



FREE

"The Upper Cumberland's Marketplace since 1995"

February 13 - 27, 2026 • Vol. 32, No. 3

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish....." John 3:16 (NIV)

TRISTAR
AUCTION GROUP

**EARLY SPRING 2-DAY VIRTUAL
HEAVY EQUIPMENT & TRUCK AUCTION**

FEBRUARY 26 & 27 @ 9AM CST



FEBRUARY 26 - LIVE

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FEBRUARY 27-TIMED ONLINE ONLY

FACTORY DIRECT EQUIPMENT, ATTACHMENTS, & MORE



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Principle Auctioneer Daniel Pruitt TN LIC#: 6382- KY LIC #: 280710
Premium- 10% up to \$40,000, \$40,001 and Above \$4,000 CAP

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Commercial Building & 0.55+/- Acres Zoned CL Local Commercial Garage • High Traffic

Bidding Ends Thursday Feb 19th 3pm



Online Only Auction

818 East 10th Street Cookeville, TN



CLINT CONNER REAL ESTATE BROKER/AUCTIONEER (931)644-7149

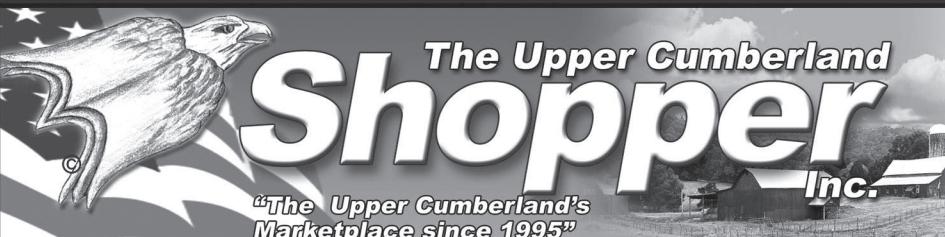
We are proud to offer a custom-built commercial building along with a brick detached building. The main building includes 11 offices and 4 half bathrooms, plenty of parking with spaces available at both the front and back of the building, an appealing entrance area for clients and visitors, a fully furnished kitchen, and two additional rooms that can serve as meeting spaces or be adapted to fit your needs. Also improved with a lawn irrigation system & interior sound system on the inside. Located on a high-traffic route and just five minutes from downtown Cookeville, TN, & with an entrance from E 10th St & Brown Ave, this property offers a wide range of potential uses. Bid now and don't miss this ABSOLUTE auction!



**To register to bid, for plat,
& complete terms, visit:**

TNbids.com





"The Upper Cumberland's Marketplace since 1995"

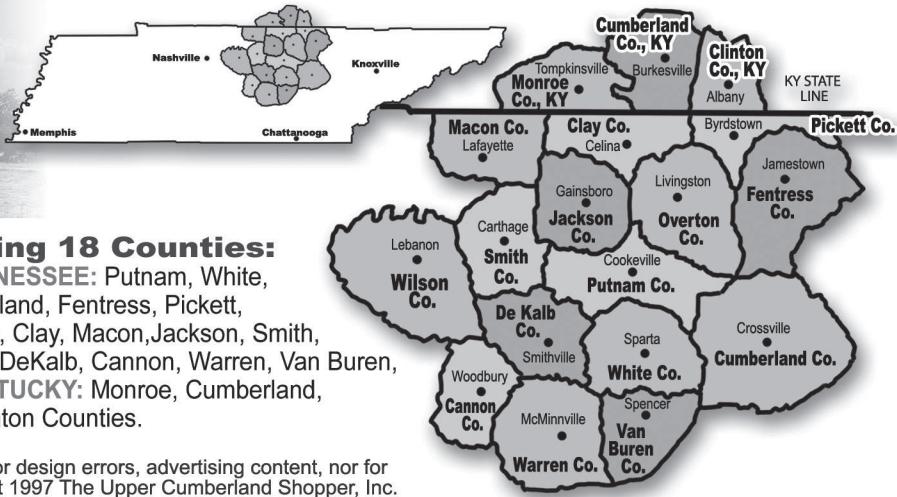
Advertising Information Can Be Obtained By:

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

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son. This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God."



John
3:16-21
(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.

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
Info: 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.

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.

Feb. 14

Valentines Murder Mystery Dinner
Location: 8400 Silver View Ln, Silver Point, TN. **Time:** 5 - 10 pm. Join us for an elegant evening cloaked in mystery at Leeric Lodge on Center Hill Lake, where the chandeliers glow, the dinner begins, and someone is hiding a deadly secret. A fully immersive, spine tingling murder mystery experience where you are a part of the story. Tickets \$150/each Call 615-684-9643.

Feb. 14

FREE Movie
Location: Putnam Co. Library, 50 E. Broad St., Cookeville, TN. **Time:** 12 noon.

Featuring 'Wicked: For Good' with free popcorn.

Feb. 15

Wedding Expo
Location: Putnam Co. Convention Ctr, 600 Tennessee Ave., Cookeville, TN. **Time:** 9 am - 4 pm.

Three massive events this year with March 21st being the first date. Diverse vendors selling furniture, tools, vintage items, clothing and more.

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

The Wooden Casket LLC

270-427-8912

www.TheWoodenCasketKY.com

203 N. Main St.
Tompkinsville, KY

The Shopper Calendar Alert:
Sunday, February 14th



Get Your AC Serviced TODAY

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Harleys and all Automotive

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161 Wade Subdivision Lane
(just off Hwy. 56, behind K & K)
Gainesboro, TN
931-268-1634



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



ADCOCK AUCTIONS

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

en EARLY SPRING 2-DAY EQUIPMENT AUCTION

1234 HWY 68, SWEETWATER, TN 37874

LIVE AND ONLINE AUCTION

DAY 1 – MARCH 11 • DAY 2 – MARCH 12



**CALL NOW
TO CONSIGN FOR
THIS AUCTION!!**

Photos are samples of items from our recent auctions

Check our website regularly for updates

**LAST DAY TO
CONSIGN IS FEB. 27
Accepting equipment M-F
9am-5pm est.**



VISIT OUR WEBSITE FOR DETAILS

www.EKAuctioneers.com

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Bid live On-Site or Simulcast Online at www.EKAuctioneers.com



Auctioneers

www.EKAuctioneers.com

1234 HWY 68, Sweetwater, TN 37884

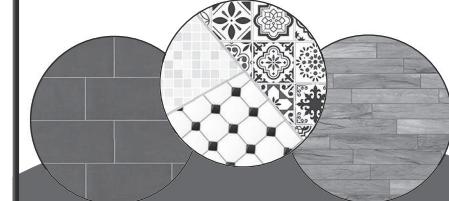
865-607-6698

Edward Knight, Auctioneer ed@ek auctioneers.com

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PAUL PARMLEY - 606.307.3535

RONNIE VITATOE - 931.397.7964

GALEN RICHARDSON - 606.307.3717

KELBY GRAVES - 270.427.0754



Sales every Wednesday at 9:30 CST

Jeffery Cyphers (Cell) 270.459.1193 • Brittany Elder (Office) 606.387.4681

**1274 Hwy. 90 West
Albany, KY 42602**

**www.bgstockyards.com
606.387.4681**

FACTS ABOUT SPRING

Australia celebrates its first day of Spring in the southern hemisphere on the same day that the United States celebrates the first day of Fall in the northern hemisphere.

