



# Citizen-Statesman

Volume 39, Number 3

Celina, Tennessee

10 Pages, 1 Section

Your Award-Winning  
Community  
Newspaper.

75¢

A Strong Voice for the Citizens of Clay County

## Grants Will Aid Solid Waste

Grant money from the Tennessee Department of Environment and Conservation will help make upgrades to Clay County's Solid Waste Department.

The funds from the Community Development Block Grant program should help the department in multiple ways. One of the three grants, for \$50,000, will fund a trash compactor at the Mount Vernon convenience center.

Mayor Dale Reagan said that with a trash compactor on site, the county may be able to fit three times to amount of household waste than it currently does with just the front loader truck the county currently uses.

Reagan said after installing the compactor at Mount Vernon, Clay County will look at trying to get compactors at other convenience centers.

Clay County also received a \$20,000 used

oil grant from TDEC. That will be used to purchase a 550-gallon tank to transport used material to the solid waste department to be recycled.

Reagan said that grant is a 100% grant, but the county will have to budget the costs and be reimbursed by the state.

The third TDEC grant will help with Clay County's recycling efforts by allowing it to buy a new glass compactor at the recycling plant. Reagan said the current glass crusher was an original part of the facility that was built in the late 1990s.

The Community Development Block Grant (CDBG) program provides flexible funding to carry out a wide range of community development activities directed toward neighborhood revitalization, economic development, and improved community facilities and services.

## Law Enforcement Day Celebrated



Macon Bank and Trust provided donuts to the sheriff's office for National Law Enforcement day. We appreciate all the men and women who put their lives on the line to protect and serve our community.

## Jail Project Delayed Again

BRIAN WILMOTH  
Editor

Efforts to build a new jail in Clay County have hit another roadblock.

According to County Mayor Dale Reagan, the county was planning to try to bid the new jail this month, but it is still awaiting approval from the USDA to move forward.

Clay County received a \$7.5 million loan from the USDA in 2019 to build a 22,000 square foot building for a new 100-bed jail. The facility would also be home to the Clay County Sheriff's Department.

In addition to the loan, Clay County's wheel tax that began in 2020 has generated over \$615,000 to help with the jail's debt services load and operation costs.

Although he said he was under the impression that the USDA had already approved the project, Reagan

said that was the hurdle they have still yet to clear. He said he believes the department wants more information or a cost study done. When to loan was announced in 2019, it was locked in at 3.5%

Reagan said one of the worries the county faces is that the project can still come in under budget when Clay County gets USDA approval. He said hopefully the project can go to bid in February.

The project was temporarily delayed in October for sewer work to be completed. Sheriff Brandon Boone said at the time that he hoped the project could go to bid in December 2022.

The new facility will be located on Highway 53 across from Buford Drive. It will replace the current 4,000 square foot facility that houses 15 beds.



## Bulldogs Football Team Honored



The Clay County High School Bulldog Football team was recognized at the Clay County Board of Education meeting on January 12, 2023, for their season and championship game achievements.

## Students Invited To Enter Art Competition

Public, private and home-schooled high school aged students are eligible to enter the Reba Bacon Memorial High School Art Competition with an approved entry form. The Cumberland Art Society, 186A S. Walnut Ave., Cookeville has sponsored this annual event for 45 years.

Any student that is in grade 9-12 may submit one entry per category BUT a teacher, principal, instructor, or parent MUST SPONSOR THEM. Entry forms and more detailed information can be obtained

by calling the art society office, 931-526-2424 or Bonnie Masters, 931-526-1020. The artwork will be on display at the Cookeville Gallery from MARCH 5-25, 2023. The art center open hours are Monday thru Saturday, 10:00-4:00.

Artwork may be registered in ten categories (or media) with four monetary awards for each group. Samuel Bacon donated monies in memory of his late wife, Reba, whose legacy was to encourage and stimulate young artists in the Upper Cumberland Re-

gion. The 45th Reba Bacon Memorial High School Art Competition will open March 5, 2023 with an awards ceremony at 2:00pm. The

Cumberland Art Society sponsors this competition and encourages everyone to support these students by visiting the gallery during the month.



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History Of The Cumberland River

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# Citizen-Statesman COURT & CRIME

*Editors Note: The information for the court report comes from information obtained from court records. Every effort is made to be accurate; however, mistakes can occur. The names of individuals listed may be similar to other individuals in the community.*

## Clay County General Sessions Court – Criminal Court Docket 01/11/2023

Michael J. Bowman – Probation violation (booked).

Brian Brownie Brown – Two accounts of probation violation (booked), three counts of failure to appear, driving unregistered vehicle on highway, simple possession casual exchange, possession of drug paraphernalia uses and activities, and driving while license suspended.

Carol S. Cherry – Simple possession casual exchange and possession of unlawful drug paraphernalia uses and activities.

James K. Clark – DUI first offense, leave scene of accident, and immediate notice of accident.

Harley J. Copas – Theft up to 1,000.

Darrell Cross – Tampering with evidence, and two counts

Schedule VI drugs manufacturing, delivery, sell, possession.

Daniel Morgan Dorminey – DUI first offense.

Michelle Frost – Theft of merchandise up to 1,000.

Kenny R. Garrett – Public intoxication, resist stop arrest search weapon involved, two counts of assault on a first responder.

Christopher T. Godwin – Theft up to 1,000, and two counts probation violation (drug related), resist stop arrest search weapon involved, and meth possession or causal exchange.

Brandon Gordon – Two counts of simple possession casual exchange.

Amber R. Hauenstein-Law – DUI second offense, implied consent enhancement only, and speeding.

Jeannie Hosman – DUI first offense, reckless driving, speeding, seat belt 18 and older, and open container.

Steven M Hunter – Speeding.

Elizabeth Ann Isabelle – Schedule III drugs manufacturing, delivery, sell and possession.

Sherry Jones – Driving

while license suspended.

April Lynn Kidd – Simple possession casual exchange and speeding.

Jerry B. King – Vandalism 2,500.

Cecil Luttrell JR. – Public intoxication, two counts of aggravated assault and assault threat of bodily injury.

Kent W. McCoy – False reports to officer and resist stop arrest search (no weapon).

Crystal G. McCullough – Aggravated criminal trespass and probation violation (booked).

Bobby J. Pennington – Probation violation (booked).

Crystal Rich – Assault threat of bodily injury.

Rhonda G. Riley – Meth possession or casual exchange and possession unlawful drug paraphernalia uses and activities.

Justin R. Rogers – Driving while license revoked.

Justin D. Scott – Two counts of probation violation (booked) and failure to appear.

Nancy K. Short – Domestic assault.

Tabitha S. Short - Driving while license revoked, regis-

tration expired, and financial responsibility law.

Austin Douglas Spivey – Speeding.

Edward A. Stankard IV - Reckless driving, evading arrest flight vehicle, driving while license suspended, registration expired, financial responsibility law, improper lane change, and improper turn.

Matthew J. Wallace – Domestic assault.

