



FREE

"The Upper Cumberland's Marketplace since 1995"

Jan. 30 - Feb. 12, 2026 • Vol. 32, No. 2

"Humble yourselves before the Lord, and He will lift you up."
James 4:10 (NLT)

ONLINE WINTER EQUIPMENT AUCTION

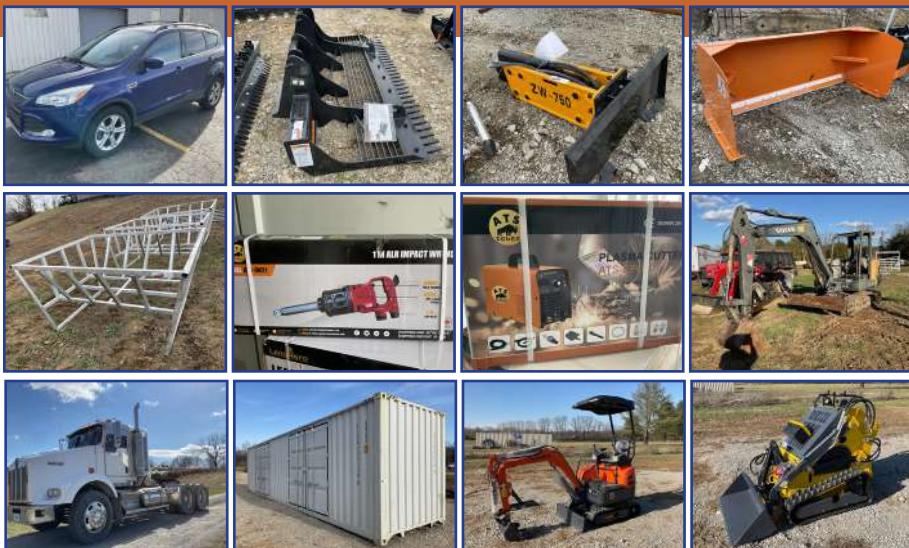
Bidding Opens:
February 2nd @ 12 PM

Lots Start Closing:
February 9th @ 6 PM

Farm and construction equipment, pickup trucks, skid steer & tractor attachments, and MUCH MORE!



Check out the catalog and register now at
www.dynamiteauctioncompany.com



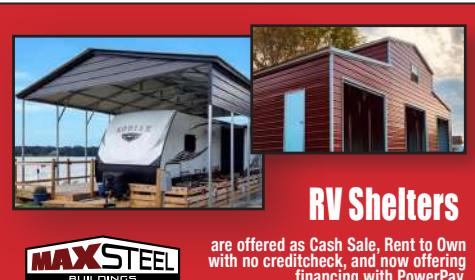
JEREMY SHAW 931-261-9226 • SAM OFFICER 931-644-8664



COME SEE OUR
CHICKEN COOPS



Come See Our
New Vaulted
Gable Style
Building



CHECK
OUT OUR
GREENHOUSES



WE CAN BUILD ON SITE

CALL FOR DETAILS!



1464 West Main St., Livingston, TN
(across from Taco Bell)

931-823-9404

2 LOCATIONS TO SERVE YOU

693 S. Jefferson Ave., Cookeville, TN
(across from Firehouse Subs)

931-854-9400

693 S. Jefferson Ave., Cookeville, TN
(across from Firehouse Subs)

931-854-9400

693 S. Jefferson Ave., Cookeville, TN
(across from Firehouse Subs)

931-854-9400



**TENNESSEE TRAILER
COMPANY, LLC**

2025 Year Model Closeout



5'x8' Utility Trailer
\$1,400 plus taxes



5'x8' Enclosed Trailer
\$2,800 plus taxes

2 Locations to Serve YOU Better

Mon. - Fri. 9am - 5pm, Sat. 9am - 2pm

8308 Roberts Matthews Hwy (111 frontage road) - Cookeville, TN
821 Tennessee Hwy 68 South - Crossville, TN
931-202-1151 (office) · 931-335-0971 (cell)



6'x12' Enclosed Trailer
\$3,500 plus taxes



7'x12' Enclosed Trailer
\$5,000 plus taxes

Rent To Own Programs With No Credit Check Available

90 Days Same as Cash With Approved Credit

Over 150 Trailers In Stock



7'x16' Enclosed Trailer
\$5,500 plus taxes



8-1/2'x16' Enclosed Trailer
\$6,500 plus taxes



8-1/2'x20' Enclosed Trailer
\$6,750 plus taxes



8-1/2'x24' Enclosed Trailer
\$8,900 plus taxes

*All prices are plus tax, title, and required state fees. All trailers are new.

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

Picture YOUR Family With a Majestic Fireplace



AP HEARTH LLC
HOME IS WHERE THE HEARTH IS

Combined 20+ years experience in Fireplace Evaluations, Service Repair, and Installations



206 W. Spring St. Cookeville, TN
Upper Cumberland and Surrounding areas



Call for your free consultation today!
Co-Owners: Bryan Polston 931-265-2544 & Trey Arnold 931-252-8948



No love, no friendship can cross the path of our destiny without leaving some mark on it forever.
- Francois Muriac

STEEL MOBILE HOME ROOFING

PERMA-ROOF
from Southern Builders



PERMA-ROOF OFFERS:

- Eliminates Leaks & Roof Rumble
- Maintenance-Free
- Lifetime Warranty
- Save on Utilities
- Expert Installation



**Built for Strength.
Designed for Life.**

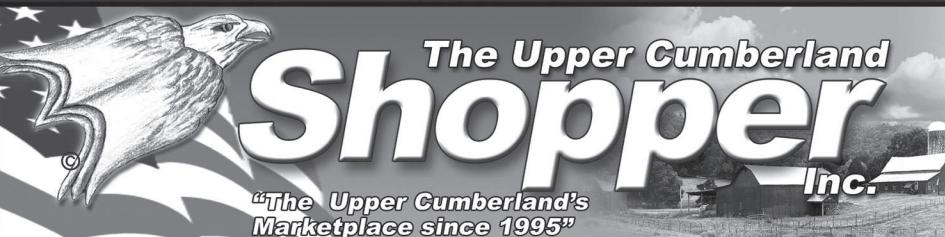
www.rofover.com



CALL NOW!
1-800-633-8969



The Belgian people are generally divided into two groups: Flemings and Walloons. Flemings live in the north and speak Dutch. Walloons live in the south and speak French.



