



The Upper Cumberland Shopper Inc.

**FREE
TAKE
ONE**

"The Upper Cumberland's Marketplace since 1995"

July 3 - 16, 2026 • Vol. 32, No. 13

"Be dressed ready for service and keep your lamps burning, like servants waiting for their master to return from a wedding banquet, so that when he comes and knocks they can immediately open the door for him." Luke 12:35-36

WE RENT CONTAINERS



Contact Us
TODAY
for the Storage
YOU NEED

We Also **SELL**
Containers and
Offer **RENT TO
OWN** Options

jeff@containit.info

Locally Owned and Operated
Serving All of Tennessee, Kentucky and Indiana

Call Us **TODAY**
317-409-9000

Summer SALES EVENT!



**MOYER'S
REPAIR**
2 LOCATIONS TO
SERVE YOU!

**PROFESSIONAL
ZERO TURNS**

STARTING AT
\$8,899

**FLEET DISCOUNTS
UP TO 20%
AVAILABLE!**



**RESIDENTIAL
ZERO TURNS**
STARTING AT
\$3,399

TRACTORS
STARTING AT
\$2,499

TOP QUALITY. TOP PERFORMANCE.
Summer Ready!



3757 Blackburn Mtn. Rd.
Sparta, TN • 931-738-9108

924 Miller Lane
Smithville, TN • 615-597-9166

**FINANCING
AVAILABLE!
W.A.C.**

SEE DEALER FOR DETAILS.

CELEBRATING AMERICA 250

HONORING OUR PAST ★ DEFENDING OUR FUTURE

★ ★ AMERICA 250 ★ ★

★ ★ 2026 ★ ★

CUMBERLAND COUNTY GUN & KNIFE

★ SHOW ★

250 YEARS OF FREEDOM.
A FUTURE WORTH PROTECTING.

AUGUST 1ST & 2ND, 2026

SATURDAY 9AM-5PM ★ SUNDAY 9AM-3PM

CUMBERLAND COUNTY COMMUNITY COMPLEX

1398 LIVINGSTON ROAD

CROSSVILLE, TENNESSEE 38555

www.gkshow.org

OUR HERITAGE. OUR FREEDOM. OUR LEGACY.

God Bless America!

★ GUNS ★ KNIVES ★ AMMO ★ ACCESSORIES ★ COLLECTIBLES & MORE! ★

AMERICA'S
250th
ANNIVERSARY
1776 ★ 2026

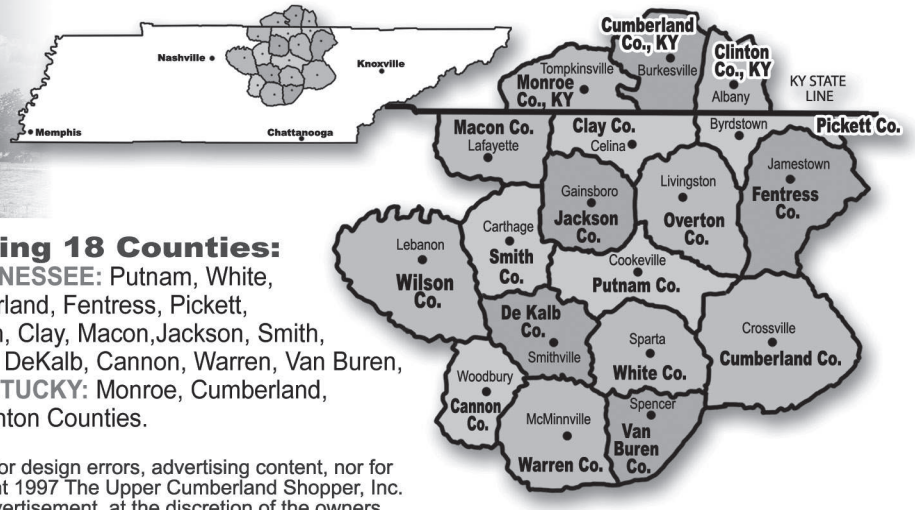
GUNS
★ KNIVES ★
AMMO ★ ACCESSORIES
COLLECTIBLES
& MORE!





The Upper Cumberland Shopper Inc.

"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

Serving 18 Counties:
IN TENNESSEE: Putnam, White, Cumberland, Fentress, Pickett, Overton, Clay, Macon, Jackson, Smith, Wilson, DeKalb, Cannon, Warren, Van Buren,
IN KENTUCKY: Monroe, Cumberland, and Clinton Counties.

*The Upper Cumberland Shopper, Inc. and its shareholders are not responsible for any typographical and/or design errors, advertising content, nor for any related consequences thereof. The Upper Cumberland Shopper logo and all related artwork are copyright 1997 The Upper Cumberland Shopper, Inc. The Upper Cumberland Shopper, Inc. reserves the right to refuse publication of any material or printed advertisement, at the discretion of the owners.

The Breath of Life

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

Matthew
6: 25-27
(NIV)

Community Events Calendar



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

ONGOING:
Widows Lunch:
 Heart of the Cumberland monthly widow's lunch at 12:30 pm, every 1st Tuesday, McAlisters Deli on Interstate Drive, Cookeville.

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.

Now - August Community Bank Concerts
Location: Dogwood Performance Pav., 43 N. Walnut Ave., Cookeville, TN.
Time: 7:30 pm. FREE event

July 4 11th Red White & Boom
Location: 155 Fairground Lane, Cookeville, TN.
Time: 5:30 - 9:30 pm.
 Get ready for a night of patriotic pride, music and fireworks as we celebrate America's 250th birthday with our BIGGEST event yet! FREE admission & parking.

July 7 Health

Independence Event
Location: Cookeville Community Center, 240 Carlen Drive, Cookeville, TN.
Time: 9 am - 1 pm. FREE Health, safety and wellness fair for all ages. Food served at 11 am. This event will bring together healthcare providers, community organizations and local businesses to provide healthy, safety and wellness resources for residents in the Upper Cumberland. Family activities for all ages. Kid friendly.

July 6 Social Line Dancing
Location: Cane Creek Rec. Ctr., 180 C C Camp Rd, Cookeville, TN.
Time: 12:30 - 3 pm.

If you enjoy line dancing, come join the fun. Everyone is welcome. No experience is necessary.

July 9 Chili Cook Off
Location: St. Thomas Aquinas, 421 N. Washington Ave, Cookeville, TN.
Time: 6-8pm. Come hungry! Whether you're a serious chili maker or just love tasting, this is going

to be a fun night for the whole family. Bring your best chili and compete for prizes.

July 11 Cookeville's Largest Yardsale
Location: 155 Fairground Lane, Cookeville, TN.
Time: 9 am - 4 pm.
 Join us for a fun filled day of shopping, deals and hidden treasures all in one place.

July 21 & 22 Auditions for Shakespeare in the Park's 2026 production 'All's Well that Ends Well'
Location: Dogwood Park Pavilion, Cookeville, TN.
Time: 6:30 pm.
 Actors will be required to come prepared with a 30 second monologue and expected to also perform cold reading from the script. Any questions can be directed to: allswellthatendswell2026@gmail.com

JIM'S ANTIQUES
 AT THE HARDWARE STORE

Antiques, Collectibles, Pure Maine Maple Syrup, & MANY One of a Kind Items

AND SO MUCH MORE YOU NEVER KNEW YOU WANTED!

Jim Amero
 Owner of Jim's Antiques

P.S. - Items for Man Cave or She Shed

615-237-0107 Like us on Facebook

207 E. Main St., Watertown, TN, 1 block off the Square
 WatertownTN.com/Jims

The Shopper Calender Alert:



KP

Distinctive items for you. your home. and sharing

Jewelry, Handbags, Wedding Registry
 Stationery, Artwork, Pillows, Throws, Cards,
 Candles, Gift Wraps, and MUCH MORE

Keaton Place
 www.KeatonPlace.com
 120 N. Court Square
 (on The Square)
 Livingston, TN
 931-823-2727



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




BIG BLAZIN' SUMMER AUCTION



AUCTION ADDRESS  **1633 MONTEREY HWY. LIVINGSTON, TN 38570**



BID  **LIVE ON-SITE AND ONLINE** **ON-LINE TIMED ONLY**

FRIDAY	SATURDAY	MONDAY
JULY	JULY	JULY
10TH	11TH	13TH
9 A.M. CST		

CONSIGNMENT DEADLINE: JULY 3RD

WE'RE NOT YOUR AVERAGE AUCTION COMPANY.
Grandpa's ethics with today's modern techniques.



COREY KING | TN #7145, KY #299207, TX #18583 | LICKSKILLETAUCTIONS.COM
 Powered by    **931.357.1988** | 



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

Real Estate Auction

389 Lowery Rd
Smithville, TN
Saturday, July 11 @ 10am



50+/- acres selling in TEN tracts with soil sites identified on each. Some tracts are on Bethel Rd.



AdcockAuctionsTN.com **615-464-7673**

ONLINE BIDDING AVAILABLE
 Terms & Conditions: 10% buyers premium. 20% down day of sale. Must close within 30 days. Announcements made day of sale supersede previously-advised information. Property sells as is, where is with no warranties or guarantees. 2026 taxes will be pro-rated. Clear warranty deed guaranteed at closing. Equal housing opportunity.



The Ash Can School was a group of American artists active from 1908 to 1918. Their work featured scenes of urban realism.

• AHF PRODUCTS •

CROSSVILLE TILE OUTLET

MANUFACTURER'S QUALITY SECONDS



First Grade & Quality Factory Seconds



GREAT SELECTION AT BIG SAVINGS
MON-SAT 8AM-4PM • 931-484-4248
 297 SWEENEY DR. CROSSVILLE, TN
 (I-40, EXIT 320)

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.roofover.com  **CALL NOW!**
1-800-633-8969

BETWEEN LAFAYETTE & HARTSVILLE

MILD RESTRICTIONS

UTILITY WATER & SOILS

HOMESITE OR ACREAGE TRACT

2640 NEW HARMONY ROAD • HARTSVILLE, TN (MACON COUNTY)

ONLINE ONLY AUCTION

17.46 ACRES (5 TRACTS) • 552' ROAD FRONTAGE OPEN & WOODED LEVEL TO ROLLING TERRAIN UTILITY WATER AVAILABLE SOILS FOR SEPTIC BARBER PROPERTY

AUCTION BEGINS MONDAY, JUNE 22ND, 2026
AUCTION ENDS FRIDAY, JULY 10TH @ 6:00 P.M. (C.S.T.)
BID ON-LINE @ WWW.BENBRAYREALESTATE.COM

PROPERTY LOCATION: 2640 NEW HARMONY ROAD • HARTSVILLE, TN (MACON COUNTY)



DIRECTIONS FROM LAFAYETTE: Travel Hwy. 52 By-Pass West, left @ red light onto Old Hwy. 52, left onto New Harmony Road to property on the right (signs posted).

DIRECTIONS FROM HARTSVILLE: Travel McMurry Blvd., left onto New Harmony Road crossing into Macon County to property on the left (signs posted).

REAL ESTATE: 17.46 acres in the "Hot Spot" of Southern Macon County. This property very convenient to Lafayette, Hartsville, Gallatin and Lebanon plus having utility water available and soils for septic makes this the perfect location to build your dream home. This choice tract has been surveyed, platted and staked to the SOLD in (5) Tracts.

TRACT #1: 1.46 acres fronting New Harmony Road 125 feet.
TRACT #2: 1.17 acres fronting New Harmony Road 93.66 feet.
TRACT #3: 1.17 acres fronting New Harmony Road 100.01 feet.
TRACT #4: 7.90 acres fronting New Harmony Road 139.02 feet.
TRACT #5: 5.76 acres fronting New Harmony Road 94.51 feet.

LADIES AND GENTLEMEN, this is vacant land so feel free to preview @ your convenience. Remember what we say, "Look it over, just don't overlook it!"

TERMS: 10% (non-refundable) deposit down within 48 hours of auction close and balance with the deed. The balance due within 30 days. All bidders must register on-line with a credit card. 2026 property taxes to be pro-rated. Buyer responsible for recording the deed, buyers half of attorney closing fee and any fees associated with a bank loan.

BUYERS PREMIUM: 6% Buyers Premium added to bid price to establish final purchase price.

NON-QUALIFYING BANK TERMS: Macon Bank & Trust is offering non-qualifying bank terms by paying a total of 20% down and financing the remaining 80% payable monthly @ 9% locked for 36 months and amortized up to a 10 to 15 year repayment plan depending on the amount of your purchase. Questions on bank terms call 615-666-2121.

AUCTION AGENT: Ben Bray 615-633-7723 or 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.