William J. Welch – DUI first offense

Gibbs was arrested on warrants for simple possession, evading arrest, reckless endangerment, and driving while license revoked by Officer Brawner.

On January 4, Jeannie S. Hornaday was arrested on a warrant for failure to appear by Officer Adrian Nyhof.

On January 4, Tiffany A. Anderson-Nagy was arrested on warrants for Citation, simple possession, and drug paraphernalia by Officer Thomas Montgomery.

On January 5, Jonathan Newman was arrested on a warrant for violation of probation by Officer Tyler Thompson.

On January 6, Billy W. York was arrested on a warrant for failure to appear by Officer Rick Lisi.

On January 7, Nichole T. Ledbetter was arrested on warrants for possession of schedule VI, possession of meth, possession of schedule III and contraband by Officer A. Cain.

On January 9, Lynnette Elaine Taylor was arrested on warrants for driving on suspended license and possession of stolen property by THP.

*Editors Note: The Clay County Sheriff's report is obtained from the Clay County Sheriff's Department and is a matter of public record. The Citizen-Statesman appreciates the cooperation from the Clay County Sheriff's Department in providing the report, and we hope the printing of this report helps as a deterrent in criminal activity. All subjects are innocent until proven guilty in a court of law.*

### Sheriff's Report

On January 3, Michael J. Bowman was arrested on a warrant for violation of probation by Officer Adrian Nyhof.

On January 3, Barry A.

## Citizen-Statesman

# RECIPES of the WEEK

### Icebox Cake

Ingredients:  
2 cups heavy whipping cream  
2 tablespoons confectioners' sugar

1 teaspoon vanilla extract  
1 package (9 ounces) chocolate wafers

Chocolate curls, optional

Directions:

In a large bowl, beat cream until soft peaks form. Add sugar and vanilla; beat until stiff. Spread heaping teaspoonfuls on the cookies. Make six stacks of cookies; turn stacks on edge and place on a serving platter, forming a 14-in.-long cake.

Frost top and sides with remaining whipped cream. If desired, garnish with chocolate curls. Refrigerate before serving, 4-6 hours.

### Divinity Candy

Ingredients:  
2 large egg whites  
3 cups of sugar  
2/3 cup water  
1/2 cup light corn syrup  
1 teaspoon vanilla extract  
1 cup chopped pecans

Directions:

Place egg whites in the bowl of a stand mixer; let stand at room temperature for 30 minutes.

Meanwhile, line three 15x10x1-in. pans with waxed paper.

In a large heavy saucepan, combine the sugar, water and corn syrup; bring to a boil, stirring constantly to dissolve sugar. Cook, without stirring, over medium heat until a candy thermometer reads 252° (hard-ball stage). Just before the temperature is reached, beat egg whites on medium speed until stiff peaks form.

Slowly add hot sugar mixture in a thin stream over egg whites, beating constantly and scraping sides of bowl occasionally. Add vanilla. Beat until candy holds its shape, 5-6 minutes. (Do not over mix or candy will get stiff and crumbly.) Immediately fold in pecans.

Quickly drop by heaping teaspoonfuls onto prepared pans. Let stand at room temperature until dry to the touch. Store between sheets of waxed paper in an airtight container at room temperature.

### Vanilla White Chocolate Mousse

Ingredients:  
1-1/4 cups heavy whipping cream, divided  
2 tablespoons sugar

2 large egg yolks  
7 ounces white baking chocolate, chopped  
2 vanilla beans  
Toasted sliced almonds, optional

Directions:

In a small saucepan, combine 1/4 cup cream and sugar; cook over medium heat until bubbles form around sides of pan.

In a small bowl, whisk a small amount of hot mixture into egg yolks; return all to pan, whisking constantly. Cook over low heat until mixture is just thick enough to coat a metal spoon and a thermometer reads at least 160°, stirring constantly. Do not allow to boil. Immediately remove from heat. Stir in chocolate until smooth.

Split vanilla beans lengthwise. Using the tip of a sharp knife, scrape seeds from the center into chocolate mixture; stir. Transfer to a large bowl; cool 10 minutes.

In a small bowl, beat remaining 1 cup cream until soft peaks form; fold into chocolate mixture. Spoon into 4 dessert dishes. Refrigerate, covered, 1 hour before serving. If desired, sprinkle with almonds.

## History Of The Cumberland River

That same Cumberland River that flows through Nashville also runs by Celina. The Clay County Museum curator once made that trip by during the early colonial period, the river was known as "Warioto" to the local Native Americans. It was called "Shauvanon" by French traders and was also known as the "Shawnee" or "Shawonoe" before being known by its current name.

In 1750, Dr. Thomas Walker led a party of hunters across the

Appalachian Mountains from Virginia and mapped and named the river for Prince William, Duke of Cumberland.

The Cumberland's first importance was as a passage for hunters and settlers. It later supported riverboat trade, reaching to the Ohio and Mississippi rivers. Villages, towns and cities were located at landing points along its banks. Through the middle of the 19th century, settlers depended on rivers for trading and travel.

The town of Celina was once

located on the banks of the Cumberland River, where the Obey flows into it. Due to frequent flooding, "town" was moved to its current location around the courthouse square.

Since the building of Dale Hollow Dam, flooding is a rare issue. In May 2010, due to extensive rains, the Cumberland River overflowed its banks and flooded many areas, including Nashville. Celina saw some flooding at that time and a few other times after the dam was built.



The Obey River is a 47.8-mile-long tributary of the Cumberland River in Tennessee. It joins the Cumberland River on the western edge of the town of Celina. Through the Cumberland and Ohio rivers, the Obey River is part of the Mississippi River watershed.

## Fun Facts

Larry Hagman, who played J.R. Ewing, was the only actor to appear in all 357 episodes of the TV show, Dallas.

The company that would become Burger King was founded in 1953 as Insta-Burger King.

Nancy McKeon of Facts of Life fame was almost cast Monica Geller on Friends.

The Talkboy from Home Alone 2: Lost in New York was so popular that Hasbro had to pull ads since they could not keep up with the demand for the toy.

In 1986, the first widely available disposable camera was released by Fujifilm.

The last Burger Chef restaurant, which was located in Cookeville,

TN, was closed in 1996. Other restaurants continued to operate under the Burger Chef name, but they have no connection with the original chain.

The first product to get scanned with a barcode at a checkout counter was a 10 pack of Wrigley's Juicy Fruit Gum in June 1974 at a Marsh supermarket in Troy, Ohio.

Skee-Ball was invented and patented by Joseph Fourestier Simpson of Vineland, New Jersey in 1908.

Dr. Seuss himself, Theodore Geisel pronounced his famous pen name as "Soice" which rhymes with voice.

Like many people at the time, Sammy Davis, Jr. was addicted to Pac-Man.

## A Week In Clay County History

### A new license plate to be issued in February.

Renewal notices were being mailed to all auto owners in Clay County and people are reminded that the notice for new auto license must be taken to the County Court Clerk's office during the month of February to purchase your new 1977 automobile and class on truck license plate.