"The Upper Cumberland's Marketplace since 1995"

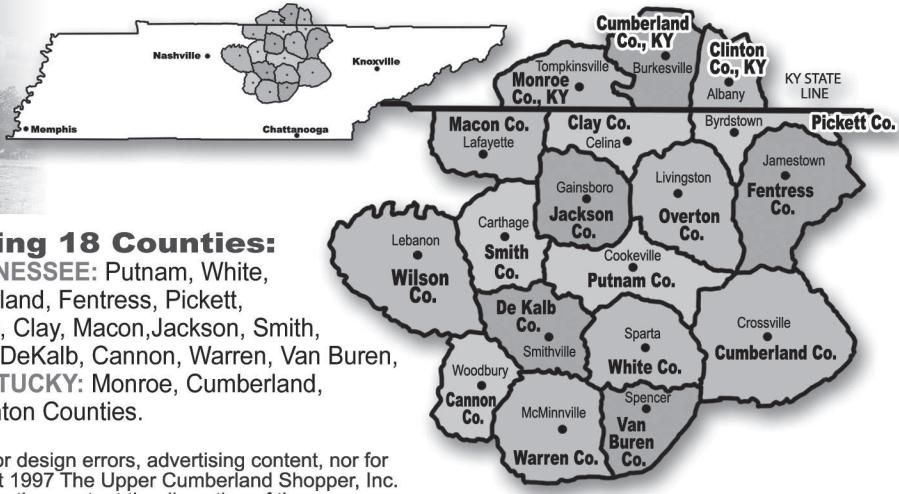
Advertising Information Can Be Obtained By:

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

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The Breath of Life

"You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble."

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up."



James
4: 4-10
(NIV)

Community EVENTS Calendar



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 Tues. of the month at McAlisters Deli on Interstate Dr. in Cookeville. Every widow or widower is welcome to attend the support group.

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.

TN. **Time:** 9am. Support expansion efforts of the TN Central Trail. Options are available to run and plunge, plunge only or just join in the fun. Sign up at: runsignup.com

Jan. 31

Snowball the ball by The Dream Cooperative for Exceptional families

Location:

The Grove: A Healing Collective, 3380 Walnut Grove Rd., Sparta, TN. **Time:** TBD. There will be dancing, Karaoke, crafts and food. Under 18 need to have legal guardian or buddy over 18 present at all times.

Feb. 7 & 28
4th Annual
Cookeville
Chocolate Festival

Location: Jaimie's Eats and Sweets, 50 W. Broad St., Cookeville, TN.

Time: 7th: 10 am 28th: 4 pm. Explore Cookeville's Historic Westside and all that it has to offer! Grab a \$5 map and explore the listed businesses to unlock exclusive discounts.

Feb. 7

2nd Annual Be My Valentine's Day Market

Location: Cookeville Comm. Ctr, 240 Carlen Drive Cookeville, TN. **Time:** 10 am - 4 pm.

Join us for a heartwarming day of shopping, sweets, and family fun. We're filling the community center with love, laughter and over 30 amazing local vendors. FREE 'Adopt a Bear' station with vendor purchase, Raffle, Candy Trail, Silent Auction, Cupid Booth, Concessions and so much more!

Wilson Co. Veterans

Center: 112 Hartman Dr. Lebanon, TN. VVA 1004 meeting 1st Mon- 11:30pm. American Legion 2nd Mon- 5:30pm. VFW 50015 3rd Mon., 5:30pm.

Free meal provided before meetings

Contact:

615-804-4404

Step into the spotlight with WCTE PBS's event. An evening of dazzling moves, incredible costumes and a celebration of our community. Dancers from all across the UC will take the stage to compete. More info contact Amber Carl at 931-528-2222 or acarl@wcte.org

Wilson Co. Veterans

Center: 112 Hartman Dr. Lebanon, TN. VVA 1004 meeting 1st Mon- 11:30pm. American Legion 2nd Mon- 5:30pm. VFW 50015 3rd Mon., 5:30pm.

Free meal provided before meetings

Contact:

615-804-4404

Coffee with a Vet:

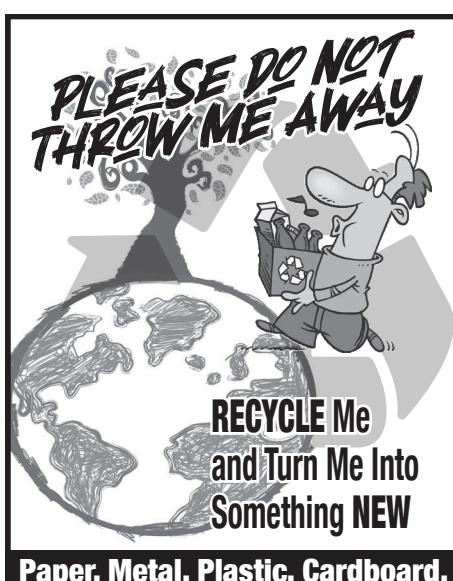
everyone is welcome to come have coffee with a vet every Thursday morning at Big I's Donuts at 8 am. All veterans are welcome. For info contact Rich Buford at 360-393-1147.