BETTER HOMES AND GARDENS REAL ESTATE

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) 899-6089
 BEN BRAY, AUCTIONEER - Lic. #4817, Broker Lic. #262922
 Auction Firm Lic. #194 • Real Estate Lic. #250140
 Ky. Lic. #7189 • Ky. Real Estate Lic. #24023
 www.benbrayrealestate.com

AGENTS	
Joe Barber 615-888-7099	Nick Hill 615-388-1186
Tim Johns 615-655-2761	Jennifer Sullivan 615-476-2062
Penny Kirby 615-388-0441	Danielle Eldridge 615-489-7865
David Painter 615-888-6786	Whitney Shrum 615-489-6821
Stacey Brawner 615-388-5595	Kyle Woodard 615-388-7715
Necia 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 615-655-4196
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
Landon Colter 615-633-5378	Jerry Henderson 615-388-6279

AUCTION

ANTIQUE AND COLLECTIBLES • JULY 25TH 9AM

2656 HWY 70 N, CROSSVILLE, TN

LIVE AND ONLINE @ pagerealtyandauction.com
ONLINE AUCTION WILL START AT 11 AM



2000 AMERICAN FREEDOM MOTORHOME WITH 99,400 MILES IN EXCELLENT CONDITION
PORCELAIN COCA COLA "LOLLIPOP" SIDEWALK SIGN
1920 SINCLAIR GASOLINE 10' PUMP MODEL 117

CHAMPION, COCA COLA, GREAT DANE, WOLF'S HEAD, BETTY BOOP, HANK WILLIAMS JR, WAYNE & LOREN, QUINCY, SLOT MACHINES, SCALES, CLOCKS, AIRPLANE, FIRETRUCK

COORS, PABST, BLUE RIBBON, SOUTH PAW, MILLER, FOSTER'S, MICHELOB, SHINER, BUD WEISER, YUENGLING, SCHLITZ, LIGHTED BEER SIGNS, & MORE TO BE ADDED AS IT COMES IN!

ALL ITEMS ARE SOLD AS IS, WHERE IS AND WITH ALL FAULTS, WITHOUT ANY WARRANTIES EXPRESSED, IMPLIED OR GUARANTEES OF ANY KIND. PAGE REALTY AND AUCTION LLC AND ITS AUCTIONEERS AND EMPLOYEES ARE REPRESENTING THE SELLER AS THE SELLERS AGENT AND WE DO NOT INSPECT ITEMS ON BIDDER'S BEHALF. ALL MEASUREMENTS, DESCRIPTIONS, AND AGE ARE APPROXIMATE AND NOT GUARANTEED. SELLER AND OR AGENT MAKES NO WARRANTY AS TO ACCURACY OF INFORMATION. BUYERS VERIFY ALL INFORMATION TO THEIR SATISFACTION BEFORE BIDDING. PAGE REALTY AND AUCTION RESERVES THE RIGHT TO WITHDRAW ANY ITEMS IN THE AUCTION. IT IS IMPORTANT THAT YOU FAMILIARIZE YOURSELF WITH THESE TERMS AND CONDITIONS OF SALE. IF YOU DO NOT AGREE WITH ANY OF THE TERMS AND CONDITIONS STATED, DO NOT BID. YOU WILL BE BOUND BY THESE TERMS AND CONDITIONS. BY REGISTERING FOR THIS AUCTION YOU ARE AGREEING TO THESE TERMS.

WHEN ITEM IS SOLD, IT BECOMES POSSESSION OF THE BUYER, NO REFUNDS FOR ANY REASON AUCTION COMPANY NOT RESPONSIBLE FOR LOST, STOLEN OR DAMAGED MERCHANDISE. ALL PURCHASES ARE TO BE PAID IN FULL DAY OF SALE AND PRIOR TO REMOVAL FROM PREMISES. IF A DISPUTE ARISES BETWEEN TWO OR MORE BIDDERS, THE AUCTIONEER WILL DECIDE THE DISPUTE OR RESELL THE ITEM.

AUCTIONEER ASSUMES NO LIABILITY FOR ANY GUARANTEE MADE BY THE SELLER THE AUCTIONEER IS NOT LIABLE FOR ANY INJURY DAMAGE OR LOSS INCURRED IN CONNECTION WITH THE SALE PURCHASER ASSUMES RESPONSIBILITY FOR ITEMS WHEN SOLD STATEMENTS MADE ON DAY OF AUCTION TAKE PRECEDENCE OVER PREVIOUSLY WRITTEN MATERIAL THANK YOU FOR PARTICIPATING IN THE AUCTION.

PAGE REALTY AUCTION

2656 Highway 70 N Crossville, TN 38571 (931) 787-1063
 pagerealtyandauction.com

We offer real estate for sale as well as property and merchandise for auction. Crossville, Fairfield Glade, Cumberland County and surrounding TN counties.



When someone is said to be 'mending the jug' it means he or she has been given an impossible task.

Can't BEAR the Cost of Advertising?



AFFORDABLE RATES!

\$4 for 4 weeks coverage

Large Circulation - 14,000 Copies

Sell it with a classified ad in **The Shopper**

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

Always be a first-rate version of yourself, instead of a second-rate version of somebody else.
 - Judy Garland

I looked at God and He looked at me, and we were one forever.
 - C. H. Spurgeon

ANIMALS

Come meet some great Forever Friends that need Homes at the Putnam Co. Animal Shelter located at: 2600 Gainesboro Grade, Cookeville, TN Call 931-526-364 for hours and make sure to bring pet id# with you. **Gordi:** male, Black & White Domestic Shorthair cat, 4 yrs old. **Grisi:** Female, White/Brown Brindle Pit Bull Terrier & Mtn Cur Mix, 2 yrs old dog. **Cosmo:** Male, Australian Shepherd Mix, 13 weeks old dog. **Phish:** Female, Brown Tabby, 2 yr old cat. Make room for a sweet companion!

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.

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.

Spaying and neutering can prevent thousands of unwanted pets, with one unspayed female cat and her offspring potentially producing over 400,000 kittens in seven years. A single unspayed female dog and her offspring can create 67,000 puppies in six years!

ANIMALS

5 Poland China Pigs for sale. About 100 pounds each. **Sows ready to have piglets,** \$400 each. 1 male **Red Hog,** 200 pounds, \$300. Call 931-823-9641.

She-Chon puppies for sale (Teddy Bears): Male and female, absolutely beautiful, shots, wormed. Call 270-465-1601.

AKC German Shepherd puppies: papers, shots, dewormed, black/tan, 3 boys, 2 girls - \$500 each. Call/Text 931-316-9707 or 931-284-3421.

CARS

For Sale - 1976 Trans Am 400 small block, automatic, PROJECT CAR. **1996 Chevy Cavalier** sedan, 4cyl, automatic, 105k miles. **1993 Mercury Cougar XR7** coupe, 6 cyl, automatic, 95k miles. All were daily drivers until parked for several years. Make offers. TEXT 931-303-2905 for more info or to make offers.

Buy - Sell - Trade All in the Shopper!

2008 Chevrolet 3500 Cargo Van. Jasper crate engine, Onan generator, good condition. \$9,000 OBO. 423-505-6734.

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

EMPLOYMENT

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

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

FARMING

Duck eggs - \$4/dzn. Farm pick up. Cookeville. Call/text 931-252-0176.

6' Pull Type Disc. Good condition. \$300. Call 615-642-6191.

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

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.**

Household items for sale: Too many to list, if interest call 931-268-8073.



34+/- Acres in 2 Tracts

ONLINE ONLY ABSOLUTE AUCTION

BIDDING ENDS TUESDAY • JULY 14 • 10 AM



Pond

Building site

151 Ward Ln.
Livingston, TN 38570

EAGLEAUCTIONS.COM

Discover the wonderful possibilities with this 34+/- acre property being offered in two tracts. Featuring a mostly wooded landscape with some cleared areas and a pond, this property offers a great mix of privacy, natural beauty, and usable land. Whether you are looking to build a weekend getaway, permanent residence, or investment property, these two tracts provide plenty of potential.



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

Terms: 10% Buyer's Premium. 20% Deposit at conclusion of sale, with balance due in 30 days. Current Years 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.



117 S. Jefferson Ave., Cookeville, TN 38501
26-039 931-526-5335
www.eagleauctions.com



Brick Home & Lot

ONLINE ONLY ABSOLUTE AUCTION

BIDDING ENDS THURSDAY • JULY 16 • 10AM

OPEN HOUSE:
TUESDAY • JULY 2 • 4 - 6 PM

EAGLEAUCTIONS.COM



919 RAINBOW DR.
ALBANY, KY 42602

Conveniently located in the midst of Albany, Ky, this 3 bedroom 1 bathroom brick home offers residential or investment potential with great curb appeal. The home offers approximately 1078 sq. ft. of living space in need of renovation to give the property a modernized appearance. The property features a covered carport, paved blacktop driveway, and a spacious backyard.



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

Terms: 10% Buyer's Premium. 20% Deposit at conclusion of sale, with balance due in 30 days. Current Years 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. Home built prior to 1978, Buyer to sign a 10 day waiver of inspection for lead based paint. Announcements & Updates Take Precedence Over All Other Advertising.




117 S. Jefferson Ave., Cookeville, TN 38501
26-048 931-864-5335
www.eagleauctions.com

Helping People With Hearing Loss Connect

(NAPS)—If you or someone you care about is among the 48 million Americans who experience hearing loss, here's some news for you.

Access to communication is especially vital during national emergencies such as the COVID-19 pandemic, which has left many Americans isolated due to physical distancing. Fortunately, services such as Internet Protocol Captioned Telephone Service (IP CTS) empower people to connect.



See what they're saying: People with hearing loss can view conversations on their phones.

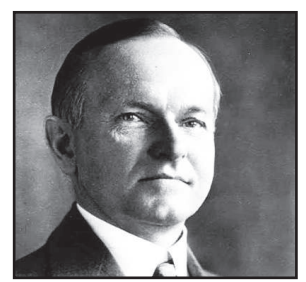
How It Works

IP CTS, also known as captioned telephone service, allows people with hearing loss to use their residual hearing and speak during a phone call and read captions on a telephone or mobile app when the other person responds. Speech recognition technology, along with skilled transcribers, are used to provide this live service.


The Clear2Connect Coalition is a group of disability and veterans service organizations working together to preserve the quality of and access to captioned telephone service through advocacy and education, as well as meeting with Congress and the Federal Communications Commission. The coalition is committed to protecting the right, as described in the Americans with Disabilities Act, for Americans with hearing loss to communicate using a phone.

Learn More

For further information, visit Clear2Connect.org.



Calvin Coolidge is the only president that was born on the 4th of July.



Bristol, Rhode Island, was home to the first 4th of July parade in 1785.

@weareteachers

Crabtree & Crace Jewelers

1 Carat Diamond Hoop Earrings

NOW ONLY \$699



BUYING

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

1 Carat Diamond Earrings

NOW ONLY \$599



Storewide Savings 30-50% Large Assortment of Levia, Lafont, & Citizens Watches

Financing & Layaway Available Jewelry & Watch Repair In Store

Silver Jewelry Department 30%-50% OFF!

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



AUCTION

2085 OLD JAMESTOWN HWY, CROSSVILLE, TN

SATURDAY, JULY 11TH 5:00PM



Guns • Sterling Silver • Furniture • Collectibles

2005 4-Door Cadillac, Sterling silver items, Guns, Quality used furniture, Antique furniture, Collectibles, Glassware by the box loads, Grandfather clock, Other clocks, 2 Over/Under 12ga. shot guns, Lander 12ga, and MUCH MORE!

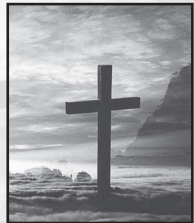
PAGE AUCTION
Buddy Page Auctioneer 931-260-3595



10% BUYERS PREMIUM

www.pageauction.net • www.auctionzip.com #1533 • E-mail: pageauction@pageauction.net
2085 OLD JAMESTOWN HWY. • CROSSVILLE, TENNESSEE 38555 • FIRM #2123
AUCTIONEER: BUDDY PAGE • TAL. #917 • PHONE 931-484-2805 • CELL 931-260-3595
Due to advertising deadlines, some items may be sold.
Announcements made day of sale take precedence over previously printed matter.

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. As it is written: "They have freely scattered their gifts to the poor; their righteousness endures forever." Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.



2 Corinthians 9: 6 - 11

MAKE YOUR BUSINESS' SALES REALLY TAKE OFF!

Only \$40 for 4 Weeks in the Newsstands

Reach over 35,000 readers

Mail in your business card or call us: 931-372-9978 or

Email us: theucshopper@gmail.com

Picture YOUR BUSINESS in This Size Ad



ACTUAL AD SIZE



As a child my family's menu consisted of two choices: take it or leave it.
- Buddy Hackett

ONLINE ONLY ABSOLUTE AUCTION

Bid NOW Through July 21, 6PM

Online Only Absolute Estate Auction - OVER 600 ITEMS - No Minimums! No Reserves! Everything Sells Regardless of Price!

LOCATION: 5450 Knifely Rd., Columbia, KY



Massey Ferguson 4610 4x4 Tractor with Massey Ferguson DL260 Front End Loader, 886 International Tractor, 3430 Ford Tractor, (2) Hay Rollers, (2) Hay Tedders, Disc Mowers / Discbine, Wagons, Trailers & Lots of Other Farm Equipment, 2011 Harley Davidson Motorcycle, 2006 Dodge 2500 Turbo Diesel Truck (Only 39K miles), 2004 Chevy Silverado LD 1500, (2) Polaris Rangers, Tracker Targa 17 Bass Boat w/ NEW Mercury Pro XS 150 HP Engine & Fisher Equipment, Featherlight Cattle Trailer & Flatbed / Utility Trailers, PowerDump Trailer, Guns, Fishing Equipment, Tools, Supplies & Lots More Personal Property! FULL LIST OF ITEMS AVAILABLE SOON!



