



Dec. 19 - Jan. 15, 2026 • Vol. 31, No. 24

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." Romans 5:8 (NIV)

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LIVE AND ONLINE AUCTION – DAY 1 – DEC 31  
ONLINE ONLY AUCTION – DAY 2 – JAN 1



Check our website regularly for updates

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CONSIGN IS Dec 19  
Accepting equipment M-F  
9am-5pm est.



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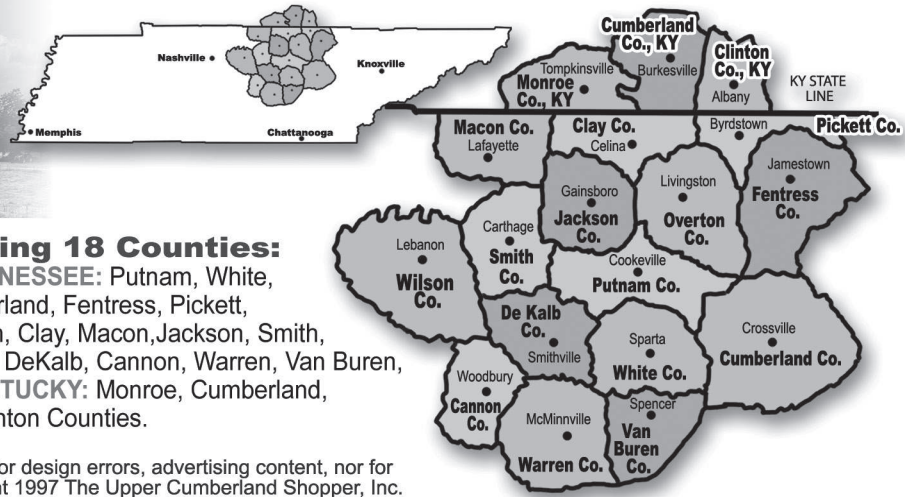
1234 HWY 68, Sweetwater, TN 37886

**865-607-6698**

Edward Knight, Auctioneer [ed@ekauctioneers.com](mailto:ed@ekauctioneers.com)

Bid live On-Site or Simulcast Online at [www.EKAuctioneers.com](http://www.EKAuctioneers.com)





## Advertising Information Can Be Obtained By:

**Phone:** 931-372-9978 • **E-Mail:** theucshopper@gmail.com

**Mail:** 3900 Clouse Drive, Cookeville, TN 38506

**Classified Ads:** Form inside back cover of each issue

## Serving 18 Counties:

**IN TENNESSEE:** Putnam, White, Cumberland, Fentress, Pickett, Overton, Clay, Macon, Jackson, Smith, Wilson, DeKalb, Cannon, Warren, Van Buren, **IN KENTUCKY:** Monroe, Cumberland, and Clinton Counties.

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## The Breath of Life

"If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. As Scripture says, "Anyone who believes in him will never be put to shame." For there is no difference between Jew and Gentile - the same Lord is Lord of all and richly blesses all who call on him, for, 'Everyone who calls on the name of the Lord will be saved.'"



## Community Events Calendar

## Happy Holidays



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

### ONGOING:

**Widows Lunch:** Heart of the Cumberland will have a monthly widows lunch at 12:30 p.m. every first Tuesday of the month at McAlisters Deli on Interstate Drive in Cookeville. Every widow or widower is welcome to attend the support group.

Putnam Co. Library. Join us for a new adult art or craft project each week. Supplies are provided.

**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.

### Dec. 20 & 21

**Visits with Santa**  
**Location:** Dogwood Park, 30 E. Broad St., Cookeville, TN.  
**Time:** 5 - 8 pm. Bring the kids for a free visit with Santa and cheerful elves will happily take your photo. Just remember to bring your own camera or phone.

**Wilson Co. 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

**Alzheimer's Caregiver Support Groups:** *First Baptist Church in Cumberland County* will host the group every second Thursday of each month at 11 a.m. Call 931-337-9630 for more info. *South Main Street Baptist Church* in Fentress County will host the group the first Wednesday of each month at 1 p.m. For info call 931-526-8010. *Bailey Manor in Putnam County* will host the group on the first Wednesday of each month at 10:30 a.m. Call 931-400-0093 for more information.

**Dec. 22**  
**Upper Cumberland Christmas Lights Show** **Location:** 155 Fairgrounds St., Cookeville, TN. **Time:** 5 - 10 pm. Drive through thousands of sparkling lights, magical displays and festive scenes - all from the comfort of your car. Perfect for families, date nights or anyone who love Christmas cheer!

**Donations Needed:** The Upper Cumberland Foster Closet is asking for donations of toiletries in the month of December.

**FREE Lunch:** The Baxter Senior Center hosts a lunch for seniors with home cooked meals every Monday - Friday at noon.

**FREE Adult English Classes:** Classes are held at Jere Whitson Elementary School n Tuesday evenings at 5:30 pm. New students welcome. Childcare is provided.

**Vietnam Veterans of America:** The VVA meets and greets at 6 p.m. and has a potluck dinner at 6:30 p.m. on the second Thursday each month at the Veterans Building, 90 E. Spring St., Cookeville. All Vietnam Era veterans are welcome. For more information, email sammybntn1950@gmail.com.

**Arts and Crafts Corner:** Mondays from 10:15-11:15 a.m. at the

### Jan. 16,17,20,22,23 & 24

**CPAC's Backstage Series Season 33** presents 'Lost Girl' by Kimberly Belflower, Directed by Patrick Mannie. **Location:** Cookeville Performing Arts Center, 10 E. Broad St., Cookeville, TN. **Time:** 17/18: 2 pm; All other dates 7 pm.

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

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and partnership throughout the year and  
wish you a joyful holiday season  
and a prosperous New Year.