Feb. 7

Trail Run and Polar Plunge

Location: Monterey's Meadow Creek Park, 19195 Clarkrange Highway, Monterey,

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



Paper, Metal, Plastic, Cardboard, Fiberboard, and MORE

The Shopper Calendar Alert

FEBRUARY

2



REAL ESTATE AUCTION

5 Properties Selling at One Location!

FEBRUARY 21 @ 11 AM

Live Auction Location
787 Pine Thickett Rd • Sparta, TN

787 Pine Thickett Rd
Sparta, TN

1.24 acres • 067 019.03
 Multiple
 income-producing
 residences



1

787 Pine Thickett Rd | Sparta, TN



2

Dibrell St • Sparta, TN
 0.08 acres • 59A C 054.00
SELLING ABSOLUTE



3

Hwy 111 N • Sparta, TN
 0.55 acres • 003 036.10
SELLING ABSOLUTE



4

N Main St • Sparta, TN
 0.66 acres • 0490 B 009.00
SELLING ABSOLUTE



5

N Main St • Sparta, TN
 0.9 acres • 0490 B 005.00
SELLING ABSOLUTE



CLARK ADCOCK, AUCTIONEER
 TN LICENSE 7580

POWERED BY THE REALTY FIRM

10% buyer premium will be added to all winning bid amounts. 20% down payment is due the day of sale.

Closing must occur within 30 days of sale day.

ALL PROPERTIES LISTED WILL SELL AT ONE LOCATION (PINE THICKETT RD). Auction will begin at 11 am and properties will sell individually. Any announcements made the day of the sale take precedence over previously advertised information.

AdcockAuctionsTN.com

ONLINE BIDDING AVAILABLE!

615-464-7673

AA
 ADCOCK AUCTIONS
 CLARK ADCOCK, AUCTIONEER
 TN LICENSE 7580
 POWERED BY THE REALTY FIRM



112 & 114 Stone St • Liberty, TN

Real Estate Auction

2 lots selling separately!

BIDDING BEGINS
 JANUARY 10 @ 12 PM

ONLINE ONLY

BIDDING ENDS
 FEBRUARY 4 @ 12 PM



Driveways in place. Homes existed previously on both lots. 112 already has a water meter & septic system in place.

These are ideal for new builds or a simple investment!

AdcockAuctionsTN.com

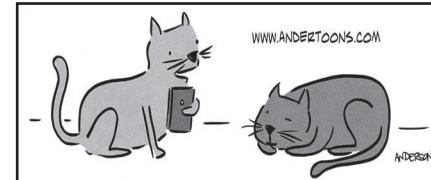
ONLINE BIDDING ONLY

615-464-7673

Terms & Conditions: 10% buyers premium. 20% 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 guarantees. Taxes will be pro-rated. Equal housing opportunity.



"I just got an app that shows me all the invisible fences in the neighborhood. Wanna go have some fun?"

**Mayberry Valentine
 Dinner Theater
 Historic Granville**

PERFORMING

**Man in a Hurry
 AND
 Wedding Bells for Aunt Bee**

Feb 6th, 12th, & 13th at 5:30 & 7:30
 Feb 5th at 3:30 & 5:30
 Feb 11th at 11:00 am and 1:00 pm

Tickets \$35.00
 which Dinner and Play
 Tickets can be purchased online at
granvilletn.com
 or by calling
54 3 4

Crabtree & Crace Jewelers

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



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



Storewide Savings 30-50%

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

BUYING

Coins, Watches,
 Diamonds, Gold, Silver,
 and Any Type of Jewelry
 and Collectibles

**1 Carat
 Diamond
 Earrings**
 NOW \$599



Financing & Layaway Available

Jewelry & Watch Repair In Store

**Silver Jewelry
 Department
 30%-50% OFF!**



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

945 E. BADDOUR PARKWAY • LEBANON, TENNESSEE

ESTATE AUCTION

100's OF VINTAGE TOYS (1960's AND NEWER)
NOS (G.I. JOE, MODEL CARS, NASCAR AND MORE)
1000's OF SPORTS CARDS (FOOTBALL, BASEBALL,
HOCKEY, BASKETBALL, NASCAR, G.I. JOE, MARVEL,
STAR WARS, STAR TREK) COMIC BOOKS (SUPERMAN, SPIDERMAN, HULK,
X-MEN, MARVEL AND OTHERS)

MR. JAMES "FAT DADDY" GENTRY ESTATE

**SAT., FEB. 21,
9 A.M. (C.S.T.)**

LOCATION: EDUCATION BUILDING @ THE WILSON CO.
FAIRGROUNDS, LEBANON, TN

DIRECTIONS FROM LEBANON AND E. BADDOUR PARKWAY (HWY.
70): Turn off of E. Baddour Parkway onto James E. Ward Center Road
turning right @ end of road and following James E. Ward Center Road
to the Education Building on the right (watch for signs).

**EDUCATION
BUILDING**

**VINTAGE
TOYS &
COLLECTIBLES**

**ALL DAY
SALE**

VINTAGE TOYS & COLLECTABLES:

- 100's of Vintage G.I. Joe toys (action figures, jeeps, tanks, aircrafts, lockers & other accessories). Many dating from the 1960's, 1970's & newer.
- Several (NOS) Model Cars - never assembled
- Nascar Collectables (semi trucks and race cars)
- 1000's of Sports Cards (Football, Baseball, Basketball, Hockey, Nascar, G.I. Joe, Marvel, Star Wars, Star Trek)
- Comic Books (Superman, Spiderman, Hulk, X-Men, Nascar and others)
- Kiss & Ozzy Osbourne Action Figures
- Vintage Race Tracs

SELLER: Mr. James "Fat Daddy" Gentry Estate
AUCTION AGENT: Ben Bray 615-666-2232
TERMS: Cash or good check (positive ID required). 10% Buyers Premium added to final bid to determine purchase price.