ONLY 39,000 MILES

Auction Held for the Terry Corbin Estate



★ LOTS, LOTS MORE ITEMS TOO NUMEROUS TO MENTION! ★

Further terms, details and online bidding link at www.GoldenRuleAuction.com



Golden Rule-Wilson Real Estate & Auction

270-384-1111

Chris Wilson Broker & Auctioneer



McCORMICK EQUIPMENT SALES

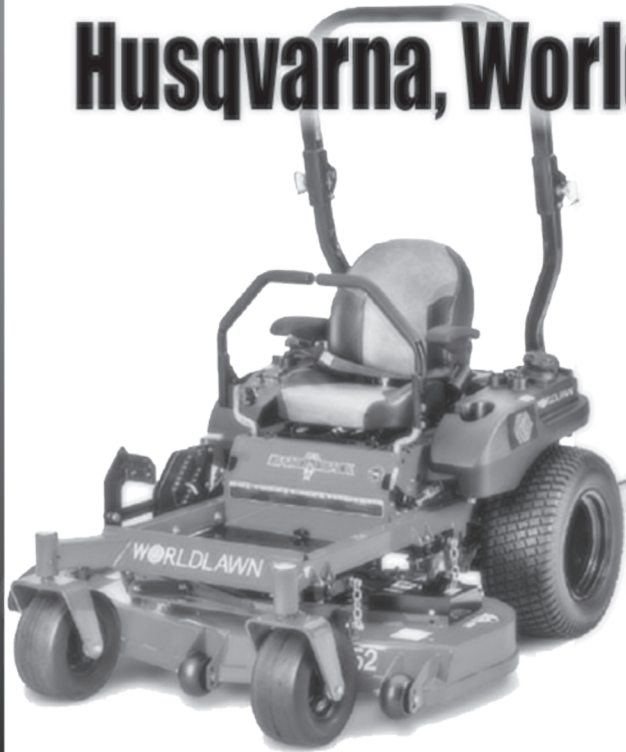


245 County Farm Rd.
Cookeville, TN 38501
931-528-4604



Husqvarna
READY WHEN YOU ARE

Husqvarna, World Lawn, and Country Clippper Mowers



**Rebates and Sale Prices on
Select Mowers**

Authorized Husqvarna & Dixon Dealer – Sales & Service

www.TaylorAuction.net
www.TaylorAuction.net
www.TaylorAuction.net
www.TaylorAuction.net
www.TaylorAuction.net
www.TaylorAuction.net
www.TaylorAuction.net
www.TaylorAuction.net

**Visit Our Website For All Current Auctions
And To Book YOUR Upcoming Auction**



MISCELLANEOUS

New Art Studio Open! Parrot-Eyes Studio. Equine art, leaded glass, oil painting, and jewelry. 2479 Leatherwood Ford Road, Jamestown, TN. Call or text Lori for hours 931-214-1950.

For Sale: 20HP Briggs & Stratton engine for lawn mower - \$200. Call 615-563-2773. Located in Woodbury.

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).

WANTED: Local family looking for land. Interested in 15+ acres, open to other opportunity. Call or text 615-601-1284.

Find it all in The Shopper!

The Fish Are Always Biting Here! \$10 per person all day long, plus \$2.75 per pound for catfish caught. Greenbrier Paylake. 6640 Greenbrier Rd Byrdstown, TN. Open 8 am-8 pm Tuesday through Sunday (Closed Monday). Call 931-239-9150, 931-310-7697.

For Sale: Block-Brick Masonry Saw with stand, new diamond blade, com blade, extra cord, water pump - \$600 OBO. Call 615-804-7746.

MISCELLANEOUS

Need Help With Addictions? Recover Your Life! Free meetings in Cookeville, Gainesboro, Smithville, and Sparta. Check out our website for meeting times and events. LifeRecovery4u.com.

Heat/Air unit, 9 years old: 4 or 5 ton, selling 'As Is'. Great shape, got new unit, don't need - \$1,200 OBO. Call 615-449-5115.

Ashley AW-2020 wood stove; US Stove wood circulator; Vugelzang 1120-L wood stove; 100 pound anvils; Indoor wood/coal furnace. Call 423-505-6734.

Rebates and Sale Prices on Select Husqvarna, World Lawn, and Country Clippper Mowers. McCormick's Equipment. 245 County Farm Rd. Cookeville, TN. 931-528-4604.

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

NEED EXTRA CASH? NOW BUYING arrowheads and other Indian rocks. Best prices paid! 931-668-9884.

BCS Two-Wheel Tractors now available. Big machine capacity in a small machine size. It's about the right tool for the job. See it today at Moyer's Repair Services 3757 Blackburn Mtn Rd. Sparta, TN. 931-738-9108.

MISCELLANEOUS

We Help People in Need of the basics of life: food, clothing, and shelter. Open on Tuesdays from 2:00pm to 5:00pm. 7311 Baxter Rd., Baxter, TN. **Donations** are always welcome and appreciated. Visit our website to donation days and times. Call 931-858-1119 - RestoringOnesHope.com.

14'x40' Mennonite Building. 3 windows, insulated, good condition-12,000. Call 931-265-6258.

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.

Dish DT4400 King Tailgater HD satellite TV antenna for RV's and campers. Like new, asking \$150. Call 931-316-9730 Baxter, TN.

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

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

ESTATE AUCTION

SATURDAY, JULY 11TH • 7PM

ONLINE AUCTION - ENDS: MONDAY, JULY 13, 7 PM

448 County Line Rd. Lynchburg, TN 37334

COLLECTOR CARS, MEMORABILIA, FURNITURE,
PUMP ORGAN, & MUCH MORE!



CHECK BACK OFTEN FOR UPDATES!

More details at vanmassey.com

VanMassey
AUCTION & REALTY

www.vanmassey.com

TN Lic 1711
Al Lic 1289

31 Lynchburg Hwy.
Fayetteville, TN 37334

931-433-8686



ONLINE ONLY AUCTION NOW Through July 14TH

36.5 Beautiful Acres | 0 Shiloh Church Rd. Woodbury, TN



Discover the freedom and potential of 36.5 beautiful acres in the peaceful countryside of Woodbury, Tennessee. This versatile property offers the perfect opportunity to build your dream home, set up a mobile or modular home, start a farm, raise livestock, or create your own private recreational retreat.

With road frontage for easy access, abundant usable land, and no HOA, this property offers a rare combination of privacy, flexibility, and convenience. Whether you're looking for a quiet homestead, hunting or fishing getaway, or a smart long-term investment, this land delivers the ideal balance of seclusion and accessibility.

Don't miss this exceptional opportunity to own a large tract in a serene rural setting with endless possibilities.



209 E. Commercial Ave., Monterey, TN 38574
Office 931-584-0030 • Cell 931-261-3032
Jason Cantrell, Auctioneer • License # 5130

www.triplecrealty.com

RAM CONCRETE CONTRACTING

Amish Owned & Operated

Stamped Concrete, Sidewalks, Veneer Stone, and Much More

Serving The Entire Upper Cumberland Region

931-698-6306



“Why do you say you have an identity crisis?”



COOKEVILLE PUTNAM COUNTY

ANIMAL SHELTER

• Many Forever Friends all in One Place •



CHICA

Female, American Bulldog Mix. 3 years old.



MEMAW

Female, White Domestic Shorthair Mix. 13 years old.



ROGER

Male, Orange & White Tabby. 10 months old.



LITHIUM

Female, German Shepherd/Hound Mix. 1 year 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

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



Homelessness Does Not Take a Break for Summer Vacation



Contact Us To Find Out How YOU Can Help Us Help Others

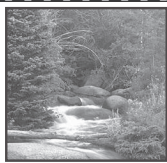


“Cast your bread on the surface of the waters, for you will find it after many days.” - Ecclesiastes 11: 1

www.CookevilleRescueMission.org

1331 S. Jefferson Ave.
Cookeville, TN

931-528-5819



It's not necessary to blow out your neighbor's light to let your own shine. - M. R. De Haan



(931) 268-1634
Uncle E's Cycle's and Automotive Repair
Harleys and all Automotive
Service, Repair, and Custom Work
Veteran Owned and Operated

Including ATV & UTV
American V Twin / All Makes Metrics
All Makes Automotive & Diesel
Welding / Fabrication

Air Conditioning Services Available


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

SALVATION PATHWAYS

BE A BLESSING

God Blesses Us So We Can Be a Blessing to Others

“You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.”
- 2 Corinthians 9:11



He who has the Holy Spirit in his heart and the Scripture in his hands has all he needs.
- Alexander MacLaren

Waste and Climate by Lisa Luck



What does garbage, or waste, have to do with global warming? Waste is a byproduct of almost everything activity we engage in. Even when we are just sitting at home quietly doing nothing we are creating waste. Waste in the form of carbon dioxide is exhaled with every breath. Industries release carbon dioxide into the atmosphere by the tons as they manufacture products. Vehicles of transportation powered by fossil fuels are the largest emitters of carbon dioxide. Waste, or garbage, collected in landfills release methane gas when organic waste decomposes anaerobically, or without oxygen, as garbage is compressed to reduce the volume and space it takes up in a landfill. The problem with carbon dioxide in the atmosphere is that it builds up unless it is removed. Although trees and soil can and do absorb carbon dioxide, it cannot collect all of it fast enough to keep the earth from warming.

It is important that as humans we realize that we contribute to the carbon dioxide in the atmosphere by our activities. If we travel a lot, we add more. If we generate an enormous amount of garbage each week due to our consumption habits, we generate more carbon dioxide. The choices we make determine how many tons of carbon dioxide we release as waste. The average person releases 20 tons worth of carbon dioxide per year – unless they make an effort to curtail emissions.

It makes sense that we should all decrease the activities that we engage in that emit so much waste. Getting some people to reduce their emissions is as hard as getting some people to stop littering. They just won't do it. It is currently not possible that industry can get to zero-emissions any time soon. So the solution for global warming is only partially that we must cut down on our own emissions. This is important and necessary. We can help do so by utilizing other energy sources such as solar, wind, geothermal and water and by updating to a hybrid or all-electric car. The use of fuel that is not renewable – such as oil and natural gas – is not sustainable. When it's gone – it's gone!

As oil is phased out and as transportation and energy industries switch to sustainable sources, the plastic industry will continue utilizing fossil fuels. It is anticipated that the volume of plastic already created will double in the next 30 years. There will be no slow down in the manufacturing of plastic regardless of the environmental cost due to necessity. As the warming of the earth causes changes weather patterns, bottled water will be in great demand in regions of drought and floods. Packaged food will be necessary for survival as people lose their homes and migrate elsewhere.

Humans are largely responsible for the massive amounts of carbon dioxide emissions that warm the earth. Finding ways to capture and store the carbon dioxide waste so it will not continue the warming trends is the priority. We must do better.

Lisa Luck is a writer living in Cookeville, TN

VETERANS CENTER

MOVING VETERANS FORWARD NO VETS LEFT BEHIND

OUR Veterans Need YOUR Help WILSON COUNTY

We Are Also in
Need of Donated
Vehicles to Help
Veterans in Need

Scan This
QR Code
to Donate



MAKE A DIFFERENCE

Contact us today to learn more about all the important services that we are providing to Veterans

615.804.4404

112 HARTMAN DRIVE LEBANON, TENNESSEE 37090

ABSOLUTE REAL ESTATE AUCTION

2497 Coles Ferry Pike Lebanon, TN 37087

1.24 Acres

Brick / Vinyl Construction

2 Bedrooms, 1 Bath

Large Shop

Covered Back Porch



SATURDAY July 11th, 2026 10:00 a.m. On Site

Selling at Absolute Auction on July 11th on site, at 10:00 a.m., 2497 Coles Ferry Pike. This property includes a 1963 built, 1,621 sq. ft., brick / vinyl, 2 bedroom, one bath home, 1.24 acre corner lot with mature trees and detached garage/workshop with electricity. The home has a front living room, extra large den, eat in kitchen and one car attached garage. The large yard is filled with mature shade trees, while still offering room for additional buildings, garden, or outdoor activities. The house has central heat and air, city water and septic system. The home will need your updates and modernizations, but offers a great location. Mark your calendars!

OPEN HOUSE Thursday July 9th 5:00 p.m. - 7:00 p.m.

Real Estate General Terms: No Buyer's Premium. A 10% non-refundable deposit of the total contract price and signing of the Auction Purchase Contract immediately following the close of the auction will be required. A valid drivers license is required to register to bid. Property is being sold "AS-IS WHERE-IS". All information is believed to be correct, but not warranted or guaranteed. Day of Sale Terms and Conditions will take precedence over all oral statements, written and printed material. Close of Escrow will be on or before August 15, 2026. Seller: Howard & Ray Lynn Crutcher, Co-Executors of the Estate of Mary Crutcher.

MikeWalkerAuctions.com

















Mike Walker #2361
Cynthia Walker #7007
615-308-9009



CLASSIC CAR & TRUCK ABSOLUTE ONLINE AUCTION

Auction Open for Bidding JUNE 22 - JULY 13

19 CLASSIC CARS & TRUCKS

The Estate of Dr. Billy Taylor
Probate #2024-PR530

Classic and Vintage Cars
Selling at Absolute Auction!
Various condition.
10% Buyer's Premium

LEBANON TN PICK UP
MikeWalkerAuctions.com




Mike Walker #2361
Cynthia Walker #7007
615-308-9009



Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.