Commercials on television are helping to make people more aware of the new system. In the past everyone renewed their license at the same time and got to the point to where it was a mass confusion for all County Clerk office's around the state of Tennessee well as here in Clay County.

The new alpha cycle system is really quite simple. If your last name

begins with "H" for example your new license plates will cost you \$15.75 and will be good through June of 1977. At that time you will return to the County Clerk's office and buy a full year's license for regular price.

The system is not the only thing that's new. This year you'll get a brand new license plate with a special reflectorized coating. The first time you head lights shine the new 1977 Tennessee plates you'll know what an outstanding safty feature they provide.

### Boones Bestway

Steaks \$1.48lb  
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Spam \$0.9812oz can  
**Hamiltons IGA**  
Bacon \$1.00 3lb box  
Ice cream \$1.39  
Shortening \$0.99 3lb

can



# OBITUARIES



**Paul W. Brown**  
Mr. Paul W. Brown, age 91, of Moss, TN, passed away on Wednesday, January 11, 2023, at Celina Health and Rehabilitation Center. Funeral services was

held in the chapel of Upton-Hay Funeral Home Saturday, January 14, 2023 at 1:00 p.m. with Dennis Miller officiating and interment to follow in the Moss Cemetery. Visitation with the family was on Friday,

January 13, 2023 from 12:00 p.m. until 8:00 p.m. and Saturday, January 14, 2023 from 8:00 a.m. until time for the service. Surviving relatives include: one son, Gary (Lisa Hoskins) Brown;

3 daughters, Theresa Isenberg, Beverly Trisdale, and Linda (Bobby) Collins; 6 grandchildren, Tabitha (Steven) Smalling, Melanie (Billy) Hack, Curtis (Jessica) Collins, Misty (Jeremy) Garrett, An-

nie (James) Gentry and Cody (Renea) Estell; 13 great grandchildren, as well as a host of friends and neighbors that will mourn his passing. **Upton-Hay Funeral Home** was in charge of the arrangements.

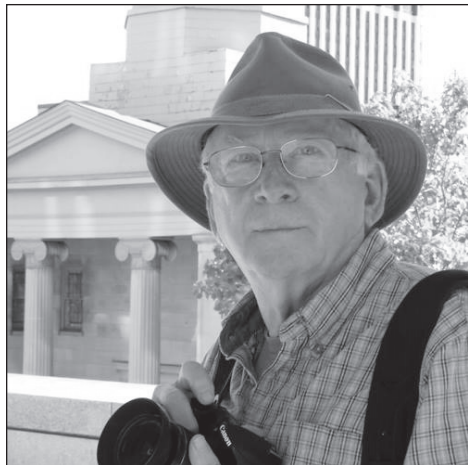
## AUBREY WATSON: Preserving Tennessee In Words And Pictures

### Mary Robbins



Regional Writer

Jackson, Clay, Overton and Fentress County



Writer/photographer Aubrey Watson has been telling the story of Tennessee and beyond with a typewriter (now a computer) and a camera since the sixties. He was a boy when he bought a small plastic camera with a picture of Hopalong Cassidy on the front at a Five and Ten store in East Nashville.

"I don't remember how much I paid for it," he said of the camera. "It couldn't have been much. But I had enough left over to buy a roll of film and have it developed. I guess you could say that little camera set the course for my life's work."

When I think of Aubrey, I am always reminded of the Dr. Seuss book, *Oh, the Places You'll Go*, because he has been traveling, photographing and writing articles and books about Tennessee and other places since he got that first camera. Today, though, his cameras and other photographic equipment are far more complex and capable of so much

more and he is one of the most skilled and talented photographers in the state.

When it comes to writing, his list of accomplishments in that field are as impressive as those he has collected as a photographer. The readers of this column who are also readers of the Tennessee Conservationist magazine, will immediately recognize his name as he is a frequent contributor of articles and photos to that publication.

The list of books that he has authored and co-authored is impressive and ranging in subject matter from *The Backyard Nature Photographer's Handbook*, published by Cold Tree Press in 2003 to *Timeless Ireland, Faces and Places of the Emerald Isle*,

with photographs by Mike Rutherford, Freidman Publishing Group, New York, 1998.

As the title of this column indicates, Aubrey is, heart and soul, a preservationist, dedicated to preserving in photographs not only the natural beauty of our state but of its historic structures as well. He authored and did the photography for *Nashville in Photographs*, published by Anova Books Group, London, for Random House in 2006; and also provided the contemporary photographs for author Karina McDaniels' *Nashville Then and Now*, also published by Anova Books Group in 2005; and for Russell Johnson's book, *Memphis Then and Now*, in 2008. An earlier book, *The Outdoor Photographer's Bible* was co-authored with good friend H. Lea Lawrence, now deceased, who was a legendary outdoor writer and photographer.

Never one to be content when not working on a photographic project, he now has a new book out about nature photography geared toward those of us who love to take pictures of the natural world around us but could use some instruction in how to do it successfully. In my case, that would include learning to use my new camera! It is available on Amazon, in bookstores and from the

author.

Based in Nashville, Aubrey has traveled on photography projects across the U. S., Ireland, Northern Ireland, Scotland and Central America and his photographs have been published in newspapers, magazines, advertisements and other printed materials across the U. S., Europe and Asia. It is his work in Tennessee that he has enjoyed the most, though, and of which he is most proud.

A lot of his Tennessee photography features people, places and events in the Upper Cumberland and here in Fentress County. Just a few of the Upper Cumberland locations he has photographed include the Catoosa Wildlife Management Area, Dale Hollow Lake (where he learned to scuba dive and took his first underwater photographs); the Big South Fork National River and Recreation Area (where he participated in a two-day float trip down the river, spent the night on a sandbar and released wild turkeys in a thunderstorm); and spent a snowy night at the Gert House in Allardt!

One of his treasured memories, he says, is of meeting Mrs. Alvin C. (Miss Gracie) York; and a favorite magazine assignment, with stories and photos, was the Over Log Muzzle Loader Shoot at the York home for Black Powder Magazine.

## The Camera, The Pretty Girl And Hopalong Cassidy

AUBREY C. WATSON  
special to the *Citizen-Statesman*

I don't remember how I got the money to buy my first camera and I don't remember how much I paid for it. I couldn't have been more than a dollar or two because I never had more than a dollar or two at one time. I do, however, remember everything else about it. I found in the Dixie Five and Ten Cent Store at the corner of Meridian Street and Wilbur Avenue in East Nashville in the summer of 1955. Whatever it cost I had enough change left to buy a roll of film. The camera was simple by any standards. It was made of thick black plastic by the Galter Products Company of Chicago, Illinois and endorsed by Hopalong Cassidy himself. A picture of that Silver Haired cowboy hero in black and his white stallion, Topper, was printed on a flat metal ring that encircled the lens and was attached by two small screws. It was advertised as "the ideal camera for boys and girls, amazingly easy to operate". A few years earlier I got a Hopalong Cassidy, glow-in-the-dark belt by sending off some money and a box top to a cereal company, but that was nothing compared to my Hoppy camera.