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



**BEN BRAY &
ASSOCIATES**
PRIVATE SALES AND AUCTIONS

672 Hwy. 52 By-Pass W. • Lafayette, TN 37083 • (615) 666-2232
125 E. Prince St., Suite 102 • Gallatin, TN 37066 • (615) 899-6098
BEN BRAY, AUCTIONEER - Lic. #4817, Broker Lic. #262922
Auction Firm Lic. #194 • Real Estate Lic. #260140
Ky. Lic. #7189 • Ky. Real Estate Lic. #24023
www.benbrayrealestate.com

AGENTS

Joe Barber	615-888-7099	Landon Colter	615-633-5378
Joe Barber	615-888-7099	Nick Hill	615-388-1186
Tim Johns	615-655-2761	Jennifer Sullivan	615-476-2062
Penny Kirby	615-388-0441	Danielle Elridge	615-489-7865
David Painter	615-888-6786	Whitney Shrum	615-489-6821
Stacey Browne	615-388-5595	Kyle Woodard	615-388-7715
Nicola Borders	615-633-8906	Jennifer West	615-830-4956
Devon Bray	615-476-9232	A.J. Holiday	615-578-0465
Nicole Miller	937-750-2161	Danya Cox	615-651-4196
Katie Jones	270-618-1617	Karen Burrow	615-948-5973
Katie Blankenship	615-388-3224	Stephanie Gray	615-651-9471
Annette Morgan	615-633-6298	Devin Shrum	615-670-3522
Cameron Roberts	615-388-5576	Blaine Higgins	615-561-8567
Nicole Carver	615-655-3621	Greg Russell	615-655-4368
Jared Sullivan	615-670-7097	Trevor Swindle	615-670-4724
Kelsey Goolsby	270-427-9555	Bryce Nichols	615-670-8525

ROMANS 3: 22 - 26

This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. God presented Christ as a sacrifice of atonement, through the shedding of his blood - to be received by faith. He did this to demonstrate his righteousness, because in his forbearance he had left the sins committed beforehand unpunished - he did it to demonstrate his righteousness at the present time, so as to be just and the one who justifies those who have faith in Jesus.

The EYES Have it!

Get Our Readers' Eyes on
What YOU Have for Sale

The Shopper

Classified Form is
inside the back cover
Ph. 931-372-9978
theucshopper@gmail.com

CLASSIFIEDS
**Reach Your
BUYERS!**

Large Circulation - 14,000 Copies • Affordable Rates • \$4 for 4 weeks coverage

What is done
in love
is well done.
- Vincent Van Gogh

Tell me and I'll forget.
Show me and I'll remember. Involve me
and I'll understand.
- Confucius

MACON COUNTY FAIRGROUNDS OLD HIGHWAY 52 • LAFAYETTE, TN 37083

FARM EQUIPMENT AUCTION

MACON COUNTY FAIRGROUNDS
OLD HIGHWAY 52 • LAFAYETTE, TN 37083

**SATURDAY,
FEBRUARY 28, 2026,
9 A.M. C.S.T.**

RECEIVING EQUIPMENT

**FEB. 23-FEB. 27,
8:30 AM TILL 4:30 PM**



**CALL NOW TO CONSIGN YOUR EQUIPMENT
615-666-2232**



REAL ESTATE

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

Visit our website @ www.benbrayrealestate.com

**BEN BRAY &
ASSOCIATES**

PRIVATE SALES AND AUCTIONS

CARS

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.

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

\$4/4 weeks in the newsstands. That is money well spent!

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. Experience would be helpful, but will train. Cookeville, TN. Call 931-261-7769.

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

ANIMALS

To Give Away: FREE Golden Retriever Puppies to Forever Homes due to relocating: 1 Male, 1 Female. Preferably email me first at: stephaniechristensen59@gmail.com before text 352-533-2411.

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

7 Puppies, free to good home. 8 weeks old, wormed, Husky / Retriever mix. 931-310-9592.

CARS

2006 Lincoln Zephyr. Good condition, 100k miles, new tires, serviced well. \$6,500. Call 615-642-6191.

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.

Buy - Sell - Trade

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.



Online Only Auctions!



3161 Ridge Road Cedar Hill, TN

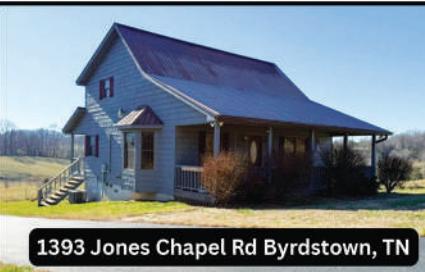
Home & 8.52+- Acres • 2 Tracts • Tractor • Trucks • Tools • Personal Property

Bidding Ends Thurs Feb 5th 6pm

3 bedroom, 2 bath home situated on spacious flat to rolling 8.52± open acres. Offered in two tracts! Also proud to offer a large assortment of quality personal property



Online Only Auctions!



1393 Jones Chapel Rd Byrdstown, TN

Home & 1.17+- Acres • Private

Bidding Ends Tues Feb 3rd 3pm

3 bed, 2 bath home situated on 1.17± acres. RV carport, garage, and outbuilding. Conveniently located just 15 minutes from Sunset Marina.



504 Darkey Springs Rd Walling, TN

Mobile Home & Lot

Bidding Ends Mon Feb 9th 6pm

Move-in ready 1 bedroom, 1 bathroom home featuring an RV hookup and two septic cleanouts. Selling ABSOLUTE!



353 Enigma Rd Chestnut Mound, TN

Custom Home & 1.01+- Acres • Shop • Barn • Cordell Hull Lake Views • Personal Property

Bidding Ends Tues Feb 10th 6pm

This custom home is situated on 1.01+- acres and features 2 bedrooms, 2.5 bathrooms. Less than a 5-minute drive to Wildwood Resort & Marina, & historic Granville, TN. ABSOLUTE auction that is move-in ready!