Proverbs
3: 3 - 8

Puckett's Pawn Shop

— SINCE 1954 —

L.G. Puckett
60 Year ANA Member
Professional Numismatist


BUY • SELL • LOAN



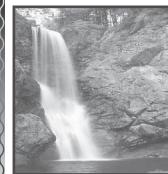
STRONG BUYER OF:
Coin Collections
Gold Jewelry
Gold and Silver Hoards

Come Visit the Coin and Currency Museum at Puckett's Pawn
1125 W. Main St., Livingston, TN • 931-823-1454





When you feel like you are drowning in life, don't worry - Your Lifeguard walks on water. - God



Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. - Martin Luther King Jr.

MOYERS METAL SALES

SIXTEEN COLORS



40 YEAR METAL PANELS OR LIFETIME METAL PANELS

"We Move Storage Buildings"




Stone • Shake • Architectural • Dimensional
Lumber & Trusses In Stock • Custom Trim Shop • Fasteners



COME SEE OUR LARGE SELECTION OF MILWAUKEE POWER TOOLS & HAND TOOLS



Phone 931-738-7335 5161 Hickory Valley Road
Fax 931-738-7302 Sparta, TN 38583

We ALL Need to Do OUR Part



RECYCLE

Paper, Metal, Cardboard, Plastic, Fiberboard, & MORE



If You're Not Recycling, You're Throwing it all Away



The average American household uses about 110,000 gallons of water a year.

CHAMPION
CONTRACTING, INC.

- Site Work, Excavation & Grading
- Culverts & Driveways
- Tree Removal & Heavy Bush Hogging
- Demolition & MORE

931-345-4330
excavatingtn.com

Understanding Science News About Exposure To Toxic Substances

(NAPSA)—If you're like many Americans, you're concerned about the health effects—to yourself and the environment—of exposure to toxic substances.

Fortunately, when you see news reports on scientific research, there are some simple ways to figure out what the new research means for you. When evaluating scientific studies regarding chemicals and toxic substances, you should ask the following questions:

•Has the study been reproduced or is this a one-time reporting event? If it hasn't been reproduced, the results may not be predictive of the response in most people.

•Was the study conducted on experimental animals, cell cultures, or based on human evidence? If it's one of the first two, the results might be informative, but don't always directly translate to responses in people.

•How do the dose levels in the study compare to actual or predicted human use levels? Frequently, because toxicologists are interested in determining the ability of a substance to cause harm (e.g. the worst-case scenario), they use experimental doses that are much higher than the amounts humans or the environment will experience.

•What was the route of exposure used in the study; that is, did the study employ one of the three basic ways by which humans are often exposed—by eating or drinking, breathing, or placing the sub-



People should be aware how scientific studies relate to actual human risk or benefit.

stance on the skin—or were invasive approaches, such as intravenous injection, used? The effects of toxic substances can depend strongly on the route of exposure, an important factor that must be considered in evaluating the likelihood of harm.

The expert members of the Society of Toxicology also point out that risk is composed of two key variables: hazard (the capability of something to cause harm) and exposure (the amount of something a subject experiences over a defined period of time). Both variables need to be present for a risk to exist. A potential hazard associated with a chemical, natural toxin, or other agent needs to be accompanied by expected or actual human exposures to pose a health risk.

By answering these important questions, you'll be better able to understand the risks you may—or may not—actually face.

Learn More

For further facts, go to <http://www.toxicology.org/pubs/newsroom/relevantNews.asp>.

MISCELLANEOUS

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

Blue Ox Tow Bar, 10,000 pound capacity, \$300. **Equalizer Anti-Sway Bar,** 12,000 pound capacity, \$300. 951-226-6300.

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

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

HUGESALE on Handmade Maple Rocking Chairs. King size \$60, queen size \$50, kids size \$45. Excellent quality, 50 years in business. Woodbury, TN. 615-563-5635.

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

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

MISCELLANEOUS

Save Someone's Life - Donate Your Blood. It's quick and easy, and your blood helps to save lives every day. Call Blood Assurance today at 931-526-3462, or visit us at 155 West Broad St., Cookeville, TN. www.bloodassurance.org.

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

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

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

Vogelzang Wood Stove will heat 3,200 sq. ft; **Chimney** kits, other piping accessories available; **Indoor Coal Furnace** - \$1,350; Miller Thunder bolt welder. 423-505-6734.

Quick attach trailer wagon tongue - new - \$60; **Wagon hitch for square baler** - \$50. Call 615-708-9276.

MISCELLANEOUS

WANTED: Hot Wheels. 1960's thru 1990's. Matchbox, Corgi, Dinkey, Slot Cars. Also: Models, Toys, 60's through 90's. Text 931-200-7659 or email: franklhw@yahoo.com

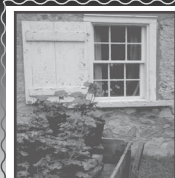
Lawn mower tires for sale, various sizes, in good condition, various prices. Call 931-528-4604.

Honor Your Loved Ones. Large assortment of monuments, vases, date cutting, custom sketched, and more. Affordable, experienced, and professional. Harris Monuments 246 West Bockman Way Sparta, TN. Donnie Daniels 931-205-0176.


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

FREE Online Bible Resource: www.BibleGateway.com. Exc. source for searching Scriptures in multiple translations and languages. Search for verses with ease. Large variety of Biblical resources are available.

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



Partial obedience is disobedience.
- Anonymous



If you won't be a good example, you'll have to be a horrible warning.
- Paul Orberon

Uncle Pete's RESTAURANT

Cooking Like Your Mama

Come on Over for a Great Chef, or Grilled or Fried Chicken Salad



Fresh Coffee
Our Own Special Blend, With Over 10,000 Mugs to Drink From!

Fresh Hamburgers
from Lean Ground Chuck - Never Frozen - 10 Burger Varieties to Choose From



Breakfast Anytime Lunch and Dinner Too

Catfish Every day!



Try Our Other Delicious Entrees:
Hand Breaded Chicken Finger Basket Special,
Full Rack of Baby Back Ribs
Fried Pork Chops
Country Fried Steak
Chicken Livers
Great Pies, Cobblers, & MORE

DOORDASH AVAILABLE

OPEN
Mon. - Sat. 5:00am - 9:30pm
Sun. 6:00am - 9:30pm

HOMEMADE LUNCH PLATE SPECIALS
every day Monday-Friday with a Meat & 2 or Meat & 3 Veggies with Roll or Cornbread.

Uncle Pete's Restaurant 1210 Sparta Pike - Lebanon, TN
at I-40 Exit 239 615-449-0030



Botanically speaking, nuts are actually one-celled fruits.

GOOD SHEPHERD HEALTH FOODS

Guidance for Good Health

Large Selection of Bulk Foods, Grains, Beans, and MORE

Wine Making Supplies **10% OFF** with this ad
Discount Does Not Apply to Sale Priced Items and Beer & Wine Making Supplies - UCS

931-526-4860

WE HAVE MOVED TO:
134 S. WILLOW AVE
SAVE-A-LOT SHOPPING CENTER
COOKEVILLE, TN

MON - SAT 9AM - 6PM

Recipe Korner

Crunchy French Onion Chicken

Awesome crunchy baked French onion chicken that goes well with any side dish. It's quick and easy too!



- Ingredients**
- 1 1/3 cups French-fried onions, crushed
 - 1 large egg, beaten
 - 1 pound skinless, boneless chicken breast halves

Prep Time: 10 mins
Cook Time: 20 mins
Total Time: 30 mins
Servings: 4

Directions
Gather all ingredients.

Preheat the oven to 400 degrees F (200 degrees C).

Spread crushed onions in a shallow bowl. Pour egg into a separate shallow bowl.

Dip chicken into beaten egg, then press into crushed onions. Gently tap chicken to let loose pieces fall away. Place breaded chicken on a baking sheet.

Bake chicken until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).



WOOD IN THE GROUND WILL ROT. CONCRETE WILL NOT.



INSIST ON A PERMANENT FOUNDATION

BUILD WITH PERMA-COLUMN®

Post-frame building could provide generations of performance. Don't build on a temporary foundation. Build better. Build stronger. Build to last. Insist on Perma-Column®.

ASK FOR PERMA-COLUMN PRODUCTS AT YOUR LOCAL LUMBERYARD



SMITHVILLE, TN
931-743-4159

And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him!



Romans 5: 5 - 9

BRAVO CAFÉ & GRILL

Monday - Saturday 7am - 2pm • Sunday 8am - 2pm

*Affordable Prices • Pleasant Atmosphere
Service with a Smile • We Appreciate YOU*

15 Lunch Specials Daily

Our #1 Seller

Chicken Athena
And MANY MORE!

**TN Tech
Discount**



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

Fishing - Cabins - Boating - Swimming

Willow Grove RESORT

- * Pontoon Boats for Rent
- * Water Toys for Rent
- * Full Service Marina with Westerbeke Generator parts and many inboard engine parts
- * Dock Side Store
- * Cabins
- * Fresh Pizza Made to Order

Check Out Our Soft Serve Ice Cream and Other Menu Items



931-823-6616

www.willowgrove.com
11045 WILLOW GROVE HWY
ALLONS, TN 38541

We Monitor Channel 74 on Marine Radio



Barricades are so-called from the French *barrique*, or barrel, of which barricades were made during a Paris insurrection in 1588.

Bilbrey's IGA

YOUR FARM FRESH GROCERY STORE FOR ALL YOUR VACATION NEEDS!

Conveniently Located and Hometown Friendly Service!

8460 HWY 111 • BYRDSTOWN, TN 38549

931-864-3451

Bilbrey's IGA.com
Like US on Facebook

Owner: Tony Bilbrey



ON HWY 111 JUST NORTH OF DALE HOLLOW LAKE

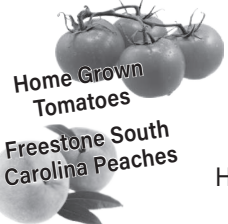


Bakery & Supply

Meats & Cheeses

Kountry Kitchen Store

Bakery | Deli | Bulk Foods | Hickory Rockers & Porch Swings



Home Grown Tomatoes
Freestone South Carolina Peaches

8459 Glasgow Road
Burkesville, KY 42717

(270) 864-9200
Cell: (270) 459-3103
Owners: J.R. and Sarah Hostetler

HOURS: Tue., Wed., Thur., Fri. 8AM - 5PM
Sat. 8AM - 4PM Closed Sun. & Mon.



Don't pray for rain if you intend to complain about the mud.
- Anonymous

The best helping hand is at the end of your shirt sleeve.
- Anonymous

We Build Small Log Cabins That Make Excellent Tiny Homes & Offices



By the Showalter Family



Many Sizes and Options Available, up to \$1,000 Square Feet!

GREEN BROTHERS UTILITY & POLE SERVICE



Precision Pole Drilling Solutions For a Large Variety of Needs:

- Pole barns • Farm Needs
- Utility Lines
- Commercial and Municipal Projects

We use advanced equipment, modern technology, and a highly skilled crew.

- ✓ PROJECT PLANNING
- ✓ QUALITY CONTROL
- ✓ TIME MANAGEMENT

Trenching Services For Many Projects:

- Farm Needs • Utility Lines
- Communications
- Many Other Applications



We have many years of hands-on experience and dependable equipment for every trenching job. We focus on practical solutions, clear communication, and quality workmanship for all property owners and project managers.

30 Plus Years of Experience Serving Crossville and Surrounding Areas

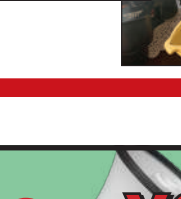
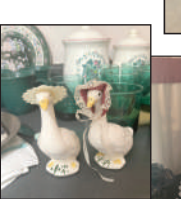
Contact Us TODAY to Get Your Pole Drilling or Trenching Work Done With Confidence

www.GreenBrothersOfCrossvilleTN.com • greenbrothers@frontiernet.net
5649 US Hwy 127, Crossville, TN • 931-484-1129 • Cell: 931-248-1709

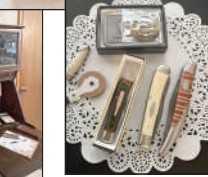
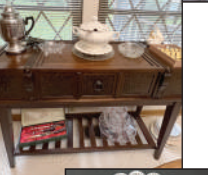
3116 Celina Hwy. Allons, TN • 931-823-2299

ESTATE SALE

July 10th & 11th
Friday and Saturday
9:00am - 4:00pm
118 Myers Street
Livingston TN 38570



Oak secretary side by side, white iron day bed, mid century modern dresser, mid century modern chest on chest, wooden oak bread box, Pyrex bowls, Fire King mugs, dining room table with 6 chairs, wooden china cabinet, set of Syracuse USA dishes, automatic lift chair, sofa table. Set of Oneida silverplate, Texas Ware mixing bowl, ceramic tile and wood island, cast iron Wagner skillets, pair of ceramic geese, cedar chest, marble top coffee bar, feedsack quilts, old lanterns, early primitive kitchen table, brass lamps. Tennessee Pottery crock, Japan doll china set, Dragon Ware, lingerie chest, mahogany jewelry chest, costume jewelry, Revere Ware cookware, Cake King metal pie pan, favorite recipes of famous people cook book, men's pocket knives, upright freezer, Atcofar binoculars, set of porcelain piano babies 1920's composition baby doll, occupied Japan plates, gold tone dresser set, Universal aluminum coffee percolator, etched crystal glasses, porch swing, home interior, wooden jewelry box, vintage barometer, drop leaf two drawer night stand, women's clothing and shoes, and MUCH MORE, too numerous to mention.



