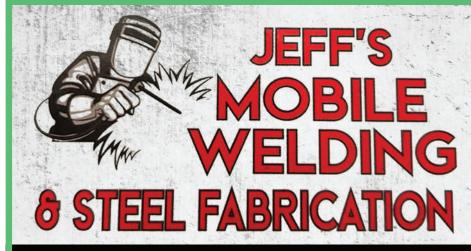


"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches? And if you have not been trustworthy with someone else's property, who will give you property of your own?



"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other.

Luke 16: 10 - 13



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Cookeville, TN 38501



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The Upper Cumberland Shopper July 4 - 17, 2025



















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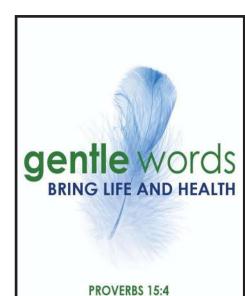
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For when you did awesome things that we did not expect, you came down, and the mountains trembled before you. Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides you, who acts on behalf of those who wait for him. You come to the help of those who gladly do right, who remember your ways.



Isaiah

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Our greatest glory consists not in falling, but in rising every time we fall. - Ralph Waldo Emerson



collection of prejudices acquired by age eighteen. - Albert Einstein

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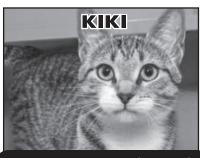
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If you treat every situation as a life and death matter, you'll die a lot of times.

- Dean Smith



Use it or lose it. - Jimmy Connors

Preserving Food Freshness by Lisa Luck



Now that summer has officially arrived, it is time to focus on food preparation – and more importantly – eating. Enjoying fresh fruits and vegetables daily when they are in season is the best choice for proper nutrition. Most people don't usually go daily to the grocery store or Farmer's Market for food. Buying too much food at a time and expecting it to last all week can lead to spoilage before it is consumed. The longer the food sits on the counter or in the refrigerator, the less nutritious it becomes. Each family wastes approximately \$1,600 per year buying food that is discarded before it is consumed. Most food waste is put into a landfill in the household trash. Organic waste that decomposes in a landfill generates methane gas as it decomposes, which accumulates in the atmosphere and contributes to the warming of the atmosphere.

Learning how to best store food can decrease food waste. Some items last longer with refrigeration although not all items require it. Items that do not need refrigeration include bananas, garlic, onions, potatoes and various winter squashes, such as butternut. Fruits that are not quite ripe can sit on the counter until fully ripe, and then refrigerated. These items include citrus fruits, pears, plums, mangoes, peaches and avocados. Delicate fruits such as berries, should be stored immediately in the refrigerator in a food storage container that is ventilated and has a layer of paper towel in the bottom that can absorb any moisture. Excess moisture causes the fruit to mold.

Produce can be stored in the crisper drawer in the refrigerator to prolong freshness. Vegetables such as green beans, cabbage, leafy greens, carrots, celery, peppers and broccoli can be kept unwashed in their original packing bag until they are ready to use. Apples will keep longer if refrigerated although they can spend several days on the counter. If you have bought vegetables from the Farmer's Market that do not come packaged, wrap them loosely in a damp towel and refrigerate.

Store asparagus in the refrigerator standing in a little bit of water loosely covered with cloth or plastic. Keep herbs fresher by placing in a glass with a little water on the counter or in the refrigerator so they will remain hydrated.

Regardless of how hard you try to eat food before it spoils, you will not always be successful. Instead of putting organic waste into the trash can, compost it in your yard. If you don't have a yard, set up a small vermiculture operation under the kitchen sink or on the porch. Worms break down food waste quickly. Look online for instructions on how to set up a simple operation. My preferred method of composting outside is tying four pallets together into a square and dumping food waste directly on the ground. Lightly cover with dried leaves or dirt.

It is such a privilege to have access to so many fresh fruits and vegetables. Eating a variety of nutritious foods contributes to good health.