2546 Hobert Rd Cookeville, TN

Duplex • Income Producing Investment Property

Bidding Ends Thurs Feb 12th 3pm

Duplex investment opportunity! Featuring two rentable units. Do not miss this opportunity for your money, to make money. Bid now!

For complete terms & to bid visit: TNbid.com
Clint Conner Broker/Auctioneer (931)644-7149 (931)498-BIDS

For complete terms & to bid visit: TNbid.com
Clint Conner Broker/Auctioneer (931)644-7149 (931)498-BIDS

Unexpectedly Pregnant?

There is Hope

Hope Adoption Agency is a private adoption agency located in the heart of the Upper Cumberland

At Hope Adoption Agency, we believe every child deserves a loving, stable, and permanent home. Since 2018, we have remained dedicated to supporting families through ethical, compassionate, and child-centered adoption practices. As a private adoption agency, we work closely with birth parents, adoptive parents, and community partners to create a transparent adoption experience for everyone involved. As an experienced team, we provide counseling, education, and personalized support to ensure that every adoption is handled with care, respect, and integrity. Whether you are a birth parent considering adoption, or a family ready to adopt, we are here to walk with you every step of the way.

Questions or Concerns?

Call us at **931-651-1412** or 24/7 at **931-252-7159**

235 W. Main St.
Algood, TN

HOPE
Adoption Agency

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.

John Deere 660 Hay Rake. Five bar, field ready - \$1,900. Call 615-708-9276.

Mixed Grass Square Hay Bales. \$5 per bale. No Texts: 931-337-1000.

1956 John Deere 420 Tractor. In good shape, 3 point hitch. 931-265-6258.

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

Massey Ferguson 135 Tractor. With 6' bushhog, 3 point hitch. Tractor not running, engine in good shape. \$2,000. 423-505-6734.

HOUSEHOLD

ABSOLUTELY THE BEST - Your Kitchen Cabinet Headquarters. LOW PRICES Everyday. Finished & Unfinished Oak.

Ready to Install Vanity-Ext. Doors-Windows-Kitchen Counter Tops-Tub & Shower Units-Laminate Flooring. Locally owned for over 24 years. **BUDGET SALES - 1930 E. Spring St. (I-40, exit 290) Cookeville, TN.** Call 931-528-8879.

MISCELLANEOUS

Looking for elderly female in good health, that needs a place to live to help take care of my wife with dementia. Call 931-287-1978.

Wanted to Buy: Russian Dragunov Rifle, caliber 7.62x54R. Call 865-850-2729.

Caregiver Looking to stay with elderly people at home. Cook, clean, do laundry and care for them. My hours are 7 am - 5 pm. Mon, Thur., Fri., Sat., and Sun. for \$10 hour. Have stayed with dementia and Alzheimer's people. My patience is very good. Have references. Call 931-319-3237.

Leather - small pieces to big pieces, a few colors. \$1 to \$50 per piece. 931-224-2144.

Dolls, BB (Beanie Baby) for sale. 8 limited edition Barbies, 50+ BB (Beanie Babies), mint condition, 1 Princess Diana BB, full set, no duplicates, Cookeville, TN. Call 615-804-7746.

Lawn Mower for sale. Craftsman, 42", 17 hp, 3 years old - \$500. Cookeville, TN. Call 615-804-7746.

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

MISCELLANEOUS

Browning .300 Winchester Mag with 220 rounds of ammo, Nikon scope, bipod and case included - \$850. Call 931-349-4397.

3 Horse Saddles, \$75 each. **American Indian figurines,** \$10 to \$35 each, 35 to choose from. 931-224-2144.

Mossberg 500A shotgun. 12 gauge, 20" barrel - \$400. Call 615-944-6966.

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

Remington Model 597, 22 rifle with scope and 5 extra magazines - \$350. Call 615-944-6966.

Handmade Wooden Caskets. Locally owned and operated in Tompkinsville, KY. thewoodencasketky.com 270-427-8073.

1856 Wells Fargo Silver Ingots for sale. Call 731-412-9514.

Welcoming Campers at Shepherds Holler near Dale Hollow State Park. Electric and primitive. On site camper rental available. 574-806-2778.

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

SALVATION PATHWAYS

**MAKE
Jesus
YOUR
Lord** In ALL
Things...

**And He Will Give
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*The thief's purpose is to
steal and kill and destroy.
My purpose is to give them a
rich and satisfying life.*
- John 10: 10

The only valid
censorship
of ideas is the right
of people not to listen.
- Tommy Smothers

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.

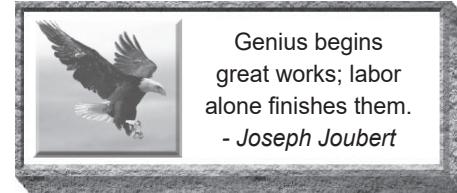
A Dirty Filter Makes Your System Work Harder

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 NADCA-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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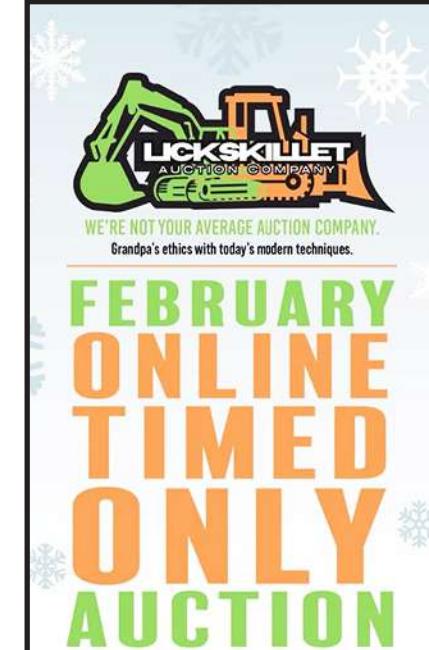


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A chaotic scene is sometimes referred to as bedlam from a 16th century madhouse of that name, set up in a former Priory of St. Mary of Bethlehem, bedlam being a corruption of Bethlehem.