PENNY BRITE
ESTATE SALES

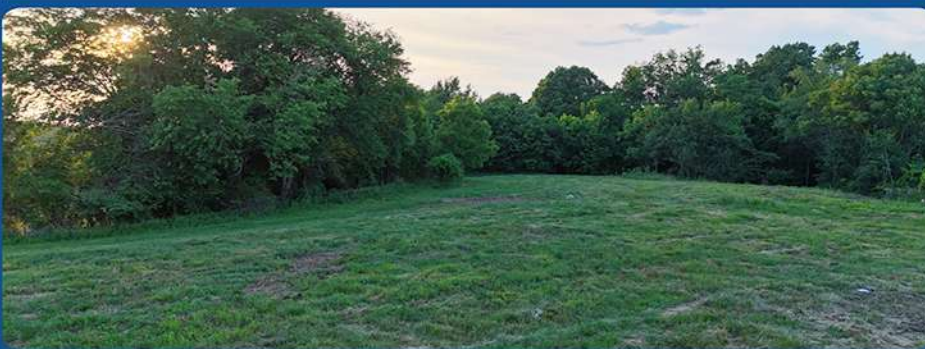
Donna England, owner
931-260-0086
931-823-4943

For more pictures visit:
www.pennybestatesales.com



ONLINE ONLY ABSOLUTE AUCTION

2.84+/- Acres in 3 Vacant Tracts In Albany, Kentucky



164 Mikels Road, Albany, KY 42602

BIDDING ENDS: THURSDAY JULY 9th, 2:00pm CST



COUNTRYLAKESANDLAND.COM
FOR TERMS AND FULL AUCTION DESCRIPTION

JAY CRAIG, AGENT/AUCTIONEER +606-688-3119
HUNTER SHEARER, BROKER / AUCTIONEER +606-306-2995



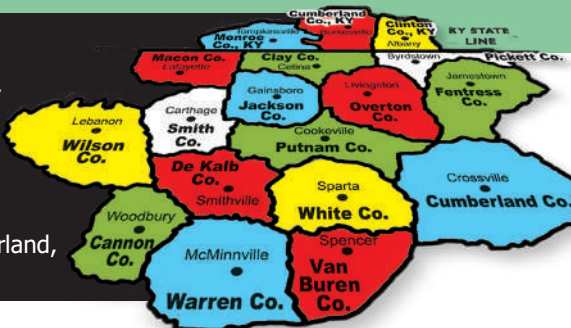
Lakes and Land Realty/Auction

Get YOUR Message Out There
With The Largest Circulation in the Upper Cumberland Region

Serving 18 Counties:

IN TENNESSEE: Putnam, White, Cumberland, Fentress, Pickett, Overton, Clay, Macon, Jackson, Smith, Wilson, DeKalb, Cannon, Warren, Van Buren

IN KENTUCKY: Monroe, Cumberland, and Clinton Counties.

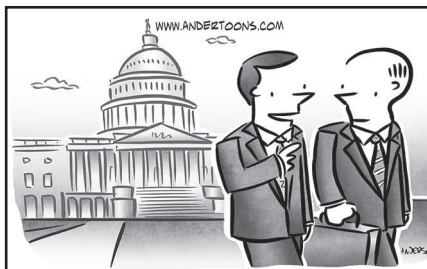


The Upper Cumberland Shopper Inc.

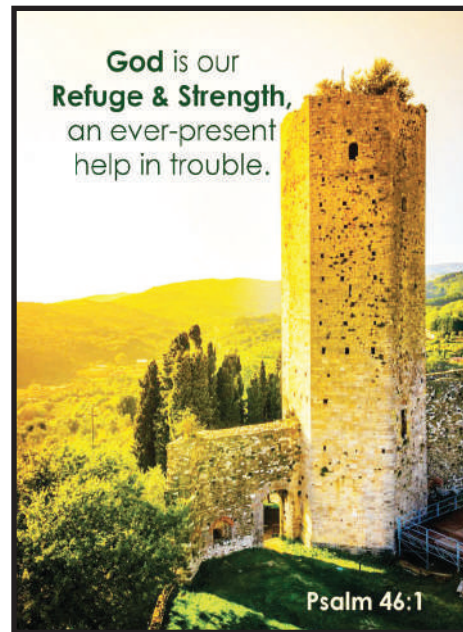
Advertise in **The Shopper**

Reach Over 35,000 Readers
 With One Ad in One Issue

- Two Weeks in the Newsstands With Each Issue
- LARGE, verified circulation, for all the Upper Cumberland area – 14,000 copies
- The most AFFORDABLE advertising rates



"It was a good week. I didn't have to deny any wrongdoing once!"



God is our Refuge & Strength, an ever-present help in trouble.

Psalm 46:1



Little Johnny clutched his blanket tightly and pulled it up under his chin. His Dad was reading a bedtime story about God, Noah and the flood. When he finished, his Dad asked what he liked best about the story. "Nothing! I'm afraid God will flood our house and all my toys will be gone!" he replied. Many people see that one side of God. Whenever there is a disaster or a tragedy they point a finger and say, "What kind of a god would do that? See, that's why I can't believe in him. I can't trust him." Psalm 97 seems to add to the confusion. It begins with a statement about the Lord reigning and that we ought to be glad and rejoice. Then the Psalmist writes, "Clouds and thick darkness surround Him, righteousness and justice are the foundations of His throne." If that is the only picture of God that people have, no wonder they are frightened. Most people would be. But what did the Psalmist mean when he wrote those words? He is reminding us that God exposes and expresses Himself on His terms. Our God is a Holy God - and He, in love and compassion, made Himself available through His Son. When we read that He is surrounded by "clouds and darkness" it does not mean that He is hiding from us and is unapproachable. Not at all. Only that we come to Him on His terms. And what are His terms? Jesus defined them: "No one comes to the Father except through Me!" When we accept Christ as our Savior He enters our life and nothing can separate us from Him.

Visit us online 24 hours a day, 7 days a week at www.theshoppernet.com

All ads are posted for FREE on our website. Our 6 most recent issues can be viewed on our website.

All current rates for business and personal ads. Large variety of interesting articles, & MORE

Phone: 931-372-9978 • E-mail: theucshopper@gmail.com • www.theshoppernet.com

The Upper Cumberland's Marketplace since 1995

Pointers On Pets



Four Veterinarian-Approved Tips For New Pet Parents

by Whitney Miller, DVM, MBA, DACVPM



(NAPS)—Whether you've just decided to welcome a new pet to your family or you're in the throes of early pet parenthood, like all pet parents you may experience challenges along with the joy, cuteness and many other rewarding parts of having pets. Dog, cat, bird, fish, reptile or small pet, each animal that comes into your life has unique needs, from grooming and habitat to nutrition, exercise and enrichment. Here are a few veterinarian-approved tips to help navigate every step of the way—from preparation to "Gotcha Day," early bonding, life stage transitions and beyond—and foster long-lasting pet health and wellness.

Do Your Homework: Help start your pets' journey off on the right paw by researching what it takes to prioritize their well-being and help them thrive.

- The process can be overwhelming at first, but a Petco pet care center and petco.com are great places to start.
- Research the pet's breed or species to ensure that you thoroughly understand the nutrition, exercise, grooming and habitat requirements as well as any common behavioral or health issues.
- Identify a trusted veterinarian for initial exams and vaccinations, routine check-ups and in case of an emergency. In fact, enlisting a full team of pet experts, including a veterinarian, trainer and groomer you trust, such as those at Petco pet care centers, can help you feel confident throughout every milestone.
- No pet parent likes to think about a pet going missing, but it's important to note there are resources such as Petco Love Lost, which helps reunite lost pets with their families.

Make Your Pet Feel at Home: In this time of transition, focus on creating a safe space where your pet feels secure and relaxed.

- Dog and cat essential supplies include a suitable bed or crate, food and water bowls, litter box and even some toys to help them feel comfortable. As a new dog or cat parent, you'll also need to ensure all areas of your home are safe for your pet. For example, secure lids on trash cans, remove poisonous plants, elevate any possible toxins out of reach and wrap exposed wires with cord covers.
- Fish will need an aquarium with the right tank, filters and pumps, while reptiles require a heat lamp, UVB light, tank and accessories. Birds will also need a habitat, litter, perch and toys.
- Set up small animals such as guinea pigs, rabbits and hamsters to thrive with an escape-proof habitat filled with high quality bedding, toys and places to hide.

Plan for Playtime: Healthy activity,

Getting a new pet is both a great joy and important responsibility.

interaction and enrichment are essential for the physical, social and mental health of every pet, but each animal type will have different needs based on species, breed and age.

- Work with a trusted veterinarian and Petco pet care center to understand what your new pet needs for productive playtime that is physically and mentally stimulating.
- Enroll in a dog training program that nurtures the bond between pet and pet parent through positive reinforcement methods.
- Safe socialization with other animals and humans is also key to maintaining all facets of your new pet's health, especially for dogs. Slowly introduce your pet to new people and social settings to minimize any stress and ensure the safety of everyone involved.
- Also make sure that you provide enrichment for your pets in their habitat. This is especially important for pets that are not safely socialized or are hesitant of being handled. Providing toys, food puzzles, nesting material and different hides can keep your small pet physically and mentally stimulated.

Get into a Routine: To fully integrate your new pet into the family, it's critical to establish a routine for both everyday and long-term care for a full, rewarding life.

- Create a schedule for meals, play and exercise according to your new pet's needs. Also maintain a regular grooming schedule for your cat, dog or bird to keep the coat or feathers clean, nails trimmed and dental care in top shape.
- Schedule routine vet exams to keep your pet up to date on preventive care and other medical needs.
- Enroll your dog or cat into Petco's Vital Care annual plan to help them look and feel their best. For just \$19.99 a month, you'll get savings on pet food, litter, products and services such as grooming and vet exams.

For more tips and resources on a new pet's Whole Health journey, visit petco.com/newpet.

• Dr. Miller is the chief veterinarian at Petco, The Health + Wellness Co. and member of the Petco Pet Wellness Council. She received her DVM and MBA degrees from Colorado State University and has been board certified in Preventive Medicine since 2018.

8 MARINA CABINS

Selling at Auction!

HORSE CREEK — MARINA —
DALE HOLLOW LAKE
 RARE OPPORTUNITY
 8 CABINS &
 NUMEROUS LOTS
 IN PREMIER MARINA
 LOCATION

ENDS: THURSDAY • JULY 9 • 10 AM
 YOUR DALE HOLLOW LAKE GETAWAY. YOUR INVESTMENT. YOUR FUTURE.

8 CABINS & NUMEROUS LOTS
Endless Possibilities!

- PROPERTY HIGHLIGHTS**
- 8 Individual Cabins**
Ideal for rental income or personal use
 - PARKING & EASY ACCESS**
Ample parking and easy year-round access
 - STEPS FROM THE WATER**
Convenient access to boating and recreation
 - HIGH RENTAL POTENTIAL**
Located in a highly desirable lake destination



ONSITE PREVIEW:
SUNDAY • JUNE 28 • 2-4 PM

ONLINE ONLY ABSOLUTE AUCTION

LEE J. AMONETT • BROKER/AUCTIONEER • (931)-252-1907
MORE PHOTOS & BIDDING INFO @ WWW.EAGLEAUCTIONS.COM

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.



Platypus venom causes excruciating pain that can last for months on end, which cannot be relieved with conventional painkillers. Not even morphine works against it. The venom causes victims to become nauseated, suffer from cold sweats, and can even cause muscles to waste away.

Every Life Counts

I could feel pain at 12 weeks

PROLIFE Across AMERICA NEED HELP? 800-366-7773

You may get what you want, but you may not want what you get.
 - Anonymus

Patience is faith in practice.
 - Anonymus



**TENNESSEE TRAILER
COMPANY, LLC**

USED SPECIALS



2023 PJ Trailer 101'x20'
Deck over trailer **\$5,750 plus tax**



2022 Carry On 5'x8' Utility Trailer
\$1,200 plus tax



2026 Bear Track 53'x96' Aluminum
\$3,500 plus tax



2025 Hillcrest 7'x20' Car Hauler
\$3,650 plus tax

2 Locations to Serve YOU Better

8308 Roberts Matthews Hwy (111 frontage road) - Cookeville, TN
821 Tennessee Hwy 68 South - Crossville, TN



2016 Diamond C 7'x18' Car Hauler
\$3,500 plus tax



2025 Cynergy 7'x14' Enclosed Trailer
\$5,900 plus tax



2024 Doolittle 84'x16' Utility Trailer
\$3,500 plus tax



2026 Cynergy 7'x14' Dump Trailer
\$10,500 plus tax

**90 Days Same as Cash
With Approved Credit**

**Rent To Own Programs With
No Credit Check Available**

NEW Enclosed 5'x8' starting at \$2,900 plus tax
NEW 5'x8' Utility Trailers starting at \$2,900 plus tax

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

View Our Entire Inventory Online 24/7
www.TennesseeTrailerCompany.com
MON. - FRI. 9AM - 5PM • SAT. 9AM - 2PM
931-202-1151 (OFFICE) • 931-335-0971 (CELL)



Budget Sales

**LOW PRICES
Everyday**

**WE CAN HELP YOU WITH
YOUR DREAM KITCHEN**

**Best Quality Cabinets
for the Money**

We have several
different styles of
cabinets we can
order now



NEW & IN STOCK

White Shaker Cabinets with soft close doors and drawers

Unfinished Maple Cabinets
Ready to Install
Vanity & Vanity Tops
Exterior Doors

Kitchen Counter Tops
Mountain Scapes
Waterproof Flooring

Locally owned and operated for over 30 years 931-528-8879
1930 E. Spring St. (I-40, exit 290) Cookeville, TN

Relax.