When I got home, I read the instructions printed on the box; load film, roll the knob until the number one appears in the red window on the back of the camera. Set the

shutter, "T" for time exposure and "I" for instant. Slide the small lever located under the lens, to the sun symbol for bright sun and to the symbol of the sun with a cloud over it for cloudy days. I spent the rest of the evening looking through the viewfinder and dry firing the shutter. The next morning, I loaded the camera with a roll of Kodak Verichrome Pan

film, size 127 and set out to take pictures that looked like those I saw in Life Magazine.

The photographs in Life magazine had always fascinated me, and I wandered why the pictures in it were so much better than the ones in our old family album. I took sixteen exposures with that first roll of film. Actually, someone else took one of them. It was a picture of me standing by my Grandmother's 1953 Ford. It is the only photograph that I have from that camera. Nonetheless I took lots of shots myself, one of which was a close-up of Mom's feet as she sat in the grass. It was a great special effect, giant feet attached to a normal size Mom. Another fantastic shot was her outstretched hand with my brother, Jim, standing in her palm. He was really in the background where I had carefully aligned his image to appear as if he were standing in Mom's hand. I could probably sell these to Life Magazine.

Little did I know that the seeds were sown that would grow into a passion for photography that would eventually become my profession. I also fell victim to camera snobbery so common among photographers. It was on a trip to Chattanooga with my parents and grandparents along with my three younger brothers and baby sister. We all piled into the Ford station wagon and headed down highway 41 from Nashville on a hot July day. I had my Hopalong Cassidy camera, loaded with a fresh roll of film and an appetite for adventure.

Chattanooga was famous back then for three things, Rock City, Ruby Falls and The Incline Railway. Ruby Falls is inside Lookout Mountain and Rock City is on the top. There are two ways up and down the mountain, a

narrow curving road and the Incline Railway.

We went to Ruby Falls first which is located deep inside Lookout Mountain Cave on the way up the road that winds to the top of Lookout Mountain. We went into a big stone building that looked like a castle. Inside the castle we got into an elevator that took us down to the cave and a long winding corridor that lead to Ruby Falls. Along the way, carved out of the cave walls, were little grottos with plaster elves smiling back at us. Shortly into the cave our guide turned out the lights so we could experience "genuine darkness". He said, "We could never be buried no deeper, no cheaper". He chuckled to himself; I laughed out loud.

The serpentine passageway led to a tall cavern with a thin stream of water falling from the top into a round of pool of water the bottom of which was littered with spent flashbulbs and pennies. The whole scene was bathed in colored light. It was the most wonderful thing I had ever seen. I raised the camera to my eye and squinted through the viewfinder, and against Daddy's advice, clicked the shutter. Without a flashbulb I wouldn't get a picture or contribute to the collection of flashbulbs in the pool.

Back on the surface we piled into the Ford, now adorned with a cardboard sign on the bumper that read "See Ruby Falls" and went to the foot of Lookout Mountain to the Incline Railway station on Broadway. It's not exactly a railway but a pair of cable cars. One goes up the mountain while the other comes down, like the winding chains on a cuckoo clock. We boarded one of the cars and sat in orange reclining seats. It felt as if the seats were going to

tumble over backwards but as the car moved up the mountain, I found myself setting straight up, looking forward out windows in the roof, watching Chattanooga below get smaller and smaller.

We were well up the mountain when I looked across the aisle and saw her. She was beautiful. Her hair, her clothes, her smile, she had all the things that make a girl pretty. There was a hint of perfume in the car, and I was sure it was hers. Ruby Falls paled in comparison. Then I saw something that made my heart sink. Around her neck was a black leather strap to which was attached the finest camera I ever saw. I looked at her camera then glanced down at mine. Hers was chrome and black leather and it had numbers and dials and knobs. My camera was black plastic with a picture of Hopalong Cassidy. She raised her camera to her eye and took a picture out the roof window. I kept mine in my lap.

When we reached the top of the mountain we got off and walked a few yards from the upper station to the entrance to Point Park. I borrowed Granddaddy's big Boker pocketknife, took a seat on the first park bench I could find and used the point of the knife blade to back out the two screws that fastened the metal ring with the picture of Hoppy to the camera. I turned the ring over and replaced the screws. Sorry Hoppy.

If you were a pretty girl of about 12 or 13 in the summer of 1955 and you were on the Incline Railway in Chattanooga, and you had a fine camera with numbers and knobs and dials, I would like to hear from you. I'm in the Nashville phone book. I would like to know more about that camera.

## Campbell University Deans List Announced

The academic honors dean's list for the Fall 2022 semester has been announced by Dr. Donna Hedgepath, Campbellsville University's provost and vice president for academic affairs.

The following student has been named to Campbellsville University's Dean's List for Fall 2022:

Chandler Clements, from Red Boiling Springs, TN.

The academic honors list recognizes students who achieve a grade point average of 3.50 or

above for the semester with a course load of at least 12 hours. The Fall 2022 academic honors list includes a total of 874 students, with 364 named to the President's List for achieving a 4.0 grade point average and 510 named to the Dean's List for achieving a 3.5 to 3.99 GPA.

Campbellsville University is a widely acclaimed Kentucky-based Christian university that offers over 100 programs including doctoral, master, bachelor, associate and certificate programs.



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or P.O. Box 129, Livingston.

Citizen-Statesman  
**POINTS OF VIEW**

# Leaders Must Solve Problems

GLENN MOLLETTE  
special to the *Citizen-Statesman*

Recently, in a Mexican restaurant in Houston, Texas, a patron shot and killed a man who was robbing other patrons. The robber was masked and brandishing what appeared to be a pistol. If the man who shot the robber is charged with murder for protecting himself and others from a potentially lethal threat, then we have a serious problem.

We have another problem. Millions of undocumented people have crossed our border from El Paso to San Diego and in between. America is being invaded. We do not have enough free housing, welfare and food stamps to support all these people.

Biden wants to mobilize 85,000 IRS agents who will find every dollar they can to support the millions of undocumented people roaming our nation. How many more dollars can the IRS squeeze out of your pocket? Do you have property that they can seize and sell for a few dollars? 85,000 agents will need to find something to do and most likely they will be checking up on everyone.

Arizona has been

patching holes in their border with containers which has been working. Biden ordered that the containers be removed. Over one million undocumented people have crossed into America through Arizona during Biden's presidency.

Can you imagine being a farmer or just living on the Southern Border? This is 24-hour a day nightmare for these landowners. Do you think anyone wants to buy their property? These same people are coming to your community. They are looking for jobs and housing. They need money and food. Do you have plenty of affordable housing in your community? Do you have big free food banks to feed these people? If you need a reasonably priced apartment, I would suggest you snatch it fast because people are coming who need that apartment and they may have more help from the government than you do to underwrite the costs.