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MACON COUNTY FAIRGROUNDS • LAFAYETTE, TENNESSEE

**ABSOLUTE AUCTION**

16th ANNUAL

**"ST. JUDE CHARITY AUCTION"****SATURDAY, JANUARY 10, 2026, 9:00 A.M.****LOCATION:****SALLY WELLS BUILDING • MACON COUNTY FAIRGROUNDS**

*St. Jude Children's Research Hospital is located in Memphis, Tennessee and is a leader in pediatric cancer research and treatment. St. Jude treats over 5000 patients each year, regardless of their ability to pay. Proceeds from this auction will go directly to St. Jude in support of their daily operations. So remember, "It's not about us, it's about the kids of St. Jude." For donations or more information call (615) 666-2232.*



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Penny Kirby .....	615-388-0441	Jennifer Sullivan .....	615-476-2062
David Painter .....	615-888-6786	Danielle Eldridge .....	615-489-7865
Stacey Brawner .....	615-388-5595	Whitney Shrum .....	615-489-6821
Necia Borders .....	615-633-8906	Kyle Woodard .....	615-388-7715
Devon Bray .....	615-476-9232	Jennifer West .....	615-830-4956
Nicole Miller .....	937-750-2161	A.J. Holiday .....	615-578-0465
Katie Jones .....	270-618-1617	Danya Cox .....	615-655-4196
Katie Bray .....	615-388-3224	Karen Burrow .....	615-948-5973
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Nicole Carver .....	615-655-3621	Blaine Higgins .....	615-561-8567
Jared Sullivan .....	615-670-7097	Greg Russell .....	615-655-4368
Kelsey Goolsby .....	270-427-9555	Trevor Swindle .....	615-670-4724

527 HICKORY RIDGE ROAD • GALLATIN, TENNESSEE

**ESTATE AUCTION**

**SPACIOUS BARNDOMINIUM W/ATTACHED GARAGE (APPROX. 5000 SQ. FT.) • CITY WATER • C/H/A CONCRETE DRIVEWAY • 5 ACRES (MOSTLY WOODED) 1980 MG CONVERTIBLE • 2015 KIA SPORTAGE 1996 DODGE VAN • HUSKEE RIDING MOWER • ROLLING TOOL CHEST AIR COMPRESSOR • POWER TOOLS • MUSICAL INSTRUMENTS CAST IRON SKILLETS • 1917 OHIO LICENSE PLATE PLUS OTHER GLASSWARE, TOOLS, FURNITURE AND PERSONAL PROPERTY MR. BRIAN STIMSON ESTATE**

**SATURDAY, JAN. 17H****9:00 A.M. C.S.T.****(REAL ESTATE TO SELL @ 10 A.M.)****LOCATION: 527 HICKORY RIDGE ROAD • GALLATIN, TN 37066**

**DIRECTIONS FROM GALLATIN:** Travel Hwy. 31 toward Westmoreland, left at Deshea Creek, right on Wrights Lane, left onto Hickory Ridge to property and sale site on the right (signs posted). **DIRECTIONS FROM WESTMORELAND:** Travel Hwy. 31 toward Gallatin, right onto Kansas Lane, right on Wrights Lane, left onto Hickory Ridge to property and sale site on the right (signs posted). **REAL ESTATE:** Ladies and gentlemen, listen up.....this Estate Auction is offering a (1-owner) barndominium w/2 car attached garage containing a total of 5000 sq. ft. under roof. This rustic style home nestled in the trees offering a lot of privacy and seclusion. The layout has an open floor plan w/ vaulted ceilings that is comprised of 2 bedrooms, bath with double vanities and custom

walk-in shower, living room, kitchen, dining room and large pantry/utility room. The oven, dishwasher and microwave will remain with the home. Other features include city water, C/H/A and a concrete driveway plus a 4-post pergola with hot tub! All of these improvements perfectly positioned on just over 5 acres along Hickory Ridge Road in Gallatin, TN **SELLER:** Ms. Annie Stimson Clements, Trustee. **TERMS:** Real Estate: 10% (non-refundable) deposit down day of sale and balance with the deed. **Personal Property:** Cash or good check day of sale (positive ID required). **AUCTION AGENT:** Ben Bray (615) 666-2232.



Information in this ad is believed to be correct but not warranted. Any announcement made day of sale takes precedence over all other advertising.

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Kelsey Goolsby .....	270-427-9555	Trevor Swindle .....	615-670-4724

**ANIMALS**

**For Sale: AKC German Shepherd** pure breed puppies. 2 males, 3 females, black/tan, 8 weeks, registered with papers. \$600 - Call or text 931-284-3421 or 931-316-9707.

**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. **Harley:** female, Pit Bull mix dog, 3 years old. **Tango:** male, orange, domestic shorthair mix cat, 9 years old. **Nia:** female, Blue Tabby domestic shorthair mix cat, 1 years old. **Rhode:** male, Black & white Labrador retriever mix dog, 1 year old. Make room for a sweet companion!

**Please remember to Spay & Neuter your pets.**

**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 **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.

**ANIMALS**

**For Sale: Guineas - \$10.** Call 615-708-9276, located at 2530 Neal Road, Watertown, TN 37184.

**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.

**2008 Chevrolet 3500 Cargo Van.** Jasper crate engine, Onan generator, good condition. \$10,000 OBO. 423-505-6734.

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

**2011 Ford Flex.** Extra clean. New engine, transmission, brakes, shocks, struts. Tip top shape. \$18,000. 931-349-2616.

**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. Call 931-372-1380.

**2001 Chrysler Sebring LX Convertible.** Raymond Johnson 931-265-6258. **1969 351 Windsor V8 Ford.** new and complete, including water pump. \$5,000. Call 931-349-2616.

**CARS**

**1964 Cadillac Sedan DeVille.** 6 windows, 500ci V8 engine, 200R GM transmission. Needs paint and new upholstery. \$2,500. 931-349-2616.

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

**EMPLOYMENT**

**Temporary Help Wanted:** Rickman, TN. Call 931-267-4034.

**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 Hiring: Layout Person for Stone Monuments.** Exp. would be helpful, but will train. Cookeville, TN. 931-261-7769.

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

**FARMING**

**Farm Implements: 2 finish mowers,** pull type disc, cultivator, single plow, round hay baler, tractor parts. Old John Deere tractor for parts. 931-224-2144.

**6' Pull Type Disc.** Good cond. \$300. 615-642-6191.

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*Hill Street Blues* was the only program to win an Emmy for Outstanding Drama for four consecutive years (1981-84).