(It's Steel!)

- Garages and Workshops
- Carports and RV Ports
- Patio Covers
- Pavilions
- Alumi-Coops

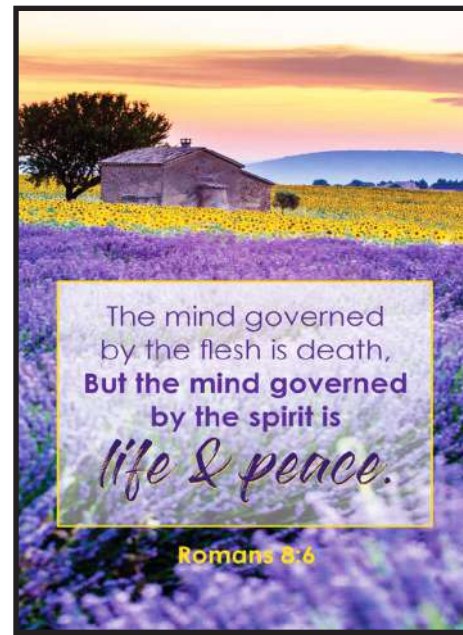
931-657-7678



CUMBERLAND
METAL BUILDINGS
Easier. Faster. Longer Lasting. Better.



"It's healthier and there's a lot less screaming."



The mind governed
by the flesh is death,
But the mind governed
by the spirit is
life & peace.

Romans 8:6



ONLINE ONLY ABSOLUTE AUCTION

S/W Mobile Home & Lot Near Dale Hollow Lake

BIDDING ENDS TUESDAY • JULY 7 • 10 AM



If you are in the market for a weekend retreat, primary residence or an investment property, then take a look! This spacious 2008 16x80 Clayton S/W Mobile home offers 3 bedrooms and 2 bathrooms with a large kitchen and living area. Improved with an out-building and situated on a 0.57 +/- acre lot only minutes from Safe Harbor Wisdom Dock on Dale Hollow Lake.



4075 Wisdom Dock Rd. • Albany, KY 42602

AMONETT'S EAGLE AUCTION & REALTY...
 2276 Livingston Hwy. • Monroe, TN 38573
 26-046 **931-864-5335**
 TN 6158 KY 2985 IN AD1208022
www.eagleauctions.com

ONSITE PREVIEW: TUESDAY • JUNE 23 • 4 - 6 PM

Nathan Groce • Agent/Auctioneer • (606) 688-1925 | Lee J. Amonett • Broker/Auctioneer • (931) 252-1907
 Terms: 10% Buyer's Premium. 20% Deposit at conclusion of sale, with balance due in 30 days. 2026 Property 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.

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.... Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God - children born not of natural descent, nor of human decision or a husband's will, but born of God.
 The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.



John
1: 1 - 5, 12 - 14

JACK'S GUITAR ARCHEOLOGY

Acoustic AND Electric Guitars
 of Many Makes and Models
Full line of Accessories

107 Public Square Lebanon, TN
615-669-4530
jacksguitararcheology@gmail.com

Middle Tennessee Purveyor of Dimestore, Weirdo, and Specialty Guitars

Do You have the Garage Woes?

Move This

Into This

→ \$60 Month + Deposit
 → 10 x 10 Unit → 24/7 Access
 → Security Gate → Regular Monitoring

BQ Mini Storage | 931-252-0174
 110 Bilbry Qualls Rd (Old Hwy 42) | Rickman, TN
 8 Miles North of Algood Wal-Mart

If a man cannot be a Christian in the place where he is, he cannot be a Christian anywhere.
 - Henry Ward Beecher

A balanced diet is a cookie in each hand.
 - Anonymous



Upper Cumberland Habitat for Humanity

*Spring is Here,
Come
Volunteer!*



Please consider joining us as a volunteer and make an impact in your community. NO experience/skills required, we'll show you the ropes and provide all you need!

1546 E. Spring St. Suite B • Cookeville, TN
OFFICE: (931) 528-1711 RESTORE: (931) 528-1709

"Building More Than Houses...."


Crabtree & Crace Jewelers

Buying & Paying TOP DOLLAR

For Diamonds, Gold, Coins, Silver, Collectibles, Sterling Flatware, Watches & Pocket Watches, or Anything of Value



**470 Neal St., Suite B
Cookeville, TN 38501
931-525-7325**



The Sesame Street characters Bert and Ernie were named after characters in the film *It's a Wonderful Life*.

GREENBRIER PAYLAKE

Byrdstown, TN



Our Fish Are Always Biting!

\$10 per person (all day)
Under 6 FREE plus \$2.75 / lb. for catfish caught

6640 Greenbrier Rd. Byrdstown, TN
OPEN 8am-8pm Tues.Sun. (Closed Monday)

**931-239-9150
931-310-7697**

Owls make almost no noise from flying, even when tested in a room with multiple microphones



PROTECT THE BABIES

HEARTBEAT 18 DAYS from conception

NEED HELP? 800-366-7773



PROLIFE Across AMERICA

Esh's

EST. 1985

Buildings for life.

15 LOCATIONS IN KENTUCKY AND TENNESSEE - see our website for a complete list

WE DELIVER FREE Delivery Within 50 miles of Any Sales Location



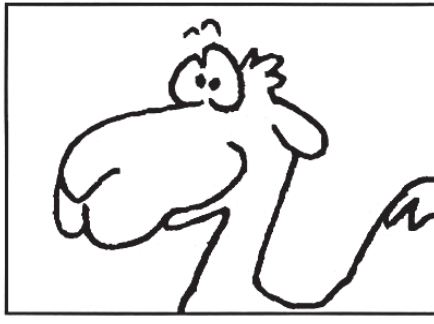
A LARGE VARIETY OF OPTIONS ARE AVAILABLE: YOUR choice of doors, windows, lofts, siding, colors, shutters, porches, & MUCH MORE
CUSTOM BUILDINGS ARE ALSO AVAILABLE: We build to suit YOUR needs

High Quality, Affordable Buildings & Carports for All Purposes Sheds, Cabins, Garages, Gazebos, and More

COME SEE OUR NEW GARDEN SHEDS Many Sizes and Options Are Available


RENT TO OWN - NO CREDIT CHECK

Email: sales@eshutilitybuildings.com
See Our Website for All Sales Locations
www.EshUtilityBuildings.com
270-864-3381




It's believed the camel was domesticated about 5,000 years ago.

Change "For Sale" to "SOLD"



Sell It in The Shopper!

2 Weeks Shelf Life Per Issue **14,000 copies - \$4 for 4 Weeks**



The Upper Cumberland Shopper
Published Circulation 14,000 Inc.
"The Upper Cumberland's Marketplace since 1995"

Classified Form Inside Back Cover
931-372-9978 • theucshopper@gmail.com
www.TheShopperNetwork.com



In Egyptian mythology, the Ammit was an underworld beast that was part hippopotamus, part lion and part crocodile. It guarded the scales of judgement.

HEALTH News & Notes

Tea Topics

(NAPSA)—The next time you drink to your health, you may want to grab a cup of tea. It is a healthful and refreshing drink and green tea in particular provides antioxidants. Studies performed on these antioxidants indicate that they may be beneficial in contributing to the prevention of certain cancers, assist in lowering cholesterol and blood pressure and possibly fighting off the flu.

Bottled vs. Brewed

There are different ways to enjoy green tea; however, some may be better for you than others. Compared to equal servings of bottled tea, freshly brewed tea made from tea bags provides higher levels of antioxidants, helps protect the environment by reducing the number of single-use beverage containers that go into landfills, and costs up to five times less than an equal-size serving of bottled tea.

Better for the Body

According to the U.S. Department of Agriculture, depending on the type of tea and bag weight, freshly brewed tea made with tea bags can contain up to 95 percent higher levels of the antioxidant EGCG compared to bottled teas. Tea's naturally occurring antioxidants are sensitive to heat and oxygen and can be destroyed during the processing, transportation and storage of bottled teas. Also, bottled teas are often loaded with sweeteners and other additives that can eliminate antioxidants and add unwanted calories. Compared to flavored



Ditch your bottled tea for the real thing: Freshly brewed tea may be better for your health, your wealth and the planet.

bottled teas that have more than 100 calories per bottle, freshly brewed tea, including flavored tea such as Salada's Pomegranate Berry Green Tea or Strawberry Green Tea, is typically a zero-calorie, sugar-free beverage.

Better for the Planet

There are nearly 138 billion beverage containers that end up in landfills each year. It has been estimated by the Container Recycling Institute that the average American wastes 425 plastic bottles per year, resulting in increased energy consumption, greenhouse gas emissions and littering.

Better for the Wallet

Bottled teas tend to retail for more than a dollar; freshly brewed iced tea made with tea bags can cost under 50 cents for a 16-ounce serving.

Unbottle Your Tea

You can download recipes for great-tasting iced tea and find suggestions for other ways to "go green" at www.UnbottleYourTea.com.

Hypnagogia is the state in between being awake and asleep.



Are You Pregnant? Worried? There Is Hope in Adoption

Hope Center Adoption and Family Services is a private adoption agency located in Cookeville, TN. As an agency, we have been helping families make the life giving decision of adoption since 2018.

Ways We Can Help

- Free Pregnancy Counseling
- Connection to Community Resources
- Home Study Writing
- Connection to Legal Counsel
- Financial Assistance for Pregnancy
- Related Needs Adoption Education & Planning.



235 W. Main Street Cookeville, TN 38506

hopecenteradoption.com

(O) 931-651-1412 (O) 931-651-1412

(C) 931-252-7159 (C) 931-252-7159

MISCELLANEOUS

You Don't Have to Spend a crazy price for a Battery. Good car/truck batteries for only \$50 plus tax with exchange. B & K Auto Sales, 2595 W. Broad St. Cookeville, TN. Call 931-372-1380.

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

Find it all in The Shopper!

The County Veteran Service Office, now located at our NEW, larger offices at 1656 W. Broad Street in Cookeville, TN, provides **free services** in counseling veterans, surviving spouses, and veteran families on VA benefits. They also file claims on behalf of the veteran or beneficiary with the VA to obtain Healthcare, Compensation, Pension, Survivor Benefits, Burial Benefits & more. Assistance offered in obtaining military records, discharges from TN state records or the National Archives. Hours are Mon.- Fri. 8am to 4pm. Anyone can call for Mark Harris or Thomas Jacobs at 931-526-2432.

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

MISCELLANEOUS

Native American collection. Arrowhead points, and pots for sale. Call 731-412-9514.

The Veterans Honor Guard - Honoring our Veterans. We provide military funeral honors for veterans at no charge. Request the services of the Veterans Honor Guard for any veteran who has been honorably discharged from any branch of the Armed Forces. **Veterans Honor Guard. 370 S. Lowe Ave, PMB 212 Cookeville, TN 38501. Call 931-528-1333.**

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

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

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

Veterans Center in Lebanon, TN. We are in need of brass instruments for veterans. All donations of any amount or sizes are greatly appreciated. Please help us to help our veterans. Call 615-804-4404.

MISCELLANEOUS

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

MOBILE HOMES

New Home and Immediate Delivery! 1,200 Sq Ft, 3 Bed/2 Bath, \$115,900. Please call 931-526-3338.

Available for immediate purchase, 1,200 sq ft. 3 Bed 2 Bath \$94,900 931-526-2529.

Immediate Delivery! 2 Bed/2 Bath- 840 Sq Ft, delivered and set on your property. -\$69,900! Call 931-526-3338.

Quick Delivery! 3 Bed/2 Bath 1,300 Sq. Ft. - \$104,900. Only 1 remaining! Call 931-526-2529.

REAL ESTATE

Buying or Selling? One Call Does It All. Benchmark Realty, LLC - Trish Watson, Realtor. Multi Million Dollar Producer. Call 615-305-4848, trishwatson0426@gmail.com. Proudly serving Wilson & surrounding counties.

We Buy Houses & Land for CASH! Any Condition, Any Situation, Fast/Flexible Settlement. No Repairs or Clean out Required. Call 931-252-2136 email: ezudiy@gmail.com.



COOKEVILLE, TN
FARMERS MARKET
 LOCAL PRODUCE

530 Mahler Ave. Cookeville, TN
7 am - Noon



The cigarette lighter was invented before the match.

THE KID'S CLOSET
 HUGE Selection of Quality Kids Clothes, Toys, Accessories, & More at Low, Affordable Prices

\$SAVE BIG Here!
 We Also Buy Gently Loved Items

Hours: Mon.-Fri. 9am - 6 pm - Sat. 9am-4pm - Closed Sunday

205 S. Church St. Livingston, TN
 931-397-4364 • thekidscloset2024@gmail.com
 find us on Facebook

Healthy Living

A Healthy And Balanced Diet Improves Oral Health

(NAPS)—Oral health is linked to whole-body health, which means that not caring for teeth and gums can contribute to other health issues such as heart disease, stroke, and more.