Foot Facts

Your Feet Don't Have To Hurt

(NAPSA)—Put your feet up—you're going to take more than 8,000 steps tomorrow. In fact, over your lifetime, you'll probably walk more than 100,000 miles. That's the equivalent of walking around the whole world at the equator four times.

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Four in five Americans will experience foot problems.

Source: Pedifix Inc.



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Tigers are nicer than lions - tigers share their food and males let females and cubs eat first, but lions will fight to the death over a kill.



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Among the ancient Saxons, the official deity of the oceans was called Ben.

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I have always thought the actions of men the best interpreters of their thoughts.
- John Locke



Genius without education is like silver in the mine.
- Benjamin Franklin



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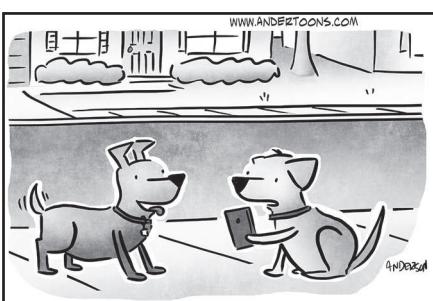



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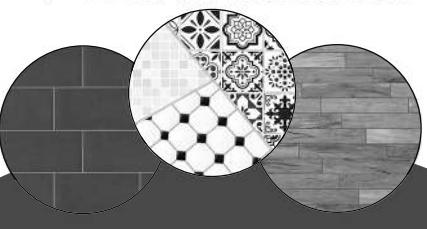
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"The New High School Principal"

Author Unknown

MEMO: To the students and faculty of our high school:

I am your new principal, and honored to be so. There is no greater calling than to teach young people. I would like to apprise you of some important changes coming to our school. I am making these changes because I am convinced that most of the ideas that have dominated public education in America have worked against you, against your teachers and against our country.

First, this school will no longer honor race or ethnicity. I could not care less if your racial makeup is black, brown, red, yellow or white. I could not care less if your origins are African, Latin American, Asian or European, or if your ancestors arrived here on the Mayflower or on slave ships. The only identity I care about, the only one this school will recognize, is your individual identity -- your character, your scholarship, your humanity. And the only national identity this school will care about is American. This is an American public school, and American public schools were created to make better Americans. If you wish to affirm an ethnic, racial or religious identity through school, you will have to go elsewhere. We will end all ethnicity-, race- and non-American nationality-based celebrations. They undermine the motto of America, one of its three central values -- *e pluribus Unum*, "from many, one." And this school will be guided by America's values. This includes all after-school clubs. I will not authorize clubs that divide students based on any identities. This includes race, language, religion, sexual orientation or whatever else may become in vogue in a society divided by political correctness. Your clubs will be based on interests and passions, not blood, ethnic, racial or other physically defined ties. Those clubs just cultivate narcissism -- an unhealthy preoccupation with the self -- while the purpose of education is to get you to think beyond yourself. So we will have clubs that transport you to the wonders and glories of art, music, astronomy, languages you do not already speak, carpentry and more. If the only extracurricular activities you can imagine being interesting in are those based on ethnic, racial or sexual identity, that means that little outside of yourself really interests you.

Second, I am uninterested in whether English is your native language. My only interest in terms of language is that you leave this school speaking and writing English as fluently as possible. The English language has united America's citizens for over 200 years, and it will unite us at this school. It is one of the indispensable reasons this country of immigrants has always come to be one country. And if you leave this school without excellent English language skills, I would be remiss in my duty to ensure that you will be prepared to successfully compete in the American job market. We will learn other languages here -- it is deplorable that most Americans only speak English -- but if you want classes taught in your native language rather than in English, this is not your school.

Third, because I regard learning as a sacred endeavor, everything in this school will reflect learning's elevated status. This means, among other things, that you and your teachers will dress accordingly. Many people in our society dress more formally for Hollywood events than for church or school. These people have their priorities backward. Therefore, there will be a formal dress code at this school.

Fourth, no obscene language will be tolerated anywhere on this school's property -- whether in class, in the hallways or at athletic events. If you can't speak without using the f-word, you can't speak. By obscene language I mean the words banned by the Federal Communications Commission, plus epithets such as "Nig@#@," even when used by one black student to address another black, or "bi@#@," even when addressed by a girl to a girlfriend. It is my intent that by the time you leave this school, you will be among the few your age to instinctively distinguish between the elevated and the degraded, the holy and the obscene.

Fifth, we will end all self-esteem programs. In this school, self-esteem will be attained in only one way -- the way people attained it until decided otherwise a generation ago -- by earning it. One immediate consequence is that there will be one valedictorian, not eight.

Sixth, and last, I am reorienting the school toward academics and away from politics and propaganda. No more time will be devoted to scaring you about smoking and caffeine, or terrifying you about sexual harassment or global warming. No more semesters will be devoted to condom wearing and teaching you to regard sexual relations as only or primarily a health issue. There will be no more attempts to convince you that you are a victim because you are not white, or not male, or not heterosexual or not Christian. We will have failed if any one of you graduates this school and does not consider him or her inordinately lucky -- to be alive and to be an American.

Now, please stand and join me in the Pledge of Allegiance to the flag of our country. As many of you do not know the words, your teachers will hand them out to you.