# REAL ESTATE AUCTION

6425 Plateau Rd • Crossville, TN  
• **ONLINE ONLY** •

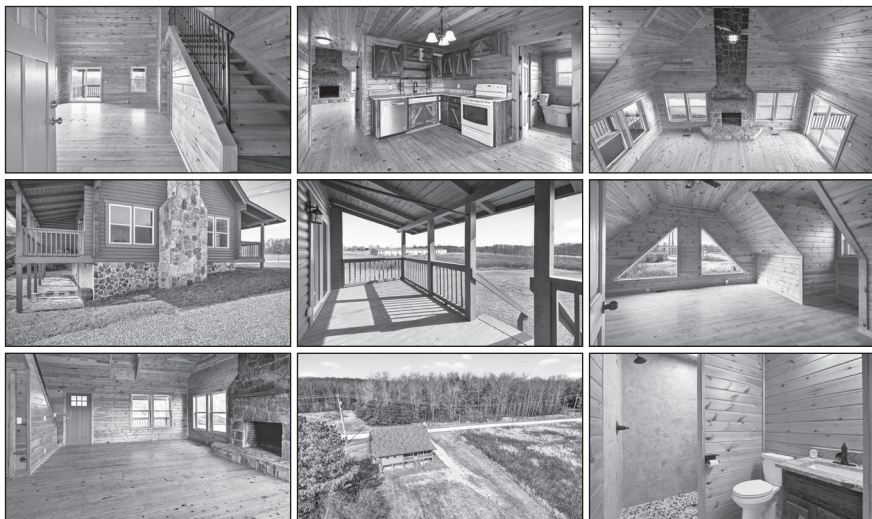
**BIDDING  
BEGINS  
December 22  
at 12 PM**



**BIDDING  
ENDS  
January 7  
at 12 PM**

Commercial potential near I-40, vaulted ceilings,  
wood-burning fireplace, log cabin home

**Preview day Monday, January 5<sup>th</sup> at 4:00 PM**



Terms & Conditions: 10% buyers premium. 15% down day of sale. Must close within 30 days.

Announcements made day of sale supersede previously-advertised information.

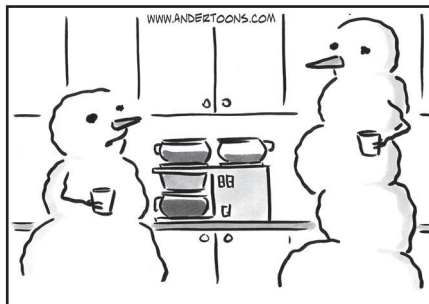
Property sells as is, where is with no warranties or guarantee. Taxes will be pro-rated. Equal housing opportunity.

**AdcockAuctionsTN.com**  
ONLINE BIDDING ONLY

**615-464-7673**

Yellow snow isn't the only kind you shouldn't eat. Recent studies suggest that all snow can be harmful because it attracts particles from car exhaust fumes like a magnet.

Basically, when you eat snow, you're consuming a pollution popsicle.



"How goes the merger?"

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## Diabetes: A Silent Threat—and How the American Red Cross is Taking Action

(NAPS)—Diabetes affects millions of Americans and is a leading cause of serious complications, including kidney failure, lower-limb amputations, adult blindness, and an increased risk of heart disease and stroke. Yet many people remain unaware they're at risk.

Genetics, lifestyle habits, and limited access to healthcare all contribute to this growing health crisis.

This November, in honor of Diabetes Awareness Month and its theme—"Taking Action to Prevent Diabetes-Related Health Problems"—the American Red Cross is offering free A1C screenings to all blood donors who haven't received the test in the past 12 months. The initiative is already making a difference. Since March, the Red Cross has provided approximately 550,000 A1C screenings, notifying 145,000 individuals about concerning results. About 1 in 5 donors tested had results in the prediabetic or diabetic range—clear evidence that early awareness can save lives.

This is more than a health campaign—it's a humanitarian effort. By offering free A1C testing, the Red Cross gives donors vital health insights and encourages proactive steps toward better health, especially in communities most affected by diabetes.

### Why Everyone Should Pay Attention

Many people are at risk of developing type 2 diabetes and may be unaware of their condition. Factors such as genetics, lifestyle habits and limited access to healthcare contribute to this increased chance.

Diabetes remains a leading cause of kidney failure, lower-limb amputations, and adult blindness—and adults with diabetes face twice the risk of heart disease and stroke compared to those without it.

"The A1C test measures average blood sugar levels over the past three months, providing a clearer and more reliable picture than a standard glucose test," explains Dr. Jorge Ríos, medical director for the American Red Cross. Dr. Ríos knows this firsthand—he discovered he had diabetes through an A1C test, which allowed him to act before serious complications developed.

"Eight years ago, during a medical convention, I came down with what I thought was the flu. I was so exhausted I couldn't even leave my hotel room," recalls Dr. Ríos. "Weeks later, the fatigue continued. My doctor tested my A1C—it was almost 7. The normal range is 5.7% or less. That's when I was diagnosed with diabetes."

Dr. Ríos immediately changed his diet, began exercising, and started medication. Today, his diabetes is well managed—and his message is clear:

"If you have a parent, sibling, or grandparent with diabetes, get tested.



**This November, when you donate blood with the Red Cross, you can get a diabetes test at no charge.**

And perhaps once a year, ask your doctor to test you if you have symptoms like I did, which was feeling very tired. It's an easy test and can save your life," says Dr. Ríos. "Know your numbers so you can make lifestyle changes," he adds.

### Dispelling Common Myths

Misinformation often prevents people from seeking help. Here are some common myths about diabetes—and the truths behind them:

• **Myth:** Herbs or home remedies can cure diabetes.

**Truth:** Diabetes needs medical care and ongoing management.

• **Myth:** Only older people get diabetes.

**Truth:** It can affect anyone, including kids and young adults.

• **Myth:** If you feel fine, you don't need testing.

**Truth:** Diabetes can be silent for years; fatigue may be the only sign.

• **Myth:** Diabetes is a death sentence.

**Truth:** With treatment and healthy habits, people can live full lives.

• **Myth:** People with diabetes can't donate blood.

**Truth:** If well-managed, they can donate safely.

### Get Tested During November

To receive your free A1C result, make a successful blood, platelet, or plasma donation and ensure you haven't received an A1C test through the Red Cross in the past 12 months. Results will appear within one to two weeks in the Red Cross Blood Donor App or at RedCrossBlood.org. If your A1C is elevated, follow up with your healthcare provider.

As a thank you, all who come to give Oct. 27-Nov. 16, 2025, will get \$20 in e-gift cards to a choice of merchant, plus automatic entry for a chance to win one of three \$5,000 prizes. See RedCrossBlood.org/Harvest.

Additionally, donors who give blood between Nov. 17 and Dec. 7 will receive a pair of exclusive Red Cross x PAC-MAN® socks, while supplies last.