To help improve health, March is National Nutrition Month, spotlighting nutrition education and focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits. On World Oral Health Day, March 20, the world unites to help reduce the burden of oral diseases everywhere.

The dental community hopes these observances raise awareness about issues affecting people in every country and at home.

Eat Well, Smile Bigger

A healthy lifestyle begins with making better nutritional choices. Choosing to eat healthier helps promote overall wellness. Making healthy choices also positively impacts oral health.

Foods high in calcium and nutrients such as low-fat cheese, milk, yogurt, and leafy greens can all provide nourishment and promote healthy teeth. Foods high in protein such as eggs, fish, meat, and poultry can also help protect the enamel on teeth and improve bone density. Even certain teas are good for oral health. Ditch sugary sodas for unsweetened black and green teas which contain plaque-inhibiting ingredients.

Foods that promote oral health also benefit the rest of the body. Most importantly, drinking plenty of water not only helps the body stay hydrated, it helps keep the mouth clean and healthy. One sign of good health is a healthy smile.

"Many patients usually only think of brushing and flossing as ways to keep their teeth healthy, but there are other factors that affect oral health," said Dr. Gregory Theis, DDS, vice president of dental services at Delta Dental of Wisconsin. "Eating a balanced diet is important to maintaining a healthy smile, just like brushing and flossing."

Be Mindful; Snack and Shop Smarter
 There are many different snack choices that are satisfying to eat and bet-



Smart eating habits, along with regular brushing and flossing, help to keep the body healthy.

ter for long term oral health. Fruits and vegetables, such as apples, carrots, and celery, help scrub plaque from teeth and freshen breath.

There are cost effective ways to stock fruits and vegetables at home. Buying in-season whole fruits and vegetables, buying in bulk, or opting for canned and frozen varieties are great ways to get more produce on a budget. Canned and frozen foods will last much longer and are usually just as nutritious.

Being proactive by keeping healthy snacks on hand will help stop the urge to reach for starchy or sweet junk food.

Sticky sugary candy, starchy foods, and carbonated soft drinks are some of the worst snack choices for oral health. When sugary foods are consumed, bacteria in the mouth produce acid after breaking that sugar down. This is what causes damage to the teeth.

There are ways to help reduce the damage sugar can cause. Dr. Theis recommends pairing dessert with your meal to help reduce the effect of acid on teeth and their enamel, as the mouth makes more saliva when eating a larger meal. "When sugary cravings strike, this trick helps to reduce the effects of acid production," said Dr. Theis. It's also helpful to limit snacks between meals when possible.

Being mindful of how food choices affect overall oral health is an investment in a healthier future. It's never too late to start building healthy habits. This March and always, make a commitment to good oral health and better nutrition.

REAL ESTATE

Park Place Motors & RV. R.V. Parts & Accessories. 10% OFF with this ad. 21 Executive Dr. - Crossville, TN. (I-40 Exit 317, between Cracker Barrel & Waffle House). Call 931-707-7275.

Local Family Looking for Land: Interested in 15+ acres, open to other opportunities, call or text 615-601-1284.

Office space for rent air B&B style. Fully furnished in Downtown Watertown. \$100 month/10 hours of office time. Call Watertown & East Wilson Chamber of Comm. at 615-237-0270.

Check out the classifieds!

REC/VEHICLES

1995 20th Anniversary Honda Goldwing Motorcycle: 42,341 miles, air ride, cruise, reverse, stereo, excellent condition, new battery, been in storage. Call or text 715-432-3846.

15 ft Boat: 40 hp Evinrude, similar to a Boston Whaler McVee Crabs is \$1,000. Free trailing motor, needs batteries. Call 615-594-3376.

26' 2023 Forest River Flagstaff 21DS: 2 axle, 200 watt solar panel, two 30 lb LP tanks, all power with complete hitch - \$23,500. Call 931-316-9730.

REC/VEHICLES

2016 Harley Davidson Tri-Glide. 2,900 miles, fully loaded - \$23,500. Call 615-642-6191.

SERVICES

Henry Brothers Roofing. Family owned- 20 yrs exp.. Quality work. No money until the job is complete. Call 931-854-1027, 931-644-9278.

All Types of Masonry, including Footers, Foundations, Retaining Walls, Basements, Additions, & MUCH MORE. Serving the Upper Cumberland and Southern Kentucky Areas. **Expert Masonry Contractor. 270-407-8442.**

Your Handyman For Your Home Repairs - Clean Cut Construction. Decks, Pressure Washing, Siding, Fencing, Drywall Repairs, Roof & Storm Damage Repair. Leaky roofs, all types of roof construction. Tree services and Removal. Tree James at 931-337-9884.

We're Your One Stop Excavation Shop! Excavation - Utilities - Site Prep - Drainage Solutions - Septic Installs - Gravel - Concrete - Pole Barns. Serving Fentress, Morgan, Cumberland, Putnam, Overton, and Pickett Counties. Licensed & Insured - FREE Estimates. Call 815-866-9276.

SERVICES

Full Service Roofing: Roof Repairs, Full Roof, Metal, Shingle, Standing Seam. Window Replacement, Siding, Decks, Remodeling, and Much More. Family Owned and Operated. St. George Roofing & Remodeling. 931-239-1685.

Your One Stop Repair Shop - Handyman Mike. Home Repairs, Carpentry, Tile & Hardwood Flooring, Plumbing, Mobile Home Repairs. Call Mike Buller, 931-316-4480.

We Specialize in: trees that are close to buildings and houses, storm damage, tree climbing, tree removal, tree trimming, AND MORE. Veteran owned. **DeJonge Tree Co.** 931-704-0759.

I Make Your Car Sparkle! Professional Auto Detailing - **Dani's Detailing Shop.** Interior & Exterior Detailing, Deep Cleaning & Shine, Protective Finishes. Reliable - Professional - Affordable. Call 931-644-2523.

Finch's Plumbing Services. 30 years exp. Serving Warren Co. TN Call 931-271-0216.

Skid Steer work, repair and rerock driveways starting at \$500 plus materials. We can also move/pile brush. Call for a bid. S.C.& Sons. Call 541-840-0182.

U.C. SHOPPER DIRECTORY

AREA RUGS

AREA RUGS & BLANKETS
Hwy 111 Flea Market
GOING OUT OF BUSINESS SALE
Saturday and Sunday Only

DETAILING - CARS, SUVs, TRUCKS

Dan's Detailing Garage
PROFESSIONAL AUTO DETAILING
 • INTERIOR & EXTERIOR DETAILING
 • DEEP CLEANING & SHINE
 • PROTECTIVE FINISHES
 • RELIABLE - PROFESSIONAL
 • AFFORDABLE
(931)644-2523

HANDYMAN SERVICES

J & K Home Improvements
We Do It All, at the Best Price in Town
 Remodeling • Electrical • Plumbing
 Flooring • Heating & Cooling
 Windows • Doors • Bathrooms
 and MORE
 No Job Too Small - Licensed & Insured
Call Jack 931-316-1498 or 931-267-9080

STORAGE SPACES

BQ Mini Storage
 110 Bilbrey Qualls Rd
 Rickman, TN
Units Available!
\$60/Month
Call (931) 252-0174

ASPHALT REPAIR SERVICES

PREMIER ASPHALT REPAIR
 Sealcoating • Crack Filling
 Pothole Patching • Line Striping
 Johnny Stafford • sealguyz12@gmail.com
 Cell 931.704.4034

EXCAVATION SERVICES

DAN YOUR ELECTRICIAN
 Licensed & Insured
 Residential & Commercial Services
 No Job too Big, No Job too Small
 Call Dan Today! (615) 626-9116

HANDYMAN SERVICES

• Home Repairs
 • Carpentry
 • Tile & Hardwood Flooring
 • Mobile Home Repairs
 • Plumbing
HOME MAINTENANCE
 Mike Buller
931-316-4480

YOUR BUSINESS HERE

AVAILABLE SPACE
 For YOUR Growing Business
 Increase YOUR Sales for
ONLY \$10 per Week
\$40 per month
(4 weeks coverage)

BATHTUB RESURFACING

His Image Restoration
 Bathtub Repair | Color Change
 Bathtub Conversion
931-260-3094

YOUR BUSINESS HERE

DIRTY DEEDS LLC
 Excavation, Land Clearing,
 Demolition, Building Prep,
 Brush Cutting, Driveway
 Work, and MORE
 Licensed and Insured • Veteran Owned and Operated
CALL 931-303-7003

MASONRY SERVICES

Expert Masonry Contractor
 All Types of Masonry, including
 Footers, Foundations,
 Retaining Walls, Basements,
 Additions, & MUCH MORE
 Serving the Upper Cumberland
 and Southern Kentucky Areas
270-407-8442

TREE SERVICES

De Jonge Tree Co.
 We Specialize in:
 Trees that are close to
 buildings and houses.
 Storm damage
 Tree climbing
 Tree removal
 Tree trimming
 AND MORE
FREE QUOTES
931-704-0759
 VETERAN OWNED

BATTERIES

NEW BLEMISHED BATTERIES
\$49.95
 WITH EXCHANGE
B&K AUTO SALES
 2595 WEST BROAD STREET, COOKEVILLE
931-372-1380

EXCAVATION SERVICES

TENNESSEE LAND CONSTRUCTION, LLC
 Excavation • Utilities • Site Prep • Gravel • Concrete
 Drainage Solutions • Septic Installs • Pole Barns
 Serving Fentress, Morgan, Cumberland,
 Putnam, Overton, and Pickett Counties
 Licensed & Insured
 FREE Estimates
 www.TennesseeLandConstructionLLC.com
 Aaron Teske, Owner / Operator
 815-866-9276 • TNlandconstruct@gmail.com
 Find US on Facebook

MONUMENTS

Vaughn's Monument Works, Inc.
 Come in and let David D. Vaughn,
 Eric M. Vaughn, Suzanne N.
 Vaughn, Linda Garrett
 and Jessica Paul serve you
 Serving All of Middle & East
 Tennessee and Southern
 Kentucky
567 E. Spring St.
 (3 blocks east of Courthouse)
Cookeville, TN
931-526-4917
 Established 1946
 vaughnsmonumentworks@gmail.com

WOODEN CASKETS

The Wooden Casket LLC
270-427-8912 • 270-427-8073
 www.TheWoodenCasketKY.com
 TheWoodenCasket
 203 N. Main St., Tompkinsville, KY

BUYING SCRAP METAL

WERNER SCRAP METAL
Bryan Werner
931-260-8558
We Pay CASH for your Junk Car - no title required

GUTTERING SERVICES

ACCENT SEAMLESS GUTTERING
 High Quality Aluminum Guttering
 Residential & Commercial
 YOUR SATISFACTION IS OUR GOAL
Joe Sommers 270-255-1834

REAL ESTATE

Benchmark REALTY, LLC
 75 Industrial Drive Mount Juliet, TN 37122
Trish Watson, Realtor
 Buying or Selling? Call Trish Today!
 Direct: 615-305-4848 Office: 615-288-8292
 Email: trishwatson0426@gmail.com
 EMSTAR Lifetime Award Recipient • Multi Million Dollar Producer
 Proudly Serving Wilson County & Surrounding Counties for 22 Years!

WOODEN CASKETS

CENTRAL BOILER
Outdoor Wood Furnaces
 Parts, accessories, insulated underground pipe,
 and radiant floor heat supplies in stock
Southern KY Wood Furnaces, LLC
Call 270-459-1840
 www.southernkywoodfurnaces.com

CHRISTIAN BOOKS & SUPPLIES

Randall Smith - Owner
Christian Supply of Cookeville
 christiansupplycookeville.com
 e-mail: ranjen2069@live.com
 560 S. Jefferson Ave., Suite 2, Cookeville, TN 38501
831-854-9191

HANDGUN PERMITS

Southern Institute of Firearms Training
HANDGUN PERMITS
ONE DAY CLASSES!
GIFT CERTIFICATES AVAILABLE
 Private Classes • Group Rates • On Site Gun Range
 Beginner & Advanced Training
Eddie Barnes - Instructor
615-210-9768 21 Barnes Lane
 Brush Creek, TN 38547

ROOFING SERVICES

Licensed & Insured
Henry Brothers Roofing & Siding
931-854-1027
Don't pay til job is complete!

YOUR BUSINESS HERE

AVAILABLE SPACE
 For YOUR Growing Business
 Increase YOUR Sales for
ONLY \$10 per Week
\$40 per month
(4 weeks coverage)

Ever since the time of your ancestors you have turned away from my decrees and have not kept them. Return to me, and I will return to you," says the Lord Almighty. "But you ask, 'How are we to return?' "Will a mere mortal rob God? Yet you rob me. "But you ask, 'How are we robbing you?' "In tithes and offerings. You are under a curse - your whole nation - because you are robbing me. Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.