McCarthy, Biden, and Congress must bring back every job we have outsourced to China. We can no longer do business with China. The people who have been living in America the last

few years need jobs and millions of new undocumented workers need jobs. By the way, do you remember when the United States Census was an every 10 year job? Now, Census workers have to work year-round chasing down people who will not complete U.S. Government Census information. How many full-time census workers will it take to chase down all of these undocumented people?

If Biden, McCarthy, and Congress do not protect Social Security your town will probably have to close up. Over 70 million Americans count on Social Security income. Social Security is all or over half of all this number receives each month. As the buying power of the retired population suffers, each community suffers. The government collects social security taxes from people to subsidize us in our old age. Americans will be back into abject poverty if they don't keep Social Security strong.

Affordable housing, medical insurance and jobs that pay over \$15 an hour must also be McCarthy and Biden commitments. We must be able to buy health insurance across state lines. State

governments need to make it easier for working poor to have health insurance. We need real people to answer the telephones in the state and local governments. Websites need to be simple and seamless. Working poor Americans feel like their local states aren't that interested in helping them.

Making medical care more affordable will solve problems for everyone including the insurance companies. Publicly listing the cost of services and surgeries was a good idea that most medical providers don't seem to be following. Making pharmacy purchases from Canada easier is imperative for struggling Americans.

We have some problems in America. Biden, McCarthy and Congress have a lot to do. Name calling, and aggressive behavior in the House only makes for a few seconds of television stupidity. America has some problems. We need for McCarthy and Biden and Congress to step up and help us solve them.

*Dr. Glenn Mollette is an author and his column is published in over 600 publications in all 50 states.*

# VA Needs More Employees For The PACT Act



by Freddy Groves

PACT is officially up and running as of the first of the year. PACT, aka Promise to Address Comprehensive Toxics Act, extends health care and benefits to veterans who were exposed to toxins around the globe and who subsequently became ill with an expanded number of presumptives. The key feature of PACT is that veterans no longer have to fight to prove where their illness came from. It's "presumed" the illness was the result of the toxins in the environment where they served.

Meanwhile, the Department of Veterans Affairs has been on a massive hiring blitz to fill positions in support of the new PACT Act. These positions will be all across the U.S. and Puerto Rico at all 56 regional offices. Not only do they need people to process the 175,000 claims that have been submitted since August (when the PACT Act was signed into law),

but they need the people who give the actual support care.

If you, a spouse, a caregiver, a survivor or family member are interested in signing on for a position, check usajobs.gov and search for "veterans service representative" or "rating veterans service representative."

The first step as part of the big push at the VA is to process the claims for veterans who are terminally ill, something the VA actually started weeks before the official Jan. 1 date. Additionally they will prioritize claims by homeless veterans, those over 85 years of age, those with cancer, those experiencing financial hardship and those who are recipients of a Purple Heart or Medal of Honor.

If you need to learn how to file a claim, go to VA.gov/PACT or call them at 800-MyVA411 (800-698-2411). A caregiver, survivor or family member can also make the call for the veteran.

To learn more about PACT, go to VA.gov/PACT and read "The PACT Act and your VA benefits."

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# A Legislator's Toughest Job

LEE HAMILTON  
special to the *Citizen-Statesman*

As Congress and many state legislatures get under way for the year, there are lots of new lawmakers out there starting to learn the ropes. It's an exhilarating, exhausting time, and they'll have plenty of questions about the challenges. But here's one thing they might not even have imagined: The hardest part of their new jobs may be the most basic - casting a vote on legislation.

It seems odd, doesn't it? And it actually took me a couple of decades in Congress before I realized it. I'd never reflected on the question until a constituent asked point-blank what I found most difficult about the role. I thought about the long hours, the time away from home, the criticism and pressure from pretty much every side (yes, even back

then). Then I realized that it wasn't the frustrations of the job that made it difficult, but its very core: deciding how to vote.

This isn't always the case. Sometimes, voting on a bill can be straightforward: Maybe it's a matter of no consequence, or it's clearly what your constituents need. But you have to remember that legislators are asked to vote on a stunningly complex array of issues, some of which they're familiar with, some of which they're not, and many of which have real consequences for real people. Often, these are complicated issues, with aspects that extend far beyond the black-and-white views expressed in tweets and sound bites. So, for a legislator who is truly trying to do her or his best for the country, the state, or the community, decid-

ing how to vote requires hard work.

The first consideration is—or at least, should be—the views of the people a lawmaker serves. Members of Congress and state legislators get inundated with calls and emails from constituents and hear plenty of feedback on key issues at public meetings. From time to time, those sentiments all run in the same direction, but often they conflict, so a legislator has to work hard to find the majority's sentiment. Similarly, lawmakers rely on the reams of material produced by experts, think tanks, lobbyists, and even colleagues with particular expertise, but those can often conflict, as well. Making a decision involves sorting through a host of arguments—from legal and economic to practical and moral—and then making a judgment

about which are most compelling. Because it's a good bet that at some point, you'll be called to account for how you voted.

Then, of course, there are the political considerations. These have become both simpler and more complex over the last few decades, as partisanship has grown. On the one hand, politicians these days are often expected just to fall in line with what the congressional or legislative leadership expects. But if the electoral politics of the last few years has made anything clear, it's that voters do not follow party leadership dictates, and depending on the constituency, any politician interested in re-election needs to look beyond the loudest and most vociferous voices.

Finally, legislators

**Please See... "Toughest Job" Page 8**

**Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.**  
The First Amendment to the Constitution

**Citizen-Statesman**  
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**Adam Johnson, Publisher**

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Vice Mayor Justin Rich  
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Alderman Justin "Rooney" Rich  
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James Bryan Coons  
258-4567

Jerry Rhoton  
931-510-2984

Anthony D Boles

Parrish Wright  
397-4468

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243-5474

Dorothy Burchett Forney  
243-3564

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258-3731

Kenneth Miller  
243-2353

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(615)388-4399

County Mayor Dale Reagan  
243-2161

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**District 4**  
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Todd Upton

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Diana Monroe

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108 War Memorial Building  
Nashville, TN 37243  
(615) 741-6852  
1-800-449-8366 Ext. 16852

Congressman  
John Rose  
1124 Longworth HOB  
Washington, DC 20515  
Phone: (202) 225-4231

Senator  
Mark Pody  
7 Legislative Plaza  
Nashville, TN 37243  
(615) 741-2421

U.S. Senator  
Marsha Blackburn  
357 Dirksen Senate Office Building  
Washington DC 20510  
(202) 224-3344

U.S. Senator  
Bill Hagerty  
B11 Russell Senate Office Building  
Washington DC 20510  
(202) 224-4944

# Signs Your Tools May Need Some TLC

A do-it-yourselfer is only as good as his or her tools. Without the proper tools, even the handiest men and women may struggle to complete jobs well within their abilities.

It doesn't take a seasoned do-it-yourselfer to recognize when hammers and screwdrivers need to be replaced. And such tools are generally so affordable that replacing them, even when they still have some utility, won't affect too many DIYers' budgets. However, power tools are considerable investments that do not necessarily need to be discarded when the first signs of trouble pop up. In fact, sometimes power tools just need some TLC to become useful once again. The following are some common symptoms of power tool problems, and what may be behind those problems.