# ABSOLUTE REAL ESTATE AUCTION

2696 Doran Rd • Sparta, TN  
January 3, 2026 at 11:00AM



Absolute Auction! Live onsite auction with on line bidding also available.  
Single-wide home on a 0.7 acre lot. Strong potential for rental income or a flip.  
Don't miss this opportunity to purchase at auction at your price!



Terms & Conditions: 10% buyers premium. 15% down day of sale. Must close within 30 days.  
Announcements made day of sale supersede previously-advertised information.  
Property sells as is, where is with no warranties or guarantee. Taxes will be pro-rated. Equal housing opportunity.

**AdcockAuctionsTN.com** **615-464-7673**  
ONLINE BIDDING AVAILABLE!



Action is the  
foundational key to  
all success.  
- Pablo Picasso



In order to succeed, your  
desire for success should  
be greater than your fear  
of failure. - Bill Cosby

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**HEART of the CUMBERLAND**

Hope and healing for the grieving

*You do not have to grieve alone. There is hope.*

Losing someone you love can overtake you and stop you in your tracks. The mission of Heart of the Cumberland is to bring hope and healing to grieving children, teens, and adults by providing peer support groups to those on a journey through grief. Our peer support groups are offered in our community as well as in Putnam County School BEST Groups. All services are provided free of charge.

Our Christ-centered community groups provide peer support for the entire family from various situations of loss. A mom or dad grieving the loss of their child can find others who share what should never be and who are the only ones who can truly understand what each other are going through. A child whose brother, sister, mother or father left this world far too soon can come to an age-appropriate group while other family members are down the hall in their own groups. For a suicide loss survivor needing hope, a widow or widower who has lost their life partner and is searching for a new normal, or a son or daughter who has to let go of a beloved aging parent - our community peer support groups are a safe place for all to grieve.

### WE'D LOVE TO HEAR FROM YOU

Physical location: 25 W. Broad St, Suite 11, Cookeville, TN 38501  
Mailing Address: PO Box 2474, Cookeville, TN 38502-2474.  
Phone: (931) 525-2600 Fax: (931) 525-2601 [Info@heartofthecumberland.org](mailto:Info@heartofthecumberland.org)

## Cookeville Putnam County ANIMAL SHELTER

• Many Forever Friends all in One Place •



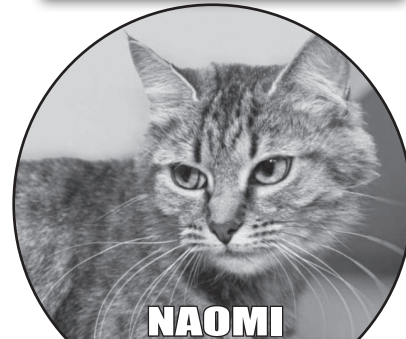
**HALEY**  
Female. Black Domestic  
Mediumhair. 1 year old.



**SKUNKERELLA**  
Female. White/Brown Lab Mix.  
5 years old.



**UNO**  
Female. Husky/German  
Shepherd Mix. 8 months old.



**NAOMI**  
Female. Brown Tabby Domestic  
Shorthair. 4 years old.

**HOURS:**  
**M-T & TH-F**  
**12PM-4PM**

2606 Gainesboro Grade  
Cookeville, TN  
931-526-3647  
[cpas@frontiernet.net](mailto:cpas@frontiernet.net)

Check out our large list of  
pets on our Facebook page  
Find more adoptable  
pets at [Petfinder.com](http://Petfinder.com)



# DEALER'S CHOICE LIVE PUBLIC AUCTION

**38TH ANNUAL  
NEW YEARS DAY AUCTION**  
**Thursday January 1st 11:00am**  
**2109 8th Ave South, Nashville, Tennessee 37204**



We will be selling items from local estates along with collections of fine American, Italian, French, Early Country and fine collection of bronze statues, Persian rugs and so much more.

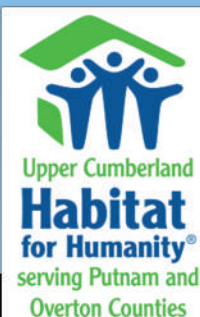
Don't miss it.  
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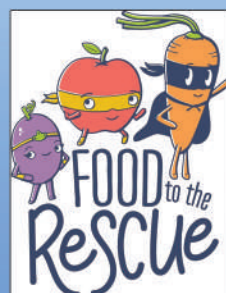
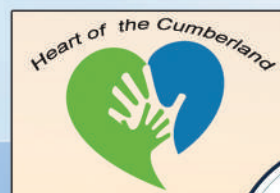
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**Luke 9:23-27**

Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. What good is it for someone to gain the whole world, and yet lose or forfeit their very self? Whoever is ashamed of me and my words, the Son of Man will be ashamed of them when he comes in his glory and in the glory of the Father and of the holy angels. "Truly I tell you, some who are standing here will not taste death before they see the kingdom of God."

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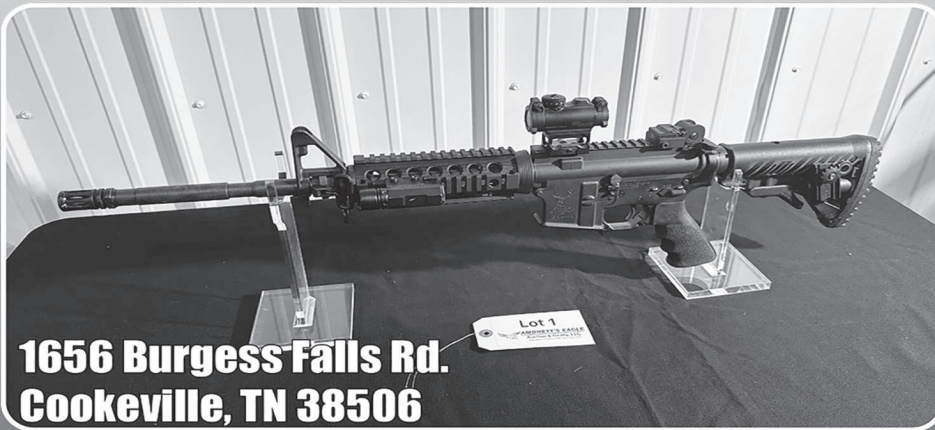
All the people like us are we, and everyone else is They.  
- Rudyard Kipling