Malachi 3: 7 - 10

His Image Restoration



931-260-3094

Bathtub Repair • Color Change
Bathtub Conversion



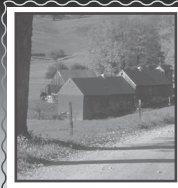
- ~ Check Out What We Can Do ~
- Change any color tub to white.
 - Change a fiberglass tub into a shower
 - Rebuild fiberglass tub floors
 - Fiberglass boat repairs

David Harvey Owner/Operator

Email: his_image_restoration@yahoo.com
588 Andrew Cove Road Livingston, TN 38570



Better to have calloused hands than a calloused heart.
- Anonymous



The legal system can force open doors and sometimes even knock down walls. But it cannot build bridges. That job belongs to you and me.
- Thurgood Marshall

FLOOR LEVELING

- Got Sway?
- Doors Won't Shut?
- Got Bounce?
- Need Support?
- Need Floor Joist Repaired?
- Need Moisture Barrier Installed?

WE CAN DO IT ALL - PLEASE CALL 931-303-1857
THANKS. GOD BLESS.

BQ Mini Storage

110 Bilbrey Qualls Rd
Rickman, TN



Units Available!

\$60/Month

Call (931) 252-0174



The geyser, Old Faithful, sends up a column of from 116 to 175 feet at intervals of about 65 minutes, varying from 323 to 90 minutes.

"The Law of the Garbage Truck"

I hopped in a taxi and we took off for the airport
We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches!



The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly.

So I asked, "Why did you just do that? This guy almost ruined your car and sent us to the hospital!" This is when my taxi driver taught me what I now call, "The Law of the Garbage Truck."

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment.

As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you.

Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day.

Life's too short to wake up in the morning with regrets, so.....

Love the people who treat you right. Pray for the ones who don't.



Cowboy RV
Living Quarters Services

- Mobile RV Repair
- Maintenance Service
- RV Appliances
- Roof Repair
- Generators
- Electrical issues
- Water Leak Repair

Serving Gainesboro, TN and surrounding areas

931-367-2600
shane@cowboyrvsvcs.com
www.cowboyrvsvcs.com



The phrase court shoes described to the English, what Americans referred to as dress shoes.

CLEAN CUT CONSTRUCTION

TREE SERVICES

Removal of Downed Trees
Trimming
Stump Grinding and Removal
Land Repairs

LAND SERVICES

Bushhogging
Post Holes
Ditch Digging
Driveways
Land Preparation
Culverts
Irrigation Mechanics
and MUCH MORE

ALSO: Decks, Pressure Washing, Roof Repair & Roof Construction, Gutter Cleaning, Fencing, Siding, & MUCH MORE

Licensed & Insured



Give James a Call 931-337-9884

WALT'S BUILDINGS, INC



"Quality...built to last"



- Residential, Agriculture, Commercial
- Fully insured
- Garages, Barns, Horse Stables, Equipment & General Storage
- Custom Sizes & many options Available
- All colors by "Valspar" with Limited Lifetime Warranty

Contact us today for a **FREE ESTIMATE**

866-294-8716 (toll free) • 615-666-9258 • 615-666-9974 (fax)

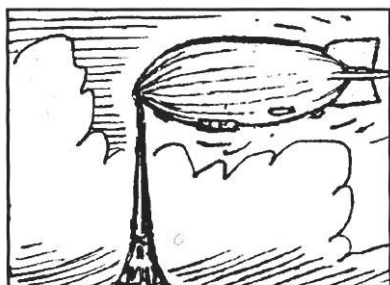
Email: waltsinfo@nctc.com • www.walts-buildings.com



- Financing Available
- 30 Years Experience
- Serving Middle Tennessee
- Licensed and Insured

MARK 931-704-3563

ROBBIE 931-260-8612



The original design of the Empire State Building called for the top of the tower to be used as a mooring place for dirigibles.

ANNUAL Field OF Flags

JUNE 27 TO JULY 5

More more information please visit: www.vfwpost5015.org

Selling Flags for Field of Flags at Uncle Pete's Truck Stop, 1210 Sparta Pike, Lebanon, TN (I-40 exit 239) This is a fundraiser to benefit veterans.

They will be on display at Wilson County Fairgrounds in Lebanon, TN from June 27 to July 5.

This is a great way to honor a veteran. Each flag will have the name of a veteran of your choice on each flagpole. Excellent opportunity for family photos.

Individual Flag Dedications
Corporate Sponsorships,
& BBQ Pre-Orders

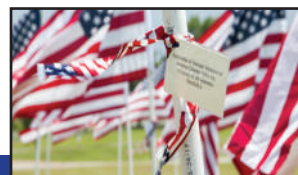
Special Fireworks Show on Saturday July 4



American Legion Post 15,
Veterans of Foreign Wars Post 5015,
Vietnam Veterans of America, Chapter 1004,
and Associates Vietnam Veterans of America, Chapter 1004. Inc.



Scan This QR Code to Purchase and Dedicate a Flag



Thank You for Honoring our Veterans

INVEST IN PEOPLE

When the word investing is mentioned, it is quite often in reference to money. Businesses invest in new technologies, new factories, new workers, and so forth. The expression "it takes money to make money" is true. To make products or services, it is necessary to spend money on equipment, employees, buildings, and the like. This also applies to each of us during our working years. Each of us must invest part of our income into some form of retirement account that provides income for us after our working years are completed. While investing money into various purposes, what is often overlooked in life is this: investing in people.

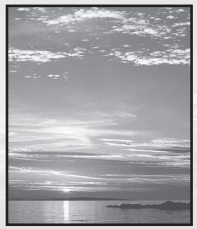
Investing in people is the most important activity that we can do. Everyone has something to give to other people for their benefit. Sometimes, it's a matter of helping a neighbor by fixing something at their home. At other times, it might be a matter of providing food to people who are in need. There are, and always will be people who need help; all of us at one time or another have found ourselves in times of need. We all need to be available to help and bless other people on a regular basis.

Think about someone who is grieving the loss of a spouse, child, or someone else who is dear to them. That is a very difficult and painful time. That person needs encouragement and someone who will be with them. It might take something as small as sitting together and being available to spend some time with that person, just listening. No one should ever have to grieve alone. Everyone needs encouragement regularly, during the good times and the tough times.

God gives each one of us special abilities and skills that can be used to do good work while we are here on earth. We are all here together here because we need each other. If we have our focus on making someone's life better every day, then we will fill our lives with God's primary purpose for us: helping other people. A smile, words of encouragement, a gift of money to help someone who is having a difficult time feeding their family, plus a long list of other acts of kindness - they all sow hope in other people's lives. These acts of kindness encourage others to do the same. The help and hope that we provide to others will often be remembered for a lifetime. Do you want to know what the best investment is? It is investing in people. Let's all make our world a better place for everyone, one act of kindness at a time.

"Don't get so busy making a living that you forget to make a life."

If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.



1 Corinthians 13: 2 - 8

Great, Low Prices on Quality Returns from Amazon, Kohl's, and MORE

Debbie's Thrift & Boutique

Lovely Home Goods, House Decor, Toys, and So Much MORE

101 West Commercial Ave. Monterey, TN
(I-40 Exit 300, go north, located at 2nd light)
931-787-3797

LIKE US ON

Better to have calloused hands than a calloused heart.
- Anonymous

The legal system can force open doors and sometimes even knock down walls. But it cannot build bridges. That job belongs to you and me.
- Thurgood Marshall

CLASSIFIED AD FORM

SELL It In the Shopper

1 Issue.....\$3.00 Add 15¢ for each additional word above 20
2 Issues.....\$4.00 Add 20¢ for each additional word above 20

ONE WORD PER BOX CHECK ONE 1 ISSUE 2 ISSUES

EXTRA WORDS _____

BROWSE TRADE SELL BUY

Cut Out and Send In This Form, with payment, to:
The Upper Cumberland Shopper
3900 Clouse Drive • Cookeville, TN 38506
theucshopper@gmail.com or (931) 372-9978



SERVICES

Pressure Washing for driveways, decks, fences. Deck Staining, sealing driveways. Call 615-642-6191.

No Electrical Job too big or small. Licensed/insured. Residential/commercial. **Dan Your Electrician.** Call 615-626-9116.

Roberts Outboard Service & Repair. 50 Yrs of Exp.- Mobile Repair Available, also Outboard Engine Service and Boat Repair. Call Jackie Roberts at 931-823-7158, or call Jeff Roberts at 931-303-8249.

Have some items needing to be fixed or small projects to be completed? Call Larry at 931-252-2136. 20+yrs Experience - Wide Range of Projects, Free Estimates - Dependable - Insured & Bonded. Call Larry at 931-252-2136.

All Kinds of Cemetery. Work New and Rework Decks - Yard Clean Up, Small Concrete Jobs (walls, sidewalks), Handyman (install water heater, some types of home repairs) Eric Vaughn 931-261-6756. John 3:16

High Quality Aluminum Guttering. Residential - Commercial. Gutter Covers, Gutter Renovation & Clean out. Covering the Upper Cumberland & Southern Kentucky. **Accent Seamless Guttering** 270-255-1834.

SERVICES

Real Life Recovery - Support Group Mtg for help with substance abuse. FREE & open to the public. Every Thurs. 6pm at Rock Castle Emmanuel Church. 9557 Goff Ridge Rd. Baxter, TN. Call Beth Henly 931-255-2682.

Yard Tree Trimming or take down. Also: roof work, additions. Simon Byler, Gatewood Ford Rd., Deer Lodge, TN. 865-337-3757.

We Take Care of Your Dirt! Drainage work, turning dirt for gardens, grading land, driveways, bush hogging, and much more. **Schultz Property Maintenance.** 931-265-8770.

Expert Shoe and Boot Repair. Excellent workmanship, prompt and professional. 12242 Lantana Road Crossville, TN. **Breece Built Shoe and Leather.** Call 931-742-1137.

SMITH'S REMODELING, PRESSURE CLEANING & PAINTING. 25 yrs exp. Ext. & Int. Professional, reliable, ref's. Reasonably priced. Free estimates. Call 321-698-3677 (cell) or 931-406-1009 (home).

Showater Construction. Specializing in metal roofs. Will consider garages, siding, and decks. **Also, construction lifts for rent:** 40' JLG boom lift, and 26' scissor lift. Call Obed at 931-267-2162.

SERVICES

We Do It All, at the Best Price in Town: Remodeling, Electrical, Plumbing, Flooring, Heating & Cooling, Windows, Doors, Bathrooms, and MORE. Call Jack, at 931-267-9080.

We Work In The Dirt! Excavation, land clearing, demo, building prep, brush cutting, driveway work & MORE. **Dirty Deeds, LLC.** 931-303-7003.

Handgun Permits. Be safe, be legal. Professional handgun training - private classes, group rates, on-site gun range, beginner & advanced training. Call 615-210-9768.

We Come to You - Full Service Auto Detailing, professional work, prompt service. Silver Bullet Detailing. Call 931-248-3710.

We do all types of drywall repair. Small/Large. Clean/Professional. Additions. FREE ESTIMATES. Walling Drywall- Call Jim 502-544-7816.

Dutch-Way Fence & Deck. Dependable, reliable, affordable, Quality work since 1992. Call 931-839-8717 or 615-947-7950 for FREE estimates.

TRUCKS

Good car & truck batteries only \$50+tax with exchange. B&K Auto Sales, 2595 W. Broad St. Cookeville.



PLATEAU METAL SALES

Metal Roofing - the Crown for your Home

Your Metal Roofing HQ



AGRICULTURAL • COMMERCIAL • RESIDENTIAL



Clay Tile • Shake
Stone Coated Shingle
Thatch & Standing Seam

Metal Roofing Available in Many Styles



www.plateaumetalsales.com • 931-277-3586

Excellent Selection of Knives by:



Great Selection of Tools by:



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

There are pizza farms where all the ingredients to make the pizza they sell is grown on the farm.



Money is like muck, not good except it be spread.
- Francis Bacon



No matter where you go, there you are.
- Anonymus



Call for specials!

NATIONAL BARN COMPANY

EASTERN DIVISION

STORAGE BUILDINGS
HAY BARNs
HORSE BARNs
GARAGES

*Custom building shown. Call for pricing.



- Fully Insured
- #1 Metal
- 4/12 Roof Pitch
- Engineered Trusses
- Custom Sizes Available
- Local Codes & Freight May Affect Price



Ask about our do-it-yourself materials kits.

www.nationalbarn.com

1-888-427-BARN (2276)



We're Here For YOU Online - All The Time

24/7 - on Your Phone, Tablet, and Computer

TheShopperNetwork.com

Home

Who we are...

Articles

Feed your mind ...

Classifieds

Buy, sell, find jobs...

Rates

Find out how affordable our advertising is...

Read The Shopper

Full printed issues on line...

Contact

Get in touch ...



The Upper Cumberland's Marketplace Since 1995

CLM ENTERPRISES

Authorized TN dealer for Old Hickory Buildings, LLC

WE HAVE MOVED

to: 759 S. Willow Ave. Cookeville, TN



CHECK OUT OUR GREENHOUSES



WE CAN BUILD ON SITE



CALL FOR DETAILS!



Come See Our New Vaulted Gable



OLD HICKORY BUILDINGS

ASK ABOUT OUR

Summer SPECIALS



NEW LOCATION




Apex Style Barn

are offered as Cash Sale, Rent to Own with no credit check, and now offering financing with PowerPay.



COME SEE OUR




CHICKEN COOPS



**759 S. Willow Ave.
Cookeville, TN
(next to First Bank)**

931-854-9400



Like/Rate us on Facebook and Google



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

931-823-9404