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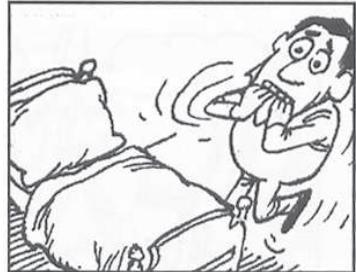
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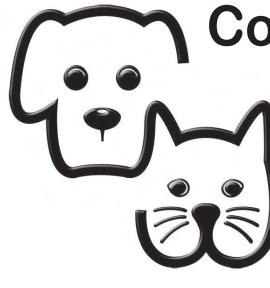
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JOHN 15: 5 - 8

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- Khalil Gibran



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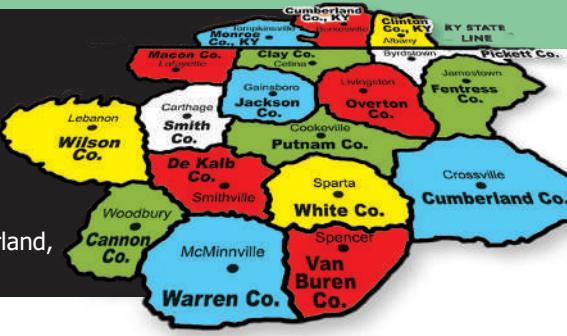
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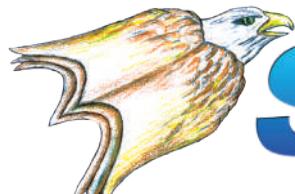
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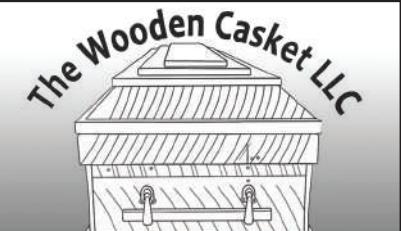
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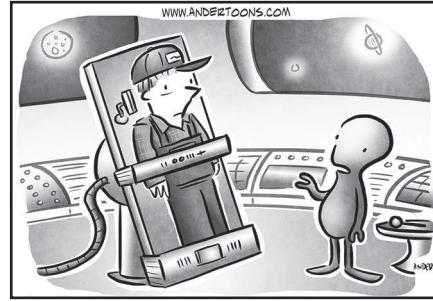
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A Lovely Lemon Cake

(NAPS) - You can add some zest to your dessert table with a delightful lemon cake make 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.

Lemon Cake with Lemon Glaze
Makes 8 to 10 servings



A sweet treat anytime 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.

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.



PSALMS 139: 13 - 17

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them!

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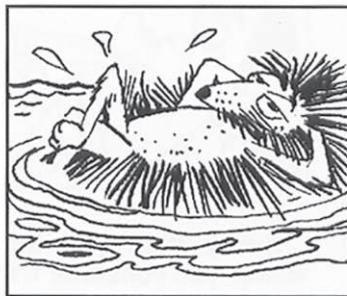
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ROMANS 12:16

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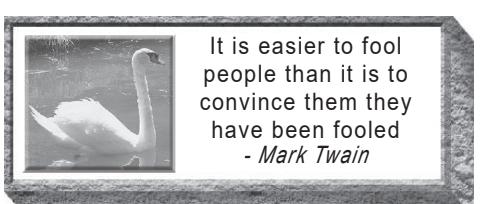
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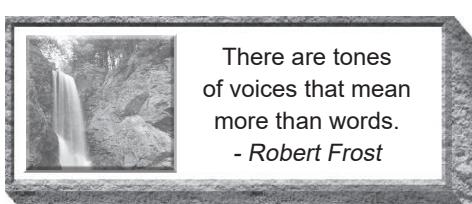
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It is easier to fool people than it is to convince them they have been fooled
- Mark Twain



There are tones of voices that mean more than words.
- Robert Frost



Young Timothy was helping his Dad clear a lot next to their home for a garden. Things went well until Tim ran into a large stone that he couldn't budge. After struggling for a few moments he called to his Dad and said, "Dad, this one is too big for me to handle. What should I do?" "Well," said his Dad wanting him to learn a lesson, "what have you tried to do?" "I've pulled on it with both hands," he said looking down at the stone. "And I've tried to pull it with a hoe, too, but that didn't work either." "Sounds like you've tried to move it with all the strength that you have," his Dad said

patiently. "Sure have, Dad. There's nothing else for me to do but give up on it," he said with discouragement. "Give up, son? Why would you give up?" he asked. "There's nothing else I can do," said Tim. "Oh, but there is. You can always call on me to help you, Son," he said with compassion. Often God allows us to realize how weak we are without Him. We struggle and fail. We try and give up. We worry and become depressed. We think and realize that many things are beyond us. We practice and still make mistakes. We work and still can't make ends meet. Then suddenly we realize that God has put a "gap" between us and the solution to our problem. It's His way of saying, "You can always call on me for help. And when you do, I will answer you and I will be with you!"



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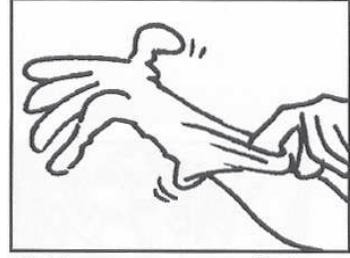
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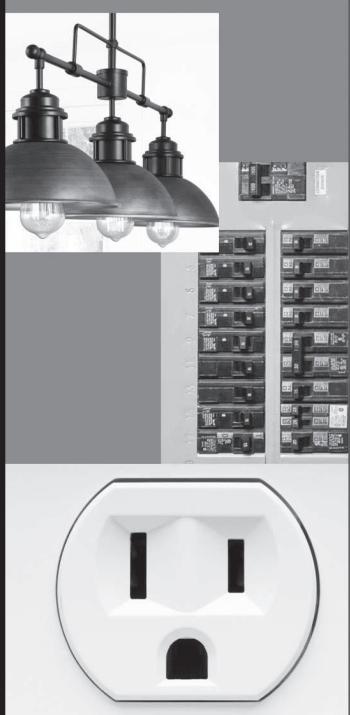
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Managing Vacation Waste

by Lisa Luck



I don't take much time off each year. There is always too much to do and too little time to get it done. However, I just returned from a one-day vacation. Since I've returned, I've puzzled over how one can reduce the amount of waste one generates while traveling. It is hard to avoid the single-use disposable packaging that is used for all products to make it convenient for travelers. Although it is convenient, it is also very expensive. In addition, very little of this packaging can be recycled so it must be discarded in the trash can. For the items that can be recycled, they should be recycled at home because most hotels do not have recycling collection bins.