Something to SELL?

Get Your Message Out There!

Sell it with a classified ad in
The Shopper

**Large Circulation - 14,000 Copies
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Classified Form is inside the back cover • Ph. 931-372-9978 • theucshopper@gmail.com



We are born believing.
A man bears beliefs as
a tree bears apples.
- Ralph Waldo Emerson



Wind is to fire like
distance is to love; it
extinguishes the small
and inflames the great.
- Anonymous

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. **Miami:** female, Pit
Bull /German Shepherd
mix dog, puppy. **Eddie:**
male, orange, domestic
medium hair mix cat, 5
years old. **Pixie:** female,
Tabby domestic shorthair
mix cat, 1 years old. **Regift:**
male, English Pointer mix
dog, 3 years 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.

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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, trans-
mission, 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.

CARS

2003 Dodge Hi-Top
Conversion Van: 3 local
owners, 27K miles - \$7,000
Firm Price. Call 931-742-
9718 leave message will
call back.

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.

Buy - Sell - Trade

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

EMPLOYMENT

Class A CDL Drivers
Wanted: \$800 to 1,200
per week. Home at least 2
days a week. Please call
Gary at 615-260-6854.

Now 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.

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, NASCAR and others)
MR. JAMES "FAT DADDY" GENTRY ESTATE

ALL DAY
SALE



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 at end of road and following James E. Ward Center Road to the Education Building on the right (watch for signs).



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.

MACON COUNTY FAIRGROUNDS • LAFAYETTE, TENNESSEE

FARM EQUIPMENT AUCTION

SAT., FEB. 28,
9 A.M. C.S.T.



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

MACON COUNTY FAIRGROUNDS • LAFAYETTE, TENNESSEE

SAT., MARCH 7, 8:00 A.M. (C.S.T.)

ON-SITE AUCTION LOCATION: MACON COUNTY FAIRGROUNDS,
SALLY WELLS BUILDING, RUSSELL DRIVE, LAFAYETTE, TN 37083

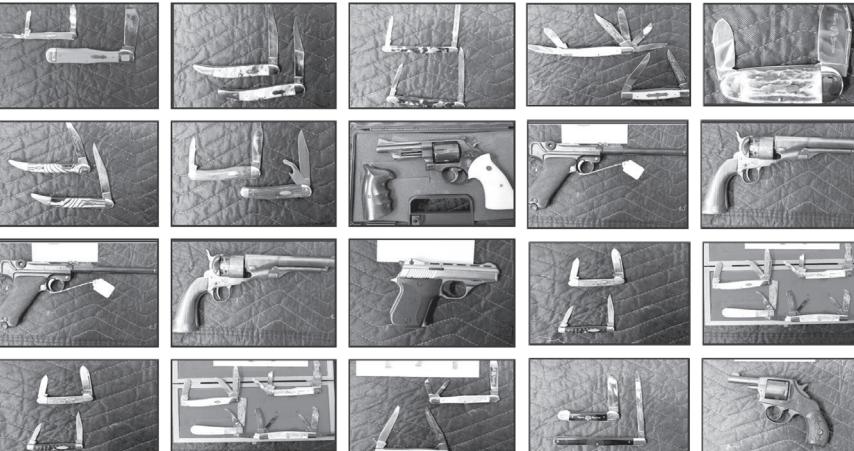
BID ON-LINE @ www.benbrayrealestate.com
BEGINNING FRIDAY, FEBRUARY 20 OR ATTEND THE ON-SITE AUCTION

KNIVES / KNIVES / KNIVES (FIGHTIN ROOSTER, CASE XX & OTHERS)
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WINCHESTER & OTHERS)

LOTS OF AMMO PLUS OTHER MILITARY RELATED ITEMS
WE HAVE OVER 1,000 ITEMS TO SELL @ THE

MR. JAMES "FAT DADDY" GENTRY ESTATE AUCTION

THIS IS AN ON-LINE / ON-SITE AUCTION



SELLER: Mr. James "Fat Daddy" Gentry Estate

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

BUYERS PREMIUM: 10% Buyers Premium added to final bid to establish purchase price.

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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Ky. Lic. #7189 • Ky. Real Estate Lic. #24023

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AGENTS

Joe Barber	615-888-7099	Nick Hill	615-388-1186
Tim Johns	615-655-2761	Jennifer Sullivan	615-476-2062
Penny Gray	615-388-0441	Danielle Eldridge	615-499-7865
David Painter	615-888-6786	Whitney Shrum	615-489-6281
Stacey Brawner	615-388-5576	Kyle Woodward	615-388-7715
Necia Borders	615-633-8906	Jennifer West	615-830-4956
Devon Bray	615-476-9232	A. Holiday	615-578-0465
Nicole Miller	937-750-2161	Danya Cox	615-655-4196
Katie Jones	270-618-1617	Karen Burrow	615-948-5973
Katie Blankenship	615-388-3222	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
Stacey Brawner	615-388-5576	Nicole Carver	615-655-4368
Jared Sullivan	615-670-7097	Trevor Swindle	615-670-4724
Kelsey Goolsby	270-427-9955	Bryce Nichols	615-670-8825
Landon Colter	615-633-5378		

HUGE ONLINE EQUIPMENT AUCTION

BIDDING OPEN UNTIL FEBRUARY 18, 5:30PM CST

MINI EXCAVATORS, SKID STEERS, AUGERS, TRENCHERS, MULCHERS, TRENCHERS, & MORE



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or www.auctionzip.com
ID 1680

Through Jesus, therefore, let us continually offer to God a sacrifice of praise - the fruit of lips that openly profess his name. And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you. Pray for us. We are sure that we have a clear conscience and desire to live honorably in every way.