Lisa Luck is a writer living in Cookeville, TN

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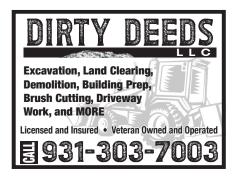
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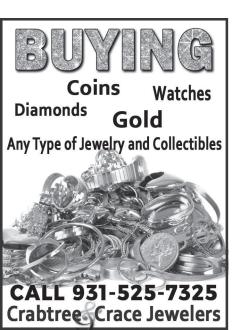
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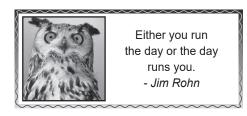
In some parts of England it was once believed that bread must be put into the oven by one person only. If two people share the task they will quarrel.



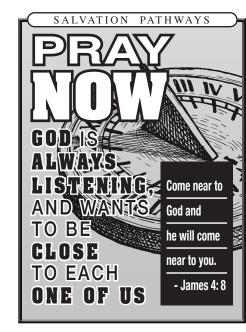


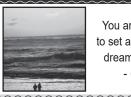


Mincemeat pies developed as a way of preserving chopped or minced meat. They are cooked with fruit and spices, doused with brandy, rum or whiskey.









You are never too old to set another goal or to dream a new dream.
- C.S. Lewis

Are Carbonated Drinks Bad For Your Teeth?

by Dr. Kyle Dosch

(NAPS)—You may know sugar-sweetened beverages are bad for your teeth, but did you know carbonated beverages can also be harmful to your smile in other ways?

It's true, and with more and more people turning to popular drinks such as sparkling water to cut down on their sugar intake, it is necessary to be cautious about what types of carbonated drinks you are consuming.

The important thing to know is that carbonated drinks are acidic, which can lead to tooth enamel damage and mouth diseases such as gingivitis.

The acidity level of a drink is determined by its pH level. Tap or bottled water generally has a pH level of 7, whereas sparkling water is in the pH range of 4.18-7. Drinks that are below pH 5.5 can damage enamel.

Excess consumption of carbonated drinks and acidic foods leads to accumulation of acid-producing harmful bacteria, which are the main causes for cavities and infections. Drinking both sugary and carbonated drinks in moderation can reduce some of their impacts, including damage to enamel. Once enamel is deteriorated, it doesn't grow back, removing a major line of defense for your teeth.

The best beverages to consume include water, milk, and brewed and unsweetened green or black tea. And while not all carbonated drinks have sugar and not all sugar-sweetened drinks are carbonated, both can cause harm and should be avoided as much as possible.

Some beverages to avoid include soda pop, sweet tea, sweetened coffee drinks, chocolate milk, energy drinks and sports drinks. Never drinking any of these beverages is unlikely, but reducing your intake is a key step in your health journey.

There are also a few steps you can take to mitigate the damage sugar-sweetened and/or carbonated beverages cause including:



Save your smile: Cut back on carbonated drinks.

- Use in moderation—Just as with sugar-sweetened beverages, think of carbonated beverages as a treat you partake in occasionally, rather than something you drink often. The less you drink, the less it damages your teeth.
- Use a straw—This may reduce contact between the acidic and sugar-filled drinks with your teeth.
- Drink water afterward—Water is a great way to rinse out your mouth and wash away acids and sugars.
- Don't brush your teeth right away—While it might seem like the best way to help your mouth is to brush immediately, your teeth and its enamel are actually in a weakened state at this time and a toothbrush could damage them further.

In the end, water is your best bet for keeping a healthy smile, especially fluoridated tap water. Carbonated drinks can be very tempting, but anything that puts your oral health into jeopardy should be avoided.

And when it comes to soda, surprisingly, studies have also shown that diet sodas and low-sugar sodas are no better for oral health than regular sodas.

Ultimately, the more sugar-sweetened beverages you drink, the more unhealthy attacks on your teeth, which in turn leads to a degradation of your oral health.

• Dr. Dosch, DDS, is the Delta Dental of Washington's dental director and a member dentist. Learn more at www.deltadentalwa.com.