A poet looks at the world the way a man looks at a woman.  
- Wallace Stevens



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There is nothing more precious than the "hug" of a child when it is given to us without our asking for it. It is so innocent and undefiled. It is given voluntarily with nothing expected in return. It is an expression of "thanks" for something we may have done that we can no longer remember. It is given freely, honestly, openly and joyfully because the child has no other way to express its feelings. "Because he loves me," says the Lord, "I will rescue him." The word love in this verse carries with it the idea of being hugged. In other words, God not only loves us by what He says, but by what He does. So, says the Psalmist, "He hugs us" - keeps us as close to Himself as He possibly can. When God rescues us from sin and graciously and generously provides us with His salvation, we receive an eightfold blessing. After He rescues us, we have: His protection: We are not exempt from difficulties but are assured of His presence and grace when they come. He knows us by name He recognizes us as unique individuals with a plan from Him for our lives. He will hear us when we call upon Him and give us His solution for our problems. He will be with us and deliver us when we are surrounded by life's troubles. He will honor us when we honor Him. He will satisfy our needs as long as we live and when our life is over we'll join Him in heaven.



# DOUBLE HEADER ABSOLUTE REAL ESTATE COURT AUCTION



198 Lock Seven Ln. / Tract 4 Lock Seven Ln.  
Personal Property Auction Begins at 10:00 a.m.

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PERSONAL PROPERTY WILL SELL AT 10:00. Registration at 9:00 a.m.

PARCEL 1: 198 Lock 7 Lane Carthage TN 1920s built home, 1,973 sq ft home, 3 +/- acres  
PARCEL 2: Tract 4 Lock 7 Lane Carthage TN 9.63 acres, gently rolling tract. 3 bedroom soil site

BOTH PARCELS WILL BE SELLING FROM 198 LOCK SEVEN LANE. Court Case #2025-PR-2864  
Estate of Mark Ivy Thompson Seller: Smith Co. TN Special Commissioner & Receiver Jessie Goad



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Time is a dressmaker  
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- Faith Baldwin

Lost time is  
never found  
again.  
- Benjamin Franklin



## CHRISTMAS A CELEBRATION OF CHRIST

"But the angel said to her, 'Do not be afraid, Mary, you have found favor with God. You will be with child and give birth to a son, and you are to give him the name Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over the house of Jacob forever; his kingdom will never end.' "

Luke 1: 30 - 33

"And she brought forth her firstborn Son, and wrapped Him in swaddling cloths, and laid Him in a manger, because there was no room for them in the inn. Now there were in the same country shepherds living out in the fields, keeping watch over their flock by night. And behold, an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were greatly afraid. Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord. And this will be the sign to you: you will find a Babe wrapped in swaddling cloths, lying in a manger. And suddenly there was with the angel a multitude of the heavenly host praising God and saying: 'Glory to God in the highest, and on earth peace, goodwill toward men!' " Luke 2:7-14

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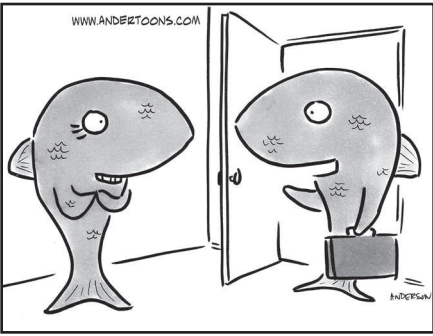


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**Psalm  
30:1-5**



I will exalt you, Lord, for you lifted me out of the depths and did not let my enemies gloat over me. Lord my God, I called to you for help, and you healed me. You, Lord, brought me up from the realm of the dead; you spared me from going down to the pit.

Sing the praises of the Lord, you his faithful people; praise his holy name. For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.

## HOME MAINTENANCE

### Why Changing Your HVAC Filter in Winter Matters More Than You Think

(NAPS)—When temperatures drop and we spend more time indoors, your HVAC system becomes one of the hardest-working appliances in your home. From keeping your living spaces warm and comfortable to circulating the air your family breathes every day, your system is busy around the clock during the winter months. That's why changing your HVAC filter regularly in winter is one of the simplest and most important steps you can take to protect your home's indoor air quality.

#### Winter = More Indoor Air Contaminants

During the colder season, windows stay closed, doors open less often, and fresh outdoor air doesn't move through your home as easily. Meanwhile, indoor activities like cooking, cleaning, burning candles, and simply staying inside more often all increase the amount of dust, dander, and particles floating around your home.

A clean HVAC filter helps trap these contaminants before they circulate through your air ducts and back into the air you breathe.

#### A Dirty Filter Makes Your System Work Harder

When your filter becomes clogged with dust, pet hair, debris, and other winter buildup, the airflow through your HVAC system decreases. That means your furnace must work harder to push warm air into your home, using more energy and increasing the risk of breakdowns.

A clean filter keeps air moving freely, helping your system run efficiently and reducing stress on expensive components.

#### Clean Filters = Cleaner Air All Season Long

Winter air is often dry, and when combined with a dirty filter, it can leave your home feeling stuffy or dusty. Clean filters help:



**To keep contaminants out of your house this winter, get your air ducts cleaned and the filter changed.**

- Reduce allergens like dust and dander
- Minimize odors
- Improve airflow and overall comfort
- Keep your home's air fresher and healthier

For families with pets, allergies, or respiratory concerns, winter filter changes are even more important.

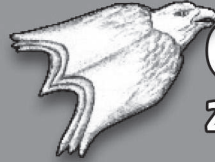
#### Don't Forget the Bigger Picture

Your HVAC filter is just one part of your home's air quality puzzle. Dust, debris, and contaminants can still build up inside your air ducts, especially when your system is running nonstop all winter long. Scheduling a professional inspection or cleaning with a NAD-CA-member company can ensure your entire system is working efficiently and circulating truly clean air.

#### Keep Your Home Breathing Easy This Winter

Changing your filter is a small task that pays off big, helping your HVAC system run better, improving indoor air quality, and keeping your home comfortable all season long. Make it part of your winter routine and enjoy cleaner, healthier air every day.

Learn more about protecting your indoor air quality at BreathingClean.com.



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veni, vidi, veniam.  
**I CAME,  
I SAW,  
I FORGAVE.**



**JESUS**  
EPHESIANS 1:7



"Five years ago swimming upstream....Phil, right?"