Hebrews 13: 15 - 18



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1 Carat Diamond Hoop Earrings
NOW ONLY \$699

3 Carat Diamond Solitaire Rings
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NOW \$599 ONLY



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If it's in the Bible, believe it.
- Anonymous



Carve praise in stone. Write criticism in sand.
- Anonymous

ONLINE ONLY ABSOLUTE AUCTION

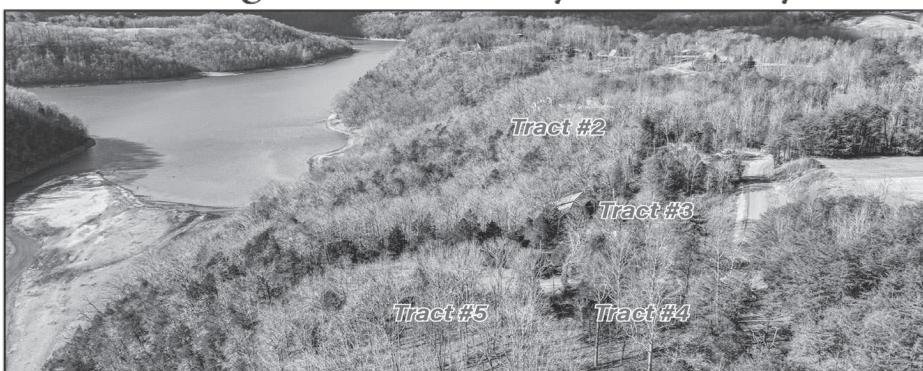
Multiple Lots @ Spring Creek Airport

BIDDING ENDS THURSDAY • FEBRUARY 26 • 10 AM



Olympus Dr.
Albany, KY 42602

An opportunity to purchase real estate near Dale Hollow Lake!
The property is offered in 5 tracts with each tract allowing investment opportunity.
Tract 1 offers a concrete/asphalt pad adjoining Olympus Drive and Spring Creek Airstrip.
Tracts 2-5 offer great access and lakeview.
Selling absolute and by new survey.



eagleauctions.com

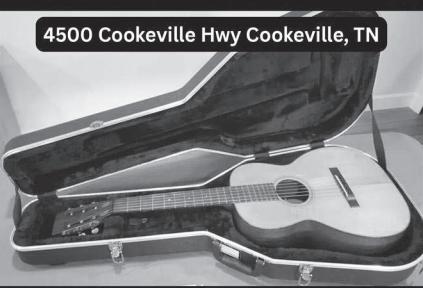
Nathan Groce • Agent/Auctioneer • (606) 688-1925
Lee Amonett • Broker/Auctioneer • (931) 252-1907

Terms: 10% Buyer's Premium. 20% Deposit at conclusion of sale, with balance due in 30 days. Current Year's Taxes Pro-Rated. Possession with Deed. All Property selling "As Is, Where Is" both surface and subsurface with no warranties. Bidders should complete their own due diligence prior to the sale. Announcements & Updates Take Precedence Over All Other Advertising.

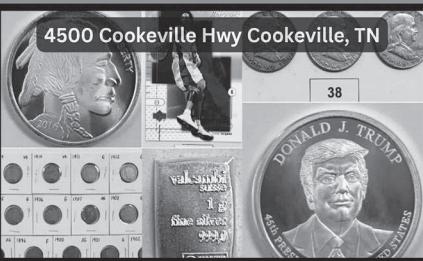


Online Only Auctions!

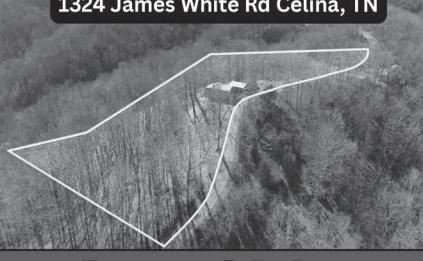
4500 Cookeville Hwy Cookeville, TN



4500 Cookeville Hwy Cookeville, TN



1324 James White Rd Celina, TN



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

15% deposit with the balance due on or before 30 days. 10% buyer's premium. 2026 property taxes are prorated to the date of closing. Homes built prior 1978 may contain lead-based paint. Buyer to sign lead-based paint disclosure.

Boat • Tools • Guitars • Antiques • Pers Prop

Bidding Ends Tues Feb 17th 6pm

We are proud to offer a very large selection of personal property! Pontoon Boat, ATVs, 1927 Martin O-18, Vintage Guitars, Antiques, Decor, Glassware, Furniture, Tools, Shop Items, Appliances, Knives, & More!

Morgan Dollars • Silver Rounds • Coins
• Sports Cards

Bidding Ends Wed Feb 18th 6pm

We are proud to offer a large selection of coins & sports cards. Over 400 lots! Bid now!

Home & 5.3+- Acres • Private • Woodland Retreat • Near Dale Hollow Lake

Bidding ends Friday Feb 20th 3pm

1 bed, 1 bath home on 5.3+- acres. Enjoy privacy and seclusion just minutes from Dale Hollow Lake. Whether you're seeking a starter home or a quiet getaway retreat, this ABSOLUTE auction is one you don't want to miss!



Online Only Auctions!

Silver Dollars • Morgan Dollars
Peace Dollars • Coins

Bidding Ends Fri Feb 20th 6pm

We are proud to offer a very large selection of coins including Silver Dollars, Wheat Cents, Morgan Dollars, Franklin Half Dollars, Peace Dollars, & More!



4500 Cookeville Hwy Cookeville, TN

2 Homes & 3+- Acres • Outbuildings
Personal Property

Bidding Ends Tues Feb 24th 6pm

We are proud to offer two conveniently located homes just a 10-minute drive from Crossville, TN. This property sits on 3+- acres & also includes two outbuildings and a shed, offering plenty of space for storage or projects. Don't miss this ABSOLUTE auction—bid now!



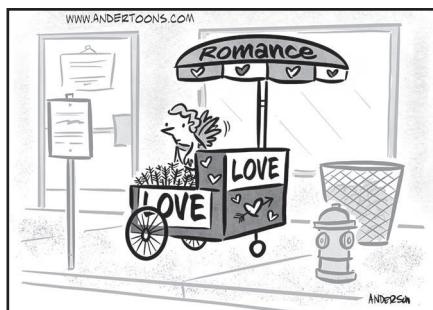
41 Bonanza Dr Crossville, TN

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

15% deposit with the balance due on or before 30 days. 10% buyer's premium. 2026 property taxes are prorated to the date of closing. Homes built prior 1978 may contain lead-based paint. Buyer to sign lead-based paint disclosure.