## Difficulty starting

A power tool that won't start can delay a project. But a tool that won't start should not be immediately written off, especially not before DIYers employ a multimeter. The cost of digital multimeters varies widely, with some retailing for less than \$20 while others sell for hundreds and hundreds of dollars. Serious DIYers who spend every weekend working on one project or another may find the more expensive multimeters more to their liking, but many weekend warriors can get by with

less expensive alternatives. Multimeters are useful because they can measure voltage on a power tool to determine if power is effectively moving through the tool.

Dust and dirt also can compromise power tools. This may be especially likely in spring, a time synonymous with home renovations, when many homeowners pick up their tools for the first time in months. Inspect a power tool that's not starting to see if dust or dirt is the culprit. If so, clean the tool and then try to start it again.

## Loss of power

Some power tools may start but still lack the extra muscle that make power tools more beneficial than manual tools. In such instances, the carbon brushes might need to be replaced.

The online resource [replacement.parts.com](http://replacement.parts.com) notes that heat damage to brushes can reduce the overall conductivity of the brush, resulting in less power reaching the tool's motor. In such instances, replace the carbon brushes. In addition, chipped or damaged brushes can result in inconsistent power output. Replacing the brushes in such instances may be all that's necessary to restore a tool to its powerful self.

## Burning smell

Many a DIYer has dealt with a power tool that emits an odor of burning. The power tool experts at Grainger notes that tools like sanders contain drive belts, and these belts should be the first place to look when tools produce a burning smell. When the drive belt is to blame,

the tool will typically stop working even when the motor is running. Capacitors may be behind the burning smell when using tools without drive belts. Sometimes tools have simply overheated. Whenever DIYers get a whiff of that burning smell, turn off the tool immediately and let it sit for 30 minutes before trying to diagnose the problem. Replacing these parts can restore them to full usefulness and get rid of that unwelcome aroma.

Replacing worn or damaged power tool parts as opposed to the tools themselves is often the most budget-friendly way to get these must-have DIY accessories back on track.

see last week's word search answers below

**BIBLE WORD SEARCH**  
Answers

C	W	O	R	S	H	I	P	J	W
X	O	N	R	O	B	C	E	B	H
J	Y	M	E	A	R	R	E	K	
A	N	M	E	A	U	T	I	S	R
M	I	D	T	S	H	N	K	W	E
T	U	S	A	L	G	O	O	E	T
J	W	L	E	S	O	R	J	S	
G	E	H	B	E	E	N	G	L	A
M	E	N	O	J	E	S	U	S	E
M	D	O	R	E	H	G	N	I	K



**THE ILLUSTRATED BIBLE**

Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess.

HEBREWS 4:13, 14

## BIBLE TRIVIA

by Wilson Casey

1. Is the book of Goliath (KJV) in the Old or New Testament or neither?
2. From Exodus 10, who made a false confession to Aaron and Moses? Herod, Malachi,

**BIBLE WORD SEARCH**  
by Elie's Spiritual Treasures

Psalm 23:1-3

The **LORD** is my **shepherd**. I lack **nothing**. He **makes** me **lie down** in **green pastures**. he **leads** me **beside quiet waters**. he **refreshes** my **soul**. He **guides** me along the **right paths** for his **name's sake**.

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N E E R G I S Z S E  
S D R E H P E H S T

Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

WWW.SEARCHING-FOR-JESUS.COM

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- Satan, Pharaoh
3. Who was bespoken by an angel to save Israel from the Midianites? Ishmael, Job, Gideon, Philip
  4. From 1 Samuel 9 and 10, who was the first king of Israel? David, Saul, Solomon, Jehu
  5. Who laughed on hearing she would have a child in her old age? Sarah, Ruth, Lydia, Es-

- ther
6. From John 8:44, what is Satan the father of? Sin, Lust, Scepters, Lies
- ANSWERS: 1) Neither, 2) Pharaoh, 3) Gideon, 4) Saul, 5) Sarah, 6) Lies
- Comments? More Trivia? Gift ideas? Visit [www.TriviaGuy.com](http://www.TriviaGuy.com).
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**Facts About The BIBLE** BY JOHN LEHTI

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AND AGAIN I SAY UNTO YOU, IT IS EASIER FOR A CAMEL TO GO THROUGH THE EYE OF A NEEDLE, THAN FOR A RICH MAN TO ENTER INTO THE KINGDOM OF GOD. —MATT. 19:24

**ROPE OR CAMEL—WHICH DID JESUS REALLY SAY?**

IF YOU HEARD SOMEBODY SAY, "I TORE A LEAF..." YOU WOULDN'T BE TOO SURE WHAT WAS MEANT UNTIL THEY FINISHED THE SENTENCE. "I TORE A LEAF...OFF THE TREE!" NOW YOU'D KNOW WHAT WAS MEANT! "I TORE A LEAF...OUT OF THE BOOK!" AGAIN YOU'D KNOW EXACTLY WHAT WAS MEANT—THE SAME WORD BUT WITH TWO ENTIRELY DIFFERENT MEANINGS: ONE, THE FOLIAGE THAT GROWS ON A TREE; TWO, A PIECE OF PAPER THAT'S BOUND IN A BOOK.

IN JUST THE SAME MANNER DOES THE ARAMAIC WORD "GAMLA" MEAN CAMEL; OR A ROPE; OR A BEAM. WHEN JESUS, SPEAKING IN THE ONLY LANGUAGE HE KNEW, ARAMAIC, SAID, "DADLIL LGAMLA LMEAL BAKHRORA DAMGATA AU ATIRA DNEAOL LMACOOTH DALAHA," HE ACTUALLY SAID "IT IS EASIER FOR A ROPE TO GO THROUGH THE EYE OF A NEEDLE THAN FOR A RICH MAN TO ENTER INTO THE KINGDOM OF GOD." IN FACT, HE WAS ONLY USING A VERY POPULAR EXPRESSION OF THE DAY. EASTERN WOMEN, WHEN SHOPPING FOR THREAD WOULD OFTEN SAY, "IF THE THREAD WAS TOO THICK, IT IS A ROPE, IT WILL NOT GO THROUGH THE EYE OF MY NEEDLE!"

BUT WHEN THE EARLY GREEKS TRANSLATED THE NEW TESTAMENT BOOKS FROM ARAMAIC INTO GREEK, THEY DIDN'T REALIZE THAT, IN ARAMAIC CUSTOM, NEEDLE AND ROPE HAD ANY CONNECTION. ONE OF THEM, OBVIOUSLY, DID KNOW THAT "GAMLA" MEANT CAMEL AND SO TRANSLATED IT THAT WAY—AND, FROM THAT DAY ON, THOUSANDS UPON THOUSANDS OF PRIESTS, MINISTERS, AND PREACHERS HAVE MISQUOTED JESUS WITHOUT KNOWING THEY WERE DOING SO! THIS DISCREPANCY WAS FINALLY BROUGHT TO LIGHT IN THE 1920'S, IN A SERIES OF LECTURES BY PROF. GEORGE M. LAMSA, EMINENT ETHNOLOGIST AND ARAMAIC LANGUAGE EXPERT—WHICH HAPPENED TO BE HIS OWN MOTHER-TONGUE!