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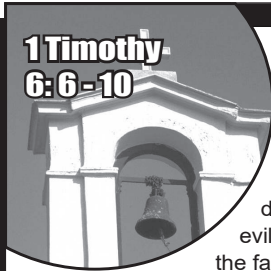


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**1 Timothy  
6:6-10**



But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

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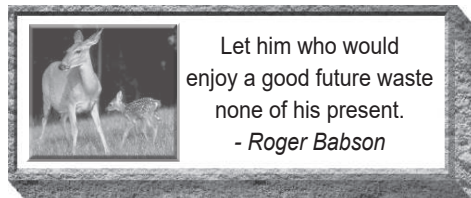
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Time  
is  
money.  
- Benjamin Franklin



Let him who would  
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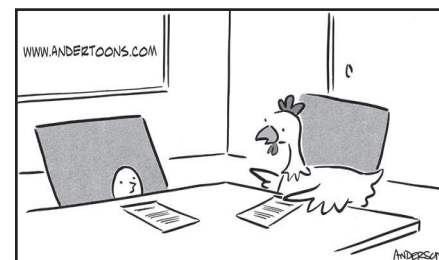
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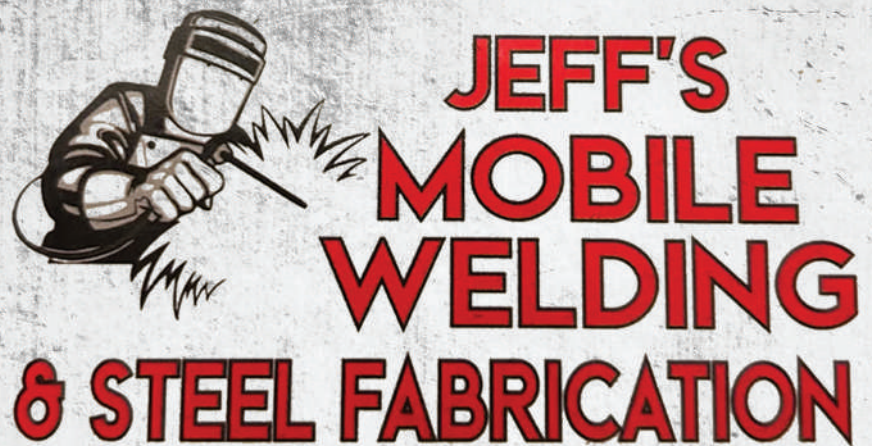


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## 'Blessings After Christmas'

The Christmas season is truly a wonderful time of the year. There is beautiful and fun Christmas music almost everywhere, and the decorations on the homes and inside stores are enjoyable as well. It is inspiring to witness the outpouring of generosity, with so many people giving more of their time and money to help others who are experiencing serious difficulties in their lives. I am very thankful for the generosity of so many people during this time of the year.

Blessing other people is so important for all us to do. God blesses us so that we can be a blessing to others. It is important to stay in that frame of mind after the Christmas season has ended. The decorations will be put away until next year, the special music will be played very infrequently for the next eight or nine months and the frantic pace of the season will give way to a somewhat quieter level of insanity. What will not change is the daily needs of people who are facing severe struggles in every day life. Although our economy has been gradually improving the past year, many people continue to be in severe financial distress. Some are still about to lose their homes, not able to adequately feed and clothe their children, are unemployed or underemployed unable to pay all their bills, and some are homeless.

Whatever you do during the Christmas season to bless other people, please continue to do those things continuously after Christmas, and throughout the entire year, every year. Needs do not go away after the decorations are put away in storage, and December turns into January. Everyone needs food, shelter, and the other basics of life. God does his works of love and compassion through His people doing His work. We are blessed so that we can be a blessing.



**"This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." - John 15: 8**

## Humility

It has taken many years for me to understand why humility in life is important, and what humility truly is. It is not the attitude of thinking poorly of ourselves; rather, it is the understanding that no one person is more important than anyone else. I have learned that life is not all about me. Each one of us has value and has something to contribute to the well being of people around us. We all need to be able to see that. Everyone has a unique set of abilities that can be used to accomplish what must be done for the benefit of a good society. I have heard it said many times that everyone is important, but no one is more important than anyone else. The artist who creates beautiful works of art is not any more important than the mechanic who repairs vehicles, the grocery store clerk who stocks shelves, the janitor who cleans buildings, or the farmer who grows the food that nourishes us.

Humility is not thinking less of ourselves, but rather thinking of ourselves less. Feeling badly about ourselves does not make us humble; it only makes us miserable. Being humble is being aware of the importance of everyone around us, and seeing the value in them. It helps us to avoid becoming self-centered and full of pride. Pride is the opposite of humility – it reinforces the attitude that "I am more important than everyone else." People who are full of pride do very little to help and encourage other people, because other people are simply not very important to them.

God gave each one of us a unique set of talents and abilities. The reason that each of us has different sets of abilities is that we all need each other. Working together, we accomplish much more in life than each of us working independently. When we are humble, we each recognize our strengths and our weaknesses. We thank God for our strengths, and ask Him for His help to overcome our weaknesses. Humility sees the strength and goodness in other people, and helps us to use our own talents and treasures to make life better and more fulfilling for others. This is God's plan for every one of us.

*"God opposes the proud, but shows favor to the humble." – James 4: 6*



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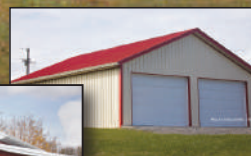


**1John  
4:2-6**

This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, but every spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world. You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. They are from the world and therefore speak from the viewpoint of the world, and the world listens to them. We are from God, and whoever knows God listens to us; but whoever is not from God does not listen to us. This is how we recognize the Spirit of truth and the spirit of falsehood.