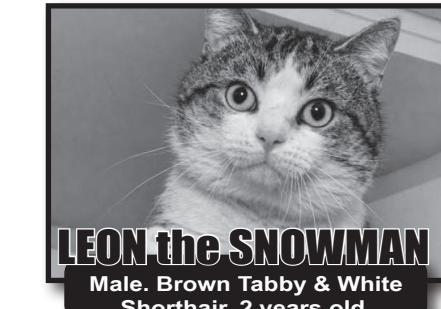
Paper, Metal, Plastic, Cardboard,
Fiberboard, and MORE



Cookeville Putnam County

ANIMAL SHELTER

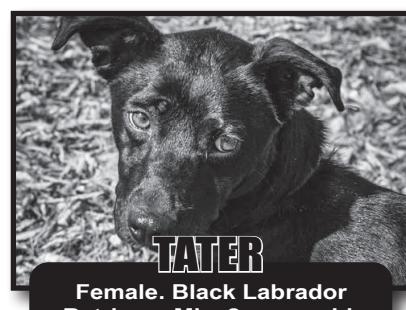
Many Forever Friends all in One Place



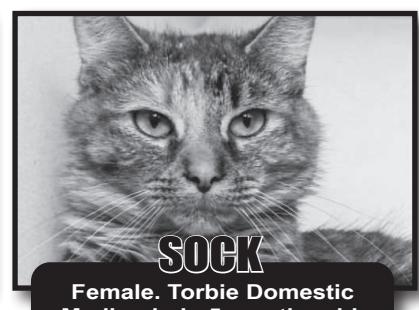
LEON the SNOWMAN
Male. Brown Tabby & White Shorthair. 2 years old.



RAVIOLI
Female. Bull Terrier/Pit Bull Mix. 6 months old.



TATER
Female. Black Labrador Retriever Mix. 2 years old.



SOCK
Female. Torbie Domestic Mediumhair. 5 months old.

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



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

2606 Gainesboro Grade • Cookeville, TN • 931-526-3647 • cpas@frontiernet.net

MACON SPAY NEUTER ASSISTANCE

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Appointment

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Worry ends
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- Anonymous



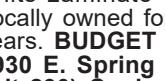
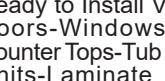
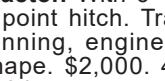
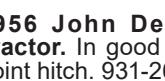
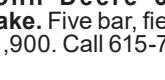
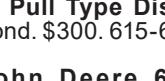
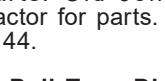
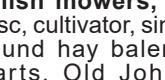
Be careful what you
plant today; it will
determine what you reap
tomorrow. - Anonymous

ESTATE SALE

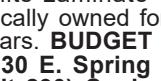
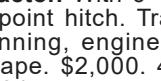
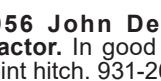
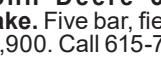
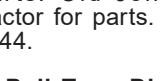
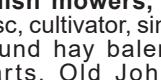
February 27th & 28th
Friday and Saturday
9:00am - 4:00pm both days

7630 Walking Horse Lane
Cookeville, TN 38501

The Estate of Bill Baird Griffith and Naomi Griffith



Farmhouse Items: Primitive wood dough bowl, Western Flyer metal pedal tractor, 2 gallon Tennessee Pottery jug, vintage oak icebox, vintage Fisher Price castle, Fisher Price parking garage, Star Wars 14" Boba Fett figure, Star Wars R2D2, Star Wars X Wing Fighter toy, Star Wars sheet set, mahogany wardrobe, 1930s red coat & dress, 1940s blue wool dress and cape, feather weight Singer sewing machine & case, large early Winnie the Pooh bear, oak wall phone, wood butter molds, wooden kraut cutter, framed prints by Michael Sloan, 'Sorghum Mill' by Ben Hampton. Brass and marble justice scales, advertising wooden biscuit box, early wooden coffee box, silver plate trays, etc. Ornate mission oak desk and chair, vintage clothes, large vintage Winnie the Pooh bear, old hand tools, vintage Christmas brass candlesticks, vintage celluloid rattles, vintage baby clothes, wooden drop leaf table, 4 shaker chairs, Buddy L toy cars, cast iron dinner bell, 1960s Baba Looey bank, Nylint Bike buggy truck toy, large wooden dominoes, Masters of the Universe case and dolls, cases of matchbox cars, Lesney toy cars, crock bowls, vintage bottles, old doors, shutters, garden tools, and MUCH, MUCH MORE!!!!



"The Delivery Kid"

I paid a homeless stranger to sit in my unlocked truck every Tuesday and Thursday for two months. I told him it was for my dog's safety. I lied. It was the only way to save his life.

My name is Leo, and I drive for a delivery app. My copilot is Barnaby, a German Shepherd I pulled from a kill shelter last year. Barnaby is missing his back left leg and half his left ear. He's ugly to some, but to me, he's beautiful. He's also the worst guard dog in history.

This past winter was brutal. The wind chill was hitting ten below, and the economy was even colder. One afternoon, I pulled into a superstore parking lot to grab a sandwich. That's when I saw the van. It was a rusted-out 90s model, tires bald, windows covered with cardboard. Standing next to it was a man I'd later know as Silas. He was wearing a thin, faded army jacket that had seen better decades. He was trying to pour the last few drops of a gas can into his tank, shaking it desperately. He looked freezing. His hands were cracked and bleeding from the cold.

I walked over, pulling a twenty-dollar bill from my pocket. "Hey man," I said. "Looks rough. Here, grab some lunch." Silas stiffened. He stood up straight - spine like a steel rod - and looked me dead in the eye. "I'm not a beggar, son," he said, his voice like gravel. "I have a pension coming. I'm just... waiting on the paperwork."

He wasn't waiting on paperwork. He was starving. But I knew that look. It was the same look an old woman named Martha used to give me. It was pride. It was the refusal to be a charity case in a world that had already written him off. I put the money away. "My mistake, sir."

I walked back to my truck. Barnaby was in the passenger seat, nose pressed against the glass. He usually barked at strangers, but he was staring at Silas and whining. A soft, high-pitched cry.

That gave me an idea.

I rolled down my window and yelled back. "Hey! You looking for work?"

Silas paused, narrowing his eyes. "Depends on the work."

I put on my best stressed-out face. "Look, I have a problem. I have to go into this store to pick up a catering order. It's gonna take twenty minutes. My dog, Barnaby, he has severe separation anxiety. If I leave him alone, he destroys the upholstery. I can't afford to fix the seats again."

I patted the truck door. "I need someone to just sit in the driver's seat. You don't have to do anything. Just be a presence so he stays calm. I'll pay you fifteen bucks. It's cheaper than reupholstering my truck."

Silas looked at the truck. Then he looked at Barnaby. Barnaby thumped his tail against the seat - thump, thump, thump.

"Fifteen dollars?" Silas asked. "To save my leather seats? Yeah. You'd be doing me a huge favor."

"Alright," Silas grunted. "I can handle a dog."

For the next eight weeks, this became our routine. Every Tuesday and Thursday, I'd "need help" with a pickup.

I'd leave the engine running so the heater would blast. I'd go into the store, buy a coffee, and watch from the window.