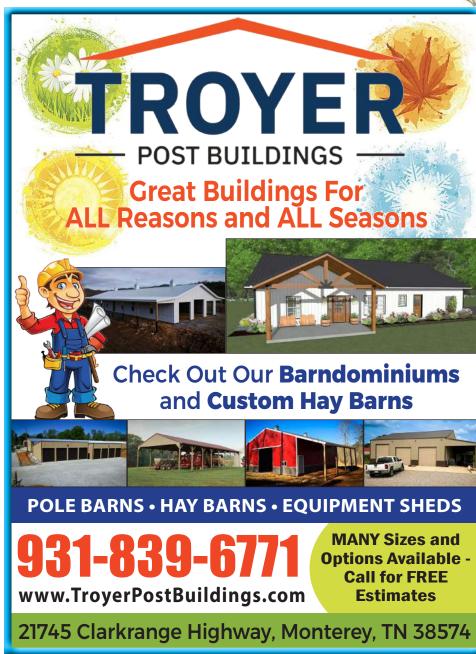
Nothing is a waste of time if you use the experience wisely.

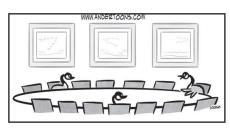
- Auguste Rodin



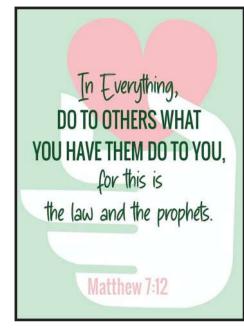
"Be yourself; everyone else is already taken." - Oscar Wilde







"I agree we have a gaggle. What we don't have is a quorum."





103 Randolph Rd. Crossville, TN I-40 Exit 311, South 1 Mile on

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"Here we go again!"

How many times have we heard that expression? Yet again, it's an appropriate expression for the most recent Federal budget proposal from the White House that is working its way through Congress. Once again, the amount of spending by the Federal government in the proposed budget is far in excess of the amount of money that is expected to be received in the form of taxes. Yes, it's that awful term again: Deficit spending. By now, most of us have become used to hearing about the federal budget deficit, and many people have accepted it with a shrug of the shoulders. Many taxpayers say something similar to, "That's just the way it is". That type of quiet acceptance of our Federal government's spending far more than it brings in, and putting the difference on the credit card of the American taxpayer has gone on for so long now, that the American government's credit rating has recently received a downgrade on their credit report. Due to America's credit worthiness taking a significant hit, we now, as a nation, have to pay a higher interest rate on the National Debt. We are already spending more on the interest on the National Debt every year that we spend on the entire Military. This amount is estimated for 2025 to be a total \$952 BILLION, or \$2.6 BILLION PER DAY, and is the second largest spending category, directly behind Social Security.

That works out to approximately \$2,800 per year for every man, woman, and child in the United States, or about \$5,471 per taxpayer. What does the average taxpayer receive for that money? NOTHING!

The current White House administration is asking Congress to approve large tax cuts for the wealthiest Americans, and to pay for such tax cuts with cuts in spending for Medicare and many other programs that are designed to help many Americans who are at the lowest levels of household income. While the White House staff has claimed that the new budget will decrease the annual budget deficit (which adds money to the National Debt every year), this is a lie. It is well documented that the new budget will add \$4.5 TRILLION to the annual deficit in the form of tax cuts, and reduce the annual deficit by \$1.7 TRILLION in the form of spending cuts. That leaves a new INCREASE in the annual deficit of \$2.8 TRILLION, and that is on top of the current deficit that the federal government already has.

The responsible course of action for Congress and the White House is to get to a balanced budget as quickly as possible. Simply put, our federal government MUST NOT spend more money than it takes in each year. We as American citizens must insist on it! Remember, it's OUR MONEY that they're spending.

Sources: Peter G. Peterson Foundation, New York Times, Marketplace.org, CFRB

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."



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"You only live once, but if you do it right, once is enough." - Mae West

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