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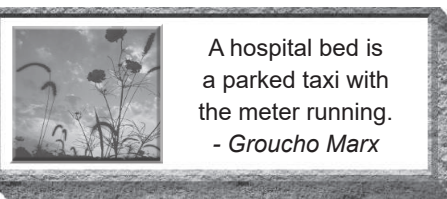
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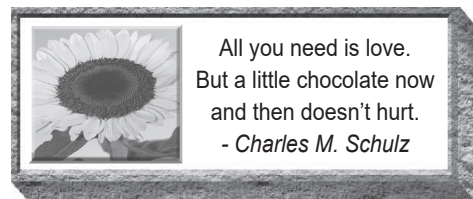
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- Groucho Marx



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- Charles M. Schulz

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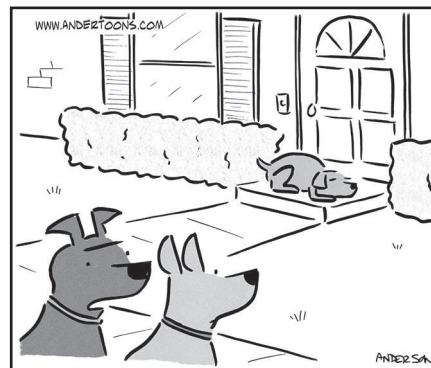
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## HOLIDAY GIFT GUIDE

### Unique Gifts for Nature Lovers and Local Shop Supporters

(NAPS)—The next time you're searching for thoughtful holiday gifts that inspire adventure, spark curiosity, or celebrate the beauty of the Southwest, look no further than The National Parks Store by Western National Parks (WNP)—a nonprofit partner of more than 70 national parks across the West. Whether you're shopping for friends, family, coworkers, or anyone who loves the outdoors—or would like to learn to—you'll find gifts that tell a story—and support the parks Americans love.

What's more, when you shop through The National Parks Store, your purchase directly supports education, conservation, and cultural programs in these beloved public places.

Here are five ways to give presents with a purpose this season:

#### 1. Stocking Stuffers with a Mission

For small gifts that make a big impression, The National Parks Store offers items that are fun, useful, and park-inspired. Think enamel pins, trail-ready pocket guides, scenic magnets, small-batch soaps, children's books, nature-themed stickers, and hand-thrown ceramic ornaments—all excellent for tucking into stockings or gift bags.

#### 2. Unique, Local, and Artisan-Made

Give a gift rooted in history and tradition. WNP works with Native American and local Southwest artisans to offer authentic jewelry, textiles, pottery, hand-woven baskets, and carved items that honor place and culture. These gifts are meaningful, handcrafted, and made to last far beyond the holiday season.

The National Parks Store also hosts a wide selection of artisan-made goods sourced directly from Hubbell Trading Post, the oldest continuously operating trading post on the Navajo Nation. These pieces highlight generations of craftsmanship and cultural tradition—offering a chance to share authentic, Southwestern artistry with someone special.

#### 3. Gifts for the National Park Adventurer



**This holiday season or at any time you can give great gifts that also help preserve the American West's natural wonders.**

For hikers, campers, and road-trippers, look to field guides, trail journals, park apparel, hydration gear, and detailed park maps. You can also shop gifts inspired by Arizona public lands and historic sites such as Saguaro National Park, Casa Grande Ruins National Monument, Chiricahua National Monument, and many others WNP supports across the region.

#### 4. Shop Local, Support Parks

Choosing where you shop matters, too. When you shop at The National Parks Store, your dollars stay local—supporting public lands, education programming, and meaningful cultural preservation.

You can shop in person at The National Parks Store in Oro Valley or browse WNP's full collection online at [store.wnp.org](http://store.wnp.org).

#### 5. Make It a Holiday Outing

Looking for an experience to go with your gift-giving? WNP hosts events throughout the year, including artist demonstrations, cultural talks, storytelling sessions, book signings, and community holiday festivities. Attending an event is a beautiful way to gather, learn, and celebrate together this season.

You can give gifts that inspire connection—to land, culture, and community. Shop online anytime or plan a visit to explore in person at: [wnp.org/thenationalparksstore](http://wnp.org/thenationalparksstore).

### MISCELLANEOUS

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**The County Veteran Service Office, now located at our NEW, larger offices at 1656 W. Broad Street in Cookeville, TN, provides free services** in counseling veterans, surviving spouses, and veteran families on VA benefits. They also file claims on behalf of the veteran or beneficiary with the 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

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# Recipe Korner

## A Lovely Lemon Cake For the Holidays

(NAPS)—This holiday season you can add some zest to your dessert table with a delightful lemon cake made with a simple recipe from Ellen Wright's fifth cookbook: *Best of the Best* (full of her best and most favorite recipes and available on Amazon).

The cake is moist and velvety, travels well and is great to bring to a pot-luck dinner. In short, it is a wonderful cake well worth knowing.



**A sweet treat at holiday time or any-time is an easy-to-bake (and heavenly to eat) lemon cake.**

### Ellen's Tips:

She's not above using a shortcut to reach a good result.

- If the cake breaks, take the piece out and place it in its rightful position. When you glaze, it won't show.
- This cake can be made ahead of time. Just make sure to wrap it well in plastic wrap with toothpicks stuck in the top so the glaze won't spoil.

### About The Author

Ellen Wright has been cooking and entertaining for more than forty years. Before writing cookbooks, she served as an assistant and recipe tester to James Beard and hosted his 75th birthday party, where he declared, "Ellen, I don't know anyone who is better at bringing people together, making them feel at home, and serving a damn good meal."

Wright studied painting and drawing in college before she applied her artistic talent to the kitchen. In addition to working with Beard, Wright has also studied under Madhur Jaffrey, Lydie Marshall, and Julia Child and has done cooking demonstrations in over 30 cities through these last 25 years.

### Learn More

For further facts and to order the book, go to [www.Amazon.com](http://www.Amazon.com).

### Lemon Cake with Lemon Glaze

*Makes 8 to 10 servings*

- 1 package yellow cake mix
- 1 package instant pudding, lemon flavored
- ½ cup water
- ¼ cup sweet sherry, port, or orange juice
- ¾ cup canola oil
- 1 teaspoon ground nutmeg
- 4 large whole eggs

### For the glaze:

- 1 cup confectioners sugar
- 1 tablespoon lemon juice

1. Preheat oven 350 degrees Fahrenheit.

2. Grease and flour a bundt pan. Knock out the excess flour.

3. In a large mixing bowl using an electric mixer on medium speed, place the mixes, oil, eggs, and sherry and mix for 5-10 minutes.

4. Pour the cake batter into the prepared bundt pan and bake in the middle of the oven for 45 minutes or until the sides of the cake are pulling away from the pan.

5. Cool 10 minutes and loosen with a sharp knife until you can unmold the cake easily.

### For the lemon glaze:

In a small bowl, add the lemon juice to the confectioner's sugar and mix with a fork until it is smooth. Drizzle the glaze on the cake when it is still warm, but not hot.