As more attention is paid to managing waste properly and the importance of reusing rather than discarding, some hotels have eliminated the little plastic bottles of shampoo, conditioner and body wash provided in the bathroom. The little bottles have been replaced with large, reusable bottles that are attached to the wall in the shower. This does reduce the amount of waste each person who stays in the hotel generates. I take my own products just in case the hotel still provides the little disposable bottles.

The hardest part to manage is having enough water to drink. Some hotels do not provide drinking fountains or provide a refill water station. Wedging a water bottle into a sink in the hotel bathroom seems unsanitary and also most water bottles don't fit between the sink and the faucet. The hotels sell plastic-bottled water at the hotel lobby supply shop which is part of the incentive for not providing access to free water. For several dollars apiece, you can enjoy the two bottles that are usually left in the hotel room. The plastic bottles cannot be recycled. And even if they are recycled, the plastic waste that is created remains in the environment indefinitely and is absorbed by all living things.

The coffee that is available has multiple waste problems. If you make it in the hotel room, there is plastic waste from the single-use coffee pods or trays. There is also waste from the plastic-coated cardboard cup that is provided. The hot beverage melts the plastic particles on the cup, and dissolves the chemicals that the cups are made of which is ingested. In addition, saving leftover food from a restaurant while traveling is difficult. Although none of us wants to waste food, packing it into a Styrofoam container which then is discarded contributes to waste.

Will I take another vacation knowing that managing waste takes effort? Yes, I will – but with a few adjustments. To reduce waste, take snacks from home packaged in your own containers. Take a ceramic coffee cup to replace the cardboard cup that is provided. Fill your water bottles each time you go into a restaurant from the free water provided. Take and use your own personal products. Avoid food waste by only ordering what you can eat onsite.

Lisa Luck is a writer living in Cookeville, TN

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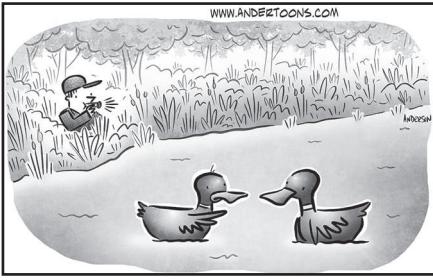
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AND I WILL TAKE YOU
TO MYSELF, THAT WHERE
I AM YOU MAY BE ALSO.

JOHN 14:3

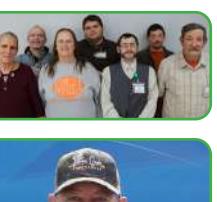


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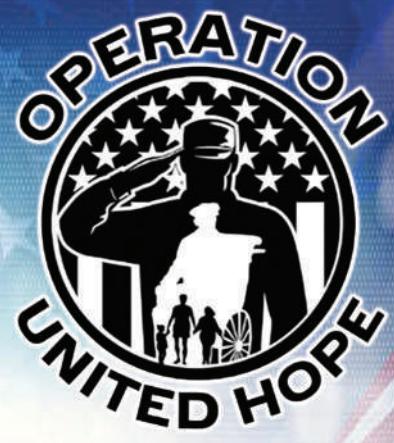


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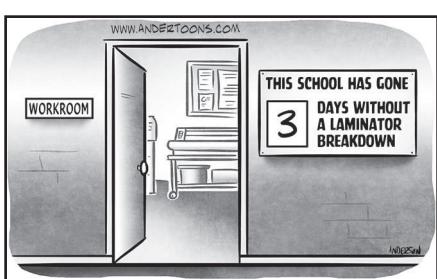
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**HEBREWS 4: 14 - 16**

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are, yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

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- William James



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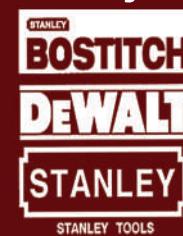
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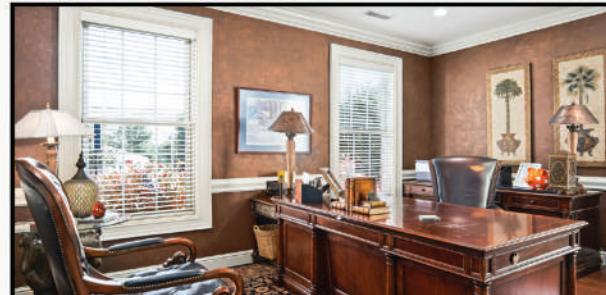
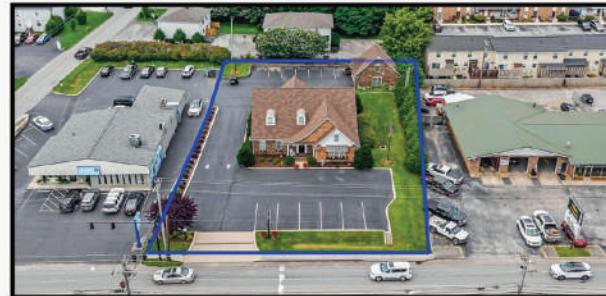
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