SAVE THIS FOR YOUR SUNDAY SCHOOL SCRAP-BOOK

**AREA CHURCHES**

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# AGRICULTURE

## UT Studying Specialty Crop Production

A multi-year project led by the University of Tennessee Extension Center for Profitable Agriculture (CPA) is helping Tennesseans make informed decisions about producing and marketing specialty crops. The project, "Chronicling Tennessee's Specialty Crop Landscape," studies Tennessee producers who grow and market any of six specialty crops: cut flowers, persimmons, blueberries, elderberries, garlic or microgreens.

As opposed to row crops like corn and soybeans, USDA defines specialty crops as fruits, vegetables, tree nuts, dried fruit, and horticulture and nursery crops, including floriculture. Specialty crops make up a growing segment of Tennessee's agricultural production, as many producers are looking to diversify their operations and income streams. Also, the state's climate and topography support a variety of production conditions.

With the spectrum of possible specialty crops in mind, Rob Holland, director of the CPA, and a team of Extension specialists with the UT Institute of Agricul-

ture first had to limit the size of the study. They surveyed growers and UT Extension specialists across Tennessee to generate a list of approximately 50 specialty crops. Project collaborators then worked diligently to narrow the 50-crop list to six crops representative of specialty crop production in Tennessee.

Carrie Castille, UTIA senior vice chancellor and senior vice president, is pleased that the CPA is taking a closer look at specialty crop production. "Earlier this month UTIA researchers and Extension specialists contributed to an annual report to the Governor detailing the contribution that the agricultural and natural resources industry makes to the state's economy: approximately \$4.4 billion in cash receipts. Specialty crops make up a growing segment of that economy," she said.

Armed with the list of six specialty crops, team members then visited and interviewed Tennessee growers and used the information gathered to design education and outreach for other producers in Tennessee. The project in-

cludes a series of crop profiles that highlight lessons learned from each grower.

The first profile, which will be used in various upcoming educational workshops, features Karen Hightower. She grows cut flowers at K&K Farms in Greene County. Hightower also sells flowers and vegetables at her farm and the local farmers market. "I don't think I would sell all my flowers if I didn't have vegetables," she says in the profile. Her insight emphasizes the importance of marketing, a component of success for all six crops. "Some common marketing themes that emerged across crops are the use of social media and word-of-mouth promotions, growing and providing what consumers want, and making purchases convenient for buyers," said Holland.

The project's educational outreach ramps up in January 2023, with cut flower workshops in Lebanon, Jackson and Maryville that will feature CPA experts. The workshops also include panel discussions featuring local farmers. "Farmers learn from other farmers," said Holland. "This project shares specialty crop experiences, successes and challenges that are local." Future workshops and publications will feature lessons learned about blueberries, elderberries, garlic, microgreens and persimmons.

For more information about the project workshops and publications, contact Rob Holland at the Center for Profitable Agriculture in Columbia at 931-486-2777, or visit the website <https://cpa.tennessee.edu>. In cooperation with the Tennessee Department of Agriculture, the project is funded in part by a U.S. Department of Agriculture Specialty Crop Block Grant. "We appreciate the opportunity to collaborate with TDA and USDA on this project," Holland said.

Through its land-grant mission of research, teaching and extension, the University of Tennessee Institute of Agriculture touches lives and provides Real. Life. Solutions. [utia.tennessee.edu](http://utia.tennessee.edu).

## New Director



**University of Tennessee Extension Appoints New Director** – As director of UT Extension's Central Region, Hicks will provide leadership and guidance to county Extension directors as well as regional and county staff in the successful delivery of educational programs associated with 4-H youth development, family and consumer sciences, agricultural and natural resources and community economic development. Photo by T. Salvador, courtesy UTIA.

## Hunting Regulations Open For Comment

The Tennessee Wildlife Resources Agency is soliciting comments for its 2022-23 hunting seasons' regulations. The state's hunting seasons will be set this spring by the Tennessee Fish and Wildlife Commission.

This is an opportunity for the public to provide ideas and share concerns about hunting regulations with TWRA staff. The comment period will be open through Wednesday, Feb. 1, 2023.

Public comments

will be considered by TWRA staff and may be presented as proposals for regulation changes to the Tennessee Fish and Wildlife Commission. Comments may be submitted by mail to: Hunting Season Comments, TWRA, Wildlife and Forestry Division, 5107 Edmondson Pike, Nashville, TN 37211 or emailed to [Twra.huntingcomments@tn.gov](mailto:Twra.huntingcomments@tn.gov). Please include "Hunting Season Comments" on the subject line of emailed submissions.

## Pruning & Preparing the Home Orchard Webinar

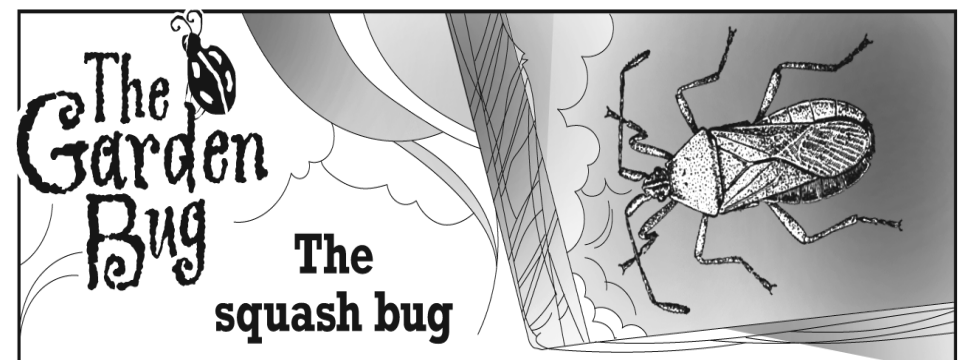


Jason Garrett  
Extension Agent

Overton Extension along with the Upper Cumberland Extension team is conducting a free live webinar Tuesday, Jan. 24 at 6 p.m. on the correct techniques and procedures to prune fruit trees. This live webinar

will feature Dr. Dave Lockwood from the University of Tennessee. Dr. Lockwood is known all over the southeast on his vast knowledge of fruit trees and orchard management.

One can register for this zoom webinar at [tiny.utk.edu/agtalk](http://tiny.utk.edu/agtalk). For questions or assistance please call Jason at 823-2735 and UT Extension offers equal opportunities in programs and employment.