The first time, Silas sat rigid, staring straight ahead. But then, Barnaby—who was actually terrified of men in hats—did something he never did. He hobbled over on his three legs and rested his heavy head on Silas's lap.

I watched this hardened veteran, a man who wouldn't take a dime from me, slowly take his hand out of his pocket. He stroked Barnaby's ears. Then, I saw him reach into his jacket, pull out a dry cracker—probably his only food for the day—break it in half, and give the bigger half to the dog.

"You and me, buddy," I read his lips. "We've both got some battle scars, huh?"

Those fifteen dollars became thirty. I started "accidentally" leaving sandwiches on the dashboard. "Hey, they gave me the wrong order, I was gonna toss this, you want it?"

Silas always ate the sandwich. But he always did the job first. He wasn't taking charity; he was earning his keep.

Then last week, Tuesday came. The van was gone. I waited an hour. Nothing.

My stomach dropped. You hear stories about people freezing in their cars. I asked around the lot. A cart attendant told me the ambulance had come two days prior.

"Collapsed," he said. "Heart condition."

I felt a hollow ache in my chest. I didn't even know his last name. I thought that was it. Just another ghost in the system.

Yesterday, I walked out to my truck and saw something tied to the side mirror. It was a small, worn envelope.

Inside, there was no money. There was a medal. A Purple Heart, old and tarnished. And a note scrawled on the back of a soup label.

"To the Delivery Kid,

I'm at the VA hospital now. They finally processed my paperwork. I've got a bed and a warm room. You're a terrible liar, son. I was a K9 handler in the Army for twenty years. I know what a dog with separation anxiety looks like. Barnaby doesn't have anxiety. He's rock solid. He wasn't scared. He was comforting me. You knew I wouldn't take your money, so you gave me a job. You gave me a reason to unlock my door and sit in the warmth without feeling like a failure. You let me protect your dog, so I could feel like a soldier again. I can't pay you back. But give this to Barnaby. He earned it. - Silas"

I sat in my truck and cried. I tied that Purple Heart to Barnaby's collar. He sat up straighter, chest out, like he knew exactly what it meant.

We live in a culture that is obsessed with self-reliance. We are taught that needing help is a weakness. But sometimes, the greatest kindness isn't writing a check. It's creating a space where someone can accept help without losing their dignity.

We didn't just save Silas. He saved us, too. He reminded me that everyone - no matter how broken they look on the outside - has something of value to offer.

Sometimes, you don't need a hero. Sometimes, you just need a German Shepherd and a job to do.



Credit: Cheryl Purcell

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People of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you. Although the Lord gives you the bread of adversity and the water of affliction, your teachers will be hidden no more; with your own eyes you will see them. Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it." Then you will desecrate your idols overlaid with silver and your images covered with gold; you will throw them away like a menstrual cloth and say to them, "Away with you!"

Isaiah 30: 19 - 22



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- Plato



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- Martin Luther King, Jr.

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Time: 6 pm – 8:30 pm
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INK AND STRINGS

SONGWRITERS COMPETITION

Highlights Local Talent

Clay County recently hosted the Ink and Strings Tennessee Songwriters Competition, held at the Painted Pig, 16150 Clay County Hwy, Red Boiling Springs, TN, showcasing an impressive lineup of regional songwriting talent. These are the top three winners

Trevor Daniel
FIRST PLACE

Gary Gentry
SECOND PLACE

Linda Purrs
THIRD PLACE

Daniel and Gentry will advance to the next round of the competition in Portland, Tennessee, on February 27, where they will continue representing Clay County. Community members are encouraged to show their support as they move forward.

The evening was made possible by strong community support, with a great turnout of attendees cheering on their favorite performers. Events like Ink and Strings continue to highlight the strength and creativity of Clay County's music community.



EPHESIANS 5:1-2



"Well clearly there's been some sort of scheduling error."

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Recipe Korner

For the best baking results, ingredients such as baking powder, baking soda, and flour must be fresh.

According to a recent survey of home bakers, freshness is very important. More than 70 percent of people surveyed ranked freshness as a significant factor when buying baking ingredients and 74 percent say they look for the manufacturer's expiration date when shopping and when baking. To ensure freshness of your baking powder, the makers of Clabber Girl are introducing a new "fresh lid" that encourages you to write the "opened date" on the top of the can.

To get the best leavening, it's not only important to know the expiration date, but also to remember when you opened the can. Baking powder starts to react as soon as the can is opened and the powder is exposed to heat and moisture. That's why you should get a new can after six months. The manufacturer's date stamped on the bottom refers to the latest date you should open the sealed can. After that, the baking powder may not react well.

Smart Storage

Baking powder should be stored in a cool, dry place, away from heat or moisture. Make sure the lid is on securely at all times. Don't store it in the refrigerator or freezer. Condensation will gather on the inside of the can, causing the powder to react in the can.

If you're not sure whether your powder has been properly stored, you can test it easily. Take 1 teaspoon of baking powder and mix it with $\frac{1}{2}$ cup very hot water. If it fizzles and bubbles, go ahead and bake away. If it doesn't react or the reaction is delayed or weak, it's time to get a new can.

Once you know your powder is fresh, you may care to try it out with this delicious cake:

Bourbon Pecan Pound Cake

Cake:

$\frac{1}{2}$ c. vegetable shortening
 $\frac{1}{2}$ c. butter
1 $\frac{1}{2}$ c. granulated sugar



2 c. cake flour
1 $\frac{1}{2}$ tsp. Clabber Girl Baking Powder
 $\frac{1}{4}$ tsp. Clabber Girl Baking Soda
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. sour cream
3 Tbsp. bourbon whiskey
4 eggs
 $\frac{3}{4}$ c. chopped pecans

Glaze:

1 c. confectioners' sugar
1 $\frac{1}{2}$ tsp. bourbon whiskey
1 $\frac{1}{2}$ Tbsp. water

Instructions:

Set oven rack to middle location and preheat oven to 350 degrees F.

Cake:

In a large bowl, cream together shortening, butter and sugar until smooth then set aside. In a medium bowl, sift together flour, Clabber Girl Baking Powder, Clabber Girl Baking Soda and salt; combine well, add to creamed mixture, and mix on low speed 1 minute. Add sour cream, whiskey, eggs, and beat on medium speed 2 minutes; mix in pecans. Pour batter into greased 9-inch tube pan or 9 x 5 x 3-inch loaf pan.

Bake (middle rack) at 350 degrees F for 55 minutes or until cake tests done. To test cake, insert a toothpick into the cake and visually check to ensure toothpick is clean when removed. Allow cake to cool before applying glaze.

Beat sugar, whiskey and water together until smooth. Pour over cake.

Glaze:

Beat sugar, whiskey and water together until smooth. Pour over cake.