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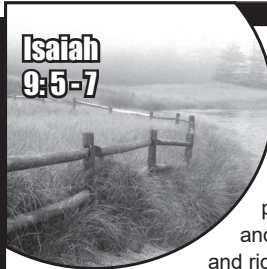
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**Isaiah  
9:5-7**



Every warrior's boot used in battle and every garment rolled in blood will be destined for burning, will be fuel for the fire. For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. He will reign on David's throne and over his kingdom, establishing and upholding it with justice and righteousness from that time on and forever.



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- John 14: 27

Also, Philippians 4: 4 - 9



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There can be no keener revelation of a society's soul than the way in which it treats its children. - Nelson Mandela

## Holiday Gatherings by Lisa Luck



The days before the holidays get here are being checked off more quickly than one can imagine. These few upcoming days over the holidays are the main cooking and gathering events of the year. All I can think about is main courses and side dishes. Who wants what? Do we go heavy on traditional foods or just surprise everyone with something we've never had? Do we stick with conjuring up feelings of nostalgia as we wander down memory lane over turkey and dressing, or shake things up with another meal altogether while opening new avenues of discussion?

Our family gathers in many small events rather than the larger events we have always had growing up. With 35+ family members, most living many hours apart, we just gather whenever anyone can come visit or whenever we are invited elsewhere. The only sure thing about the holidays is that we will gather, we will cook, and we will eat multiple times. Each family that gathers brings something to the table and it usually involves something from each of our gardens. Sharing the bounty that each of us has managed to acquire through the growing season is part of the fun of getting together.

Sharing food is not only a tradition in many families, it is part of what humans have done throughout history. When people share, we all have more. Cooking and eating together is a bonding experience. In the past as hunters and gatherers, both men and women hunted and foraged for food. When everyone worked collectively, there was likely to be a good meal. If unsuccessful, everyone suffered together - which was also a bonding experience. When whales were killed, often an entire tribe would gather to break down the whale into many meals. One person doing this job would likely not be able to get it done before it spoiled. When buffalo were killed, each entire buffalo was utilized to make clothes, tools and provide food. Everyone would feast together and celebrate the life of the buffalo that provided for all needs. Working together helps everyone have enough. Celebrating brings us together.

Our current lifestyles do not support communal eating as much as in the past. We are all in such a hurry to get through each day we often just pick up something quick from a restaurant and eat when we can. Different jobs and work hours make getting together even more difficult. Many of us have forgotten the joys of gathering each night at the supper table with family to share everyone's day and the positive impact of doing so. Work and other demands frequently interfere with this family tradition. Robin Fox, anthropologist, states: "A meal is about civilizing children. It's about teaching them to be a member of their culture." Gathering over the holidays for a good meal or two can give our children and grandchildren an opportunity to be with extended family and bask in the love we share for one another. Please pass the gravy!

Lisa Luck is a writer living in Cookeville, TN

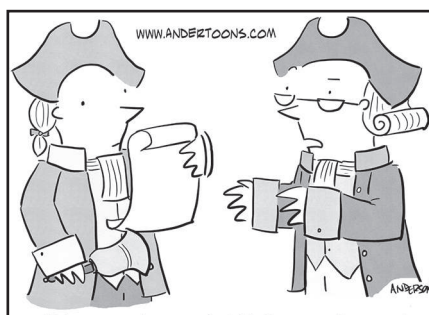
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## To Tolerate or Not...that is the question!

It has always amazed me at how some special interest groups can get all worked up when a minority group's so-called rights, are in question. Take the recent death of a 'African-American' man in California. He has spent 24 years in prison for killing four people. While in prison, living off us - the tax payers, he writes children's books denouncing gang violence and affiliation. A special interest group, decides that this man has fulfilled his debt to society and should be released on a pardon. Why? Did the four individuals that were killed miraculously get raised from the dead? Did this man say that he was sorry and show repentance? No...just because he is considered a minority who's been reformed and rights were not being considered.

This all leads me to the big 64 million dollar question! What about the rights of Christians around the world to practice, and profess their faith? Why all of a sudden do we have to be tolerant of the Scientologist, and they can do not have to be tolerant of us? Why is my daughter afraid to mention that "The Chronicles of Narnia" are based on Christian principals because there is a Muslim in her classroom?

Webster defines **Tolerant** as: *inclined to recognize and respect the beliefs, practices, or traits of others.* **Tolerate:** means *to neither forbid nor prevent the rights, opinions, or practices of others.* So, the last time I read my history book ~ that is why the pilgrims came to America. History shows this is why most indigenous groups who suffer persecution have come to America as well.

Well, I've got news for you. In my house it's Christmas time! It's the season when we celebrate the birth of our Saviour the Lord Jesus Christ. It's a Christmas tree. Which by the way represents Eternal Life - last time I looked the conifer tree stays green all year long! And, whether you like it or not....my family will continue to profess their faith in God and all it represents to our community.

I've tolerated the intolerance of others for my faith, Christianity, for long enough. And the next time you drive by a beautiful tree decorated with ornaments and lights for the season....thank God for his eternal gift to you and to me! **And....Merry Christmas!**



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Philippians  
4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.

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KEEP MY COMMANDMENTS**

JOHN 14:15



“Sharon wants to talk about last month’s sales figures, we’ve got that conference call at 3:00, and Phil apparently ran afoul of a trap in the supply closet. So we need to hire a temp until we can get somebody new.”



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**5<sup>TH</sup>**  
**10:00 AM**

**END**  
**JAN - THURS**  
**15<sup>TH</sup>**  
**6:00 PM**



**FOR MORE INFO CALL AUCTIONEER : RUSSELL MILLS 270-237-7625**



**TRACT 1: 103.68 +/- ACRES - FRONTAGE ON MASS ARCOT ROAD - MARKETABLE TIMBER - OUTSTANDING RECREATIONAL TRACT**

**TRACT 2: 39.26 +/- ACRES - FRONTAGE ON MOSS ARCOT ROAD - PRIME SMALL ACREAGE TRACT FOR HUNTING**

**TRACT 3: 1.10 +/- ACRES - FRONTAGE ON MOSS ARCOT ROAD - HOME SITE- UTILITIES AVAILABLE**

**TRACT 4: 1.45 +/- ACRES - FRONTAGE ON MOSS ARCOT ROAD - SINGLEWIDE MOBILE HOME - GREAT HOME SITE**

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