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When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Don't be deceived, my dear brothers and sisters. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

James 1: 13 - 17



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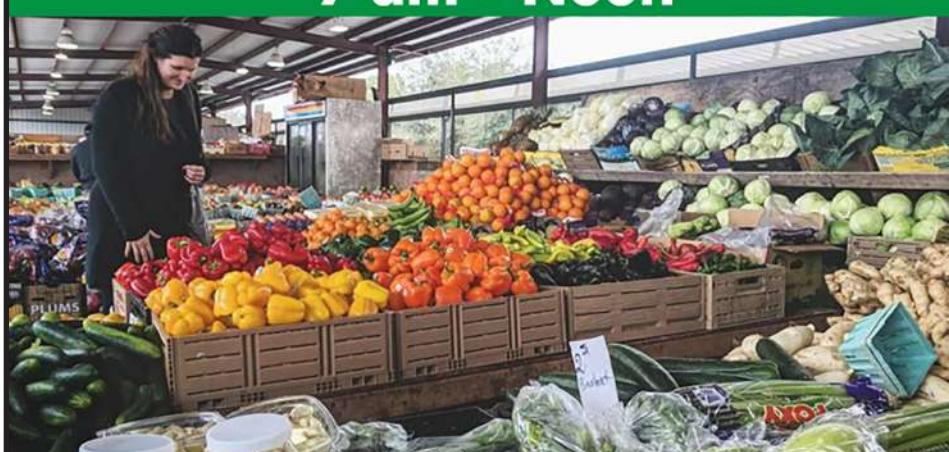
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Nearly all of us have some method for planning our daily activities. With no plan to follow, our time will likely be wasted and our days meaningless. Often, however, our carefully detailed plans can be completely disrupted by an emergency or unexpected demand. In Psalm 92, however, we find a simple way to open and close each day and bring God's presence into our lives. The Psalmist suggests that we begin the day with a "proclamation" - we are to "proclaim the love of God." If we begin each day by proclaiming the love that God has for us, it will remind us that we are safe and secure in His love and that nothing or no one can destroy us. Then, as the day

unfolds and when the unexpected occurs and things seem upside down, we can know that He is holding us close to Himself and that He will protect us from that which might harm us. It is in His love that we are safe and secure. As Paul wrote, "Nothing can separate us from the love of God which is in Christ Jesus our Lord." It is His love that keeps us close to Him and no one or nothing can break this bond that comes from Him. As we end each day, we are advised to praise God for His faithfulness. Indeed, by His grace He has brought us through another day and He has proven Himself to be trustworthy. Even when tragedy strikes or the light of His presence is dim, we have the assurance that He is with us. If "things" look bad today, we can always look back at our "yesterdays" and see God at work in our lives and praise Him for His trustworthiness and faithfulness.



Health is not simply the absence of sickness.
- Hannah Green



Never interrupt your enemy when he is making a mistake.
- Napoleon Bonaparte

health hints

You Can Quit Smoking

(NAPS)—There could be good news for many Americans who feared their resolve to quit cigarettes would go up in smoke.

When To Quit

Quit now! Doctors point out that these days kicking the habit may be easier to do than ever before.

For one thing, science's understanding of tobacco dependence has increased. It seems it's a chronic condition that often requires repeated treatment, much like high blood pressure and diabetes. Fortunately, research also shows treatment works and can produce long term or even permanent recovery.

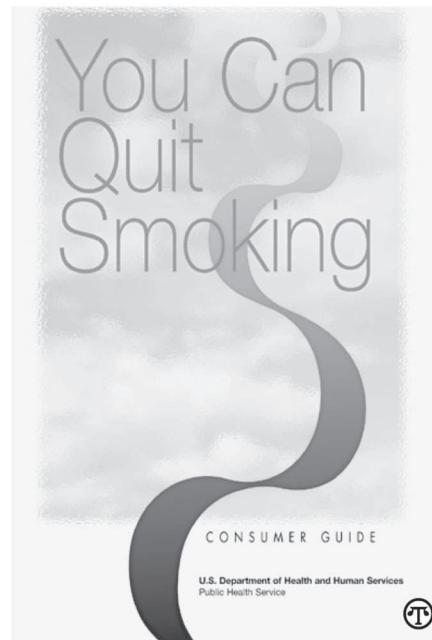
Why To Quit

This is good for several reasons. If you quit you can:

- Live a longer and healthier life.
- Have more energy and be able to breathe easier.
- Lower your risk of heart problems, strokes and cancer.
- Ensure that people in your household, especially children, will be healthier.
- Save money. If you spend \$3 a day on cigarettes, you can save over \$1,000 in a year.

How To Quit

With the help of a healthcare professional, you can find a quit plan that's right for you. This can include counseling; nicotine replacement with an over-the-counter product such as the nicotine patch or gum or a prescription product, for instance, a nicotine inhaler, nasal spray or new non-nicotine pill. While many smokers try to quit on their own, or cold turkey, studies have shown that those who



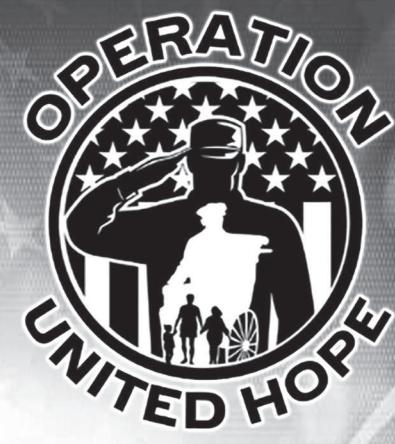
No butts about it, even if you have tried to quit smoking before, now may be the time you succeed.

work with their healthcare professional achieve a higher success rate.

Where To Get Help

A new booklet, "You Can Quit Smoking," developed by the U.S. Public Health Service, can help you on the road to becoming tobacco free. The booklet features a five step program to help you quit and includes questions to ask yourself, your family and your healthcare provider. It also offers tips to help you establish a support network to handle relapses, find alternatives to tobacco and understand the reasons now is the time to make this life-saving decision.

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Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

1 John 4: 7 - 12



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Plastic Substitutions

by Lisa Luck



Most of us use plastics everyday. It really is completely unavoidable because so many products are made from plastic. Some plastics are used over and over again. Single-use plastics will only be used once before being discarded. They are convenient but that doesn't mean we should be using them on a daily basis. There are numerous problems plastics cause in the environment. One problem is that plastic does not decompose. Instead it degrades and breaks into tiny pieces. The visible pieces are called microplastics. These get washed into creeks, lakes, and rivers. Because they are lightweight, they follow the current of the water and they travel to the ocean where they accumulate. As the plastic travels, it begins breaking into pieces and gets washed into the ocean. Fish and birds consume bits of plastic confusing it with food. Humans end up eating plastic that has accumulated in fish.

Other particles are invisible to the eye, and are called nanoplastics. These often become suspended in the air carried by the wind where they are dispersed throughout the earth. Nanoplastics also enter food or beverages when these are packaged in plastic containers. They are also dispersed into the atmosphere when clothes made from plastic fibers, such as nylon, polyester, and rayon are dried in a dryer. Nanoplastics are breathed into the lungs, and can also enter the body through eating or drinking. Scientists are just learning about the impact that plastic waste has on the living body. Plastic waste can be found everywhere.

As far as disposal, many people think that recycling plastics solves the worldwide plastic problems. But, it does not. Recycling contributes to the plastic breaking down into micro- and nanoplastics. The only solution is to avoid plastics whenever possible. They are toxic to the environment and to the human body. Plastic is made from fossil fuels with a cocktail of chemicals that are added to give it the versatile qualities we all know and (used to) love.

Following are a list of items that are frequently made from plastic that can easily be substituted with environmentally products. Instead of plastic flatware, use metal or bamboo. Instead of plastic plates or cups, use ceramic or cardboard (non-coated). Plastics last indefinitely in the environment and negatively affect all life on earth. According to Aquasana, over 60 million plastic water bottles are purchased and discarded every day in the United States, and 1.3 billion are used daily across the world. Instead of drinking bottled water, buy a stainless steel thermos and/or water bottle as these will last a lifetime. A stainless steel container will prevent the ingestion of plastic particles that are sloughed off from plastic bottles. Buy milk and juice in waxed cardboard containers instead of plastic jugs. Although the cardboard containers cannot be recycled, they have less of an impact on the environment than plastic jugs. Purchase compostable bags for food storage, trash and pet waste. Until packaging can be made from biodegradable or recyclable materials, it is best avoided.

Lisa Luck is a writer living in Cookeville, TN

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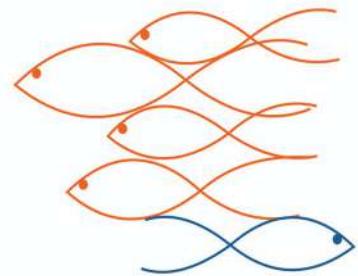
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- Abraham Lincoln

Winter Weather Can Be Source Of Hidden Dangers Project Impact Offers Tips To Prevent Winter Damage

(NAPS)—When most Americans worry about disasters, winter storms rarely rank at the top of their list. But as the season kicks into high gear, people everywhere must be aware that winter weather poses hidden threats. However, enacting preventive measures beforehand can significantly reduce those dangers.

Roofs risk collapse under the weight of heavy snow, and weak tree limbs coated with ice and snow buildup can become dangerous hazards. A burst pipe can potentially ruin a home's interior. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.

In fact, last year winter weather caused nearly \$62 million in damage, according to the National Weather Service.

To cut back on winter damage, the Federal Emergency Management Agency's (FEMA) *Project Impact: Building Disaster Resistant Communities*, is encouraging people to take preventive actions now.

"Many people don't realize winter weather can cause severe damage to your home," said FEMA Director James Lee Witt. "But there are simple actions you can take in advance to ensure your home is a safe haven to wait out the storm."

Winter storms can often last for days, and usually are accompanied by high winds, freezing rain or sleet, heavy snowfall and cold temperature that can inflict costly

structural damage to homes.

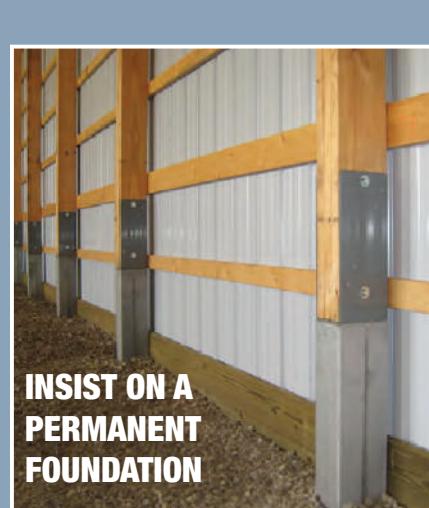
To protect yourself and your home in advance from the dangers associated with winter weather, *Project Impact* recommends:

- Hiring a contractor to check the structural ability of the roof to sustain unusually heavy weight from snow accumulation.
- Cutting away tree branches that could fall on a house or other structure during a storm.
- Clearing leaves and other debris from gutters.
- Repairing roof leaks.
- Insulating pipes with insulation or newspapers and plastic to keep them from freezing and allowing faucets to drip a little during cold weather to avoid freezing.
- Keeping heaters at least three feet from flammable objects.
- Avoiding the use of kerosene heaters, which pose significant risk. If you must use one, refuel outside.
- Learning how to shut off water valves.
- Promptly removing ice and snow from tree limbs, roof and other structures.

Project Impact has been changing the way America deals with disasters since 1997. The nationwide initiative began with seven pilot communities and today boasts nearly 250 designated communities and more than 2,500 business partners.

For more information about *Project Impact*, visit www.fema.gov/impact or call 202-646-4117.

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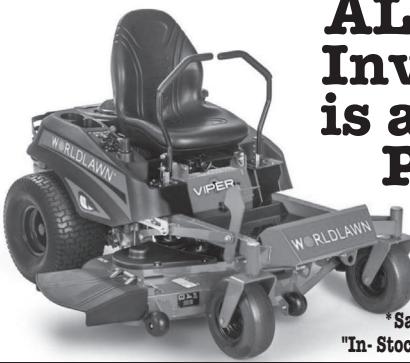
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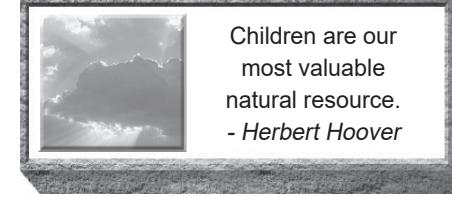
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Health Awareness

Understanding Thyroid Health

(NAPS)—An estimated 20 million Americans have some form of thyroid disease.¹ During January, recognized as Thyroid Awareness Month, YARAL Pharma is raising awareness of thyroid disease, particularly hypothyroidism, a condition in which the thyroid gland does not produce enough thyroid hormone. Despite its prevalence, thyroid disease remains widely misunderstood, with many people unaware of its signs and symptoms.

The Role of the Thyroid

The thyroid, a small butterfly-shaped gland located in the neck, plays a vital role in regulating metabolism, energy levels, and overall hormonal balance. Conditions such as hypothyroidism, hyperthyroidism, and thyroid nodules can significantly impact health and quality of life. However, up to 60% of individuals with thyroid disease are unaware of their condition, often due to a lack of awareness about the signs and symptoms, leading to delays in diagnosis and treatment.¹

Signs and Symptoms

Thyroid disorders can manifest in various ways, including fatigue, weight changes, mood fluctuations, and cognitive difficulties. These symptoms often resemble common day-to-day ailments, making them easy to overlook. As a result, many patients live with thyroid conditions for years before seeking treatment.

What Can Be Done

Treatment for thyroid disease varies depending on the type and severity of the condition, as well as the patient's age and overall health. Some common treatments include:²

• Antithyroid drugs: These medications stop the thyroid from producing hormones.



Once properly diagnosed, thyroid disease can be treated in many ways.

- Radioactive iodine therapy: A widely used and effective treatment involving the oral intake of radioactive iodine. Most patients who undergo this therapy eventually develop hypothyroidism.
- Beta-blockers: These medications don't affect the thyroid but can help manage symptoms such as rapid heart rate, tremors, and nervousness.
- Surgery: In rare cases, a healthcare provider may recommend surgically removing the thyroid. Patients undergoing this procedure will need to take synthetic thyroid replacement hormones for the rest of their life.
- Thyroid hormone replacement: For hypothyroidism, patients typically take a daily dose of synthetic thyroxine (T4), a hormone that replaces what their thyroid can no longer produce.

Take Control of Your Thyroid Health

If you're experiencing symptoms of thyroid disease or have concerns about your thyroid health, don't wait—talk to your healthcare provider to learn more about diagnosis and treatment options.

References

¹American Thyroid Association. Press Room. <https://www.thyroid.org/media-main/press-room/>. Accessed 20 Dec. 2024.²Cleveland Clinic. Thyroid Disease. Cleveland Clinic, <https://my.clevelandclinic.org/health/diseases/8541-thyroid-disease>. Accessed 20 Dec. 2024.

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- 2 Corinthians 4: 18

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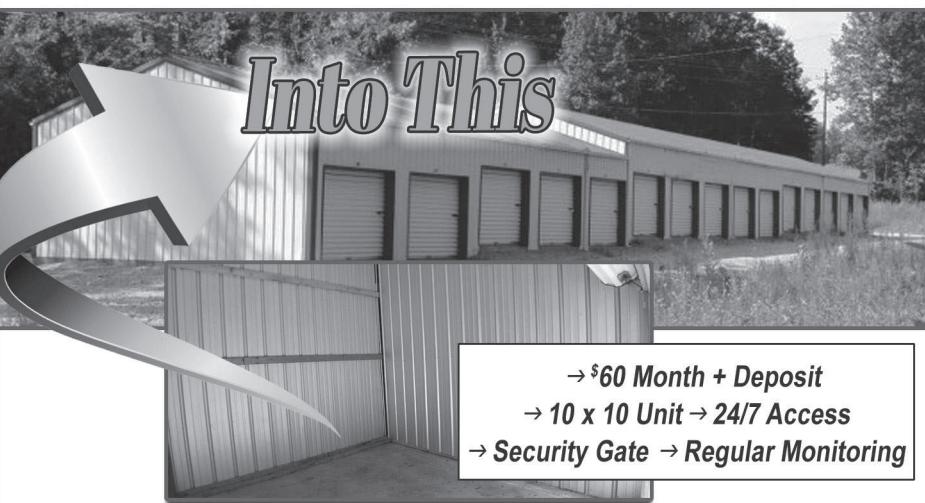
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Change is
a process, not
an event.
- Anonymous



Jesus reminds us of who
we are; Satan reminds
us of who we are not.
- Pastor Bobby Davis

Safety Around The Home

When Using A Generator: Keep Safety In Mind

When Using a Generator: Keep Safety In Mind



(NAPS)—Generators are pretty handy when the weather is bad but it's generally a good idea to follow a few simple safety rules about using one, advise the experts at the Outdoor Power Equipment Institute (OPEI). First, never use it inside the house, garage or any other enclosed space. Next, install a working carbon monoxide detector. Use the right fuel, ideally E10 or less, and make sure it's fresh. Use an outdoor rated extension cord only and be sure it's long enough that you can set up the generator a safe distance from the house. Learn more at WeatherItBetter.com.

Even in darkness light dawns for the upright, for those who are gracious and compassionate and righteous. Good will come to those who are generous and lend freely, who conduct their affairs with justice.

Surely the righteous will never be shaken; they will be remembered forever. They will have no fear of bad news; their hearts are steadfast, trusting in the Lord. Their hearts are secure, they will have no fear; in the end they will look in triumph on their foes. They have freely scattered their gifts to the poor, their righteousness endures forever; their horn will be lifted high in honor.

Psalm 112: 4 - 9



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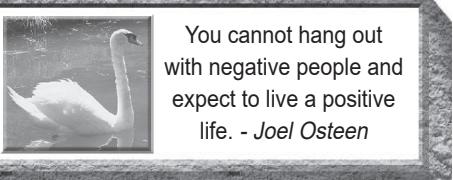


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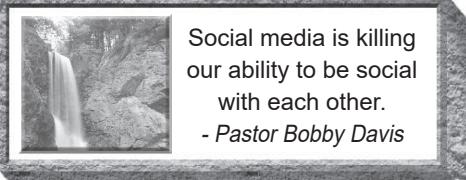
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You cannot hang out with negative people and expect to live a positive life. - Joel Osteen



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We all need to be aware of people who need our help and attention. God created us to need each other. To be focused only on ourselves and not also on other people will grow selfishness in our hearts. It will make us self centered. This is a basic truth that applies to each of us: the world does not revolve around me, and it does not revolve around you. God created us to be givers, not takers.

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others."

- Philippians 2: 3 - 4

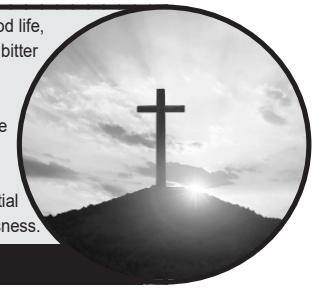
Instead of being self centered, we need to be God centered. He blesses us so that we can bless others. Being focused outside of our own personal space enables us to see the people around us who need help. It can be people in our own community, our state, our nation, or other nations of the world. All of us can do something to help people in need. First, we need to pray for them. Second, we need to take action to help their actual situation. We can donate some amount of money

(any amount), and we can give our time and labor to help make someone's difficult situation get better. We can also offer encouragement and spend time visiting with people or simply calling them on the phone. Showing people that we care can make a world of difference in their lives. Whatever it is, all of us need to help others. Our actions will show our love and compassion for others. So, don't be "Out of Sight, Out of Mind." Show your love for others by what you do for them.

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice.

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace reap a harvest of righteousness.

James 3: 13 - 18



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