**The Garden Bug**  
**The squash bug**

Adult squash bugs spend the winter hiding in sheltered places. Emerging in spring, they seek squash and pumpkin plants, to feed on the leaves and stems and also to lay eggs. Plants can be destroyed from extensive feeding by these pests. To trap them, leave boards or newspaper out near infested plants; squash bugs will congregate under them at night. In the morning, collect the bugs and destroy them. - Brenda Weaver

Sources: [www.extension.umn.edu/garden/insects](http://www.extension.umn.edu/garden/insects) [www.maine.gov/dacf/php/gotpests/bugs](http://www.maine.gov/dacf/php/gotpests/bugs)

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Weekly Tennessee Cattle and Grain Summary				USDA Livestock, Poultry & Grain Market News			
Nashville, TN				Monday, January 9, 2023			
For Week Ending:				Saturday, January 7, 2023			
Receipts: 7,765				Last Week: No Report		Last Year: No Report	
No comparisons to the previous week are available due to markets being closed in observance of the Christmas and New Year holiday. Comparisons will resume next week.							
<a href="#">View Full Summary</a>							
<b>STATE AVERAGES</b>							
<b>Steers (M&amp;L 1-2)</b>				<b>This Week</b>	<b>Prior Week</b>	<b>Last Year</b>	
300-350 lbs				198.45		188.62	
350-400 lbs				192.86		179.17	
400-450 lbs				191.24		169.76	
450-500 lbs				187.59		167.66	
500-550 lbs				178.70		158.19	
550-600 lbs				171.78		151.07	
600-650 lbs				163.99		147.16	
650-700 lbs				160.24		145.46	
700-750 lbs				156.28		136.31	
750-800 lbs				158.05		134.93	
<b>Heifers (M&amp;L 1-2)</b>							
300-350 lbs				167.54		142.34	
350-400 lbs				162.23		145.13	
400-450 lbs				159.45		140.13	
450-500 lbs				156.00		139.68	
500-550 lbs				151.52		136.98	
550-600 lbs				147.00		130.95	
600-650 lbs				143.65		132.76	
650-700 lbs				137.24		129.32	
700-750 lbs				132.51		123.66	
750-800 lbs				131.64		115.63	
<b>WEEKLY COW SUMMARY</b>							
<b>Slaughter Cows</b>							
	<b>Average</b>	<b>High</b>	<b>Low</b>				
Breakers	64.00-86.00	70.00-93.50	53.00-70.00				
Boners	58.00-85.00	69.00-100.00	45.00-70.50				
Lean	43.00-76.00	70.00-79.00	35.00-64.00				
<b>Slaughter Bulls</b>							
	<b>Average</b>	<b>High</b>	<b>Low</b>				
Yield Grade 1's	85.00-114.00	97.00-124.00	79.00-94.00				
<b>December 19, 2022</b>							
<b>GOATS: 420</b>							
KIDS-Selection 1 40-45 lbs 300.00-310.00; 51 lbs 315.00; 66-67 lbs 312.50; 80 lbs 275.00; 91 lbs 262.50. Selection 2 46 lbs 250.00; 50lbs 290.00; 65-67 lbs 280.00; 85 lbs 252.50.							
<b>LAMBS: 519</b>							
Wooled & Shorn-Choice and Prime 2-3 55 lbs 260.00; 110 lbs 180.00.							
Hair Breeds-Choice and Prime 2-3 50-58 lbs 225.00-300.00; 68 lbs 225.00-235.00; 73-76 lbs 250.00-255.00; 86-89 lbs 187.50-200.00; 90- <a href="#">View Full Report</a>							
<a href="#">View Full Grain Report</a>							
<b>GRAINS</b>				<b>This Week</b>	<b>Prior Week</b>	<b>Last Year</b>	
<b>Corn</b>				6.08-7.11		5.74-6.39	
<b>Soybeans</b>				14.57-15.43		13.36-14.50	
<b>New Crop Wheat</b>				6.96-7.72		7.09-7.73	
<p>USDA-TN Livestock, Poultry &amp; Grain Market News Nashville, TN Jodee Inman, OIC 502-523-6961 Email: <a href="mailto:Jodee.Inman@usda.gov">Jodee.Inman@usda.gov</a> <a href="#">USDA Livestock, Poultry, and Grain Market News</a></p>							

# Citizen-Statesman LEISURE

**TIGER** by **BUD BLAKE**

**POPEYE** BY RANDY MUCKLAND

# HOROSCOPES

**ARIES**  
Mar 21/Apr 20  
You may be in a meditative mood this week, Aries. You may think about mundane things or even complex issues. It's an ideal time to stay indoors and relax with your thoughts.

**TAURUS**  
Apr 21/May 21  
Obligations to friends or family could interfere with other things you had intended, such as spending time with your partner. As more people call upon you, step back and consider.

**GEMINI**  
May 22/June 21  
You have a strong desire to clean and organize your home this week, Gemini. Spring cleaning certainly comes early. Conquer that clutter.

**CANCER**  
June 22/July 22  
All of that extra work on the job will pay off in the days to come, Cancer. Expect an email or personal meeting from a supervisor to discuss.

**LEO**  
July 23/Aug 23  
Practical matters, such as the household budget, may need your attention this week, Leo. A big purchase is on the horizon, so get your finances sorted out.

**VIRGO**  
Aug 24/Sept 22  
Giving back to the community can boost your morale, Virgo. Think about offering to shop for an elderly neighbor or volunteer at a food pantry a few days a week.

**LIBRA**  
Sept 23/Oct 23  
Careful penny pinching may now result in a nice nest egg you can use any way you desire, Libra. Enjoy the fruits of your labor when you can loosen the pursestrings.

**SCORPIO**  
Oct 24/Nov 22  
Scorpio, a sense of duty to loved ones may have you taking on tasks that you otherwise may never consider. Your willingness to pitch in won't go unnoticed.

**SAGITTARIUS**  
Nov 23/Dec 21  
Don't be surprised if the people you help this week are willing to go to bat for you in the future. Consider any assistance you provide an investment in friendship.

**CAPRICORN**  
Dec 22/Jan 20  
Some people know exactly which buttons to push to get a rise out of you, Capricorn. Try to be the bigger person and turn the other cheek.

**AQUARIUS**  
Jan 21/Feb 18  
A momentary loss of confidence may catch you off-guard, Aquarius. Brush these feelings aside and take on any task or challenge that comes your way.

**PISCES**  
Feb 19/Mar 20  
Nostalgia could hit you hard this week Pisces. Enjoy an unexpected trip down Memory Lane. Contact others who might enjoy it as well.

# CROSSWORD

**ACROSS**

- Discoverer's call
- Island near Java
- "Cheers" order
- Brooch
- Oodles
- Plotting
- Swelled head
- Reed and Rawls
- "Hud" actress Patricia
- Star of "NCIS: Los Angeles"
- Klutz
- Singer Starr
- Photo book
- Witty one
- Crater part
- Corp. kingpins
- 24 hours
- Cab cost
- Sauce source
- Novelist Rand
- Avid
- Anderson Cooper's channel
- Calendar abbr.
- Official flower of Chicago
- Cash advance
- Manhattan area
- Lennon's love
- During
- Nest setting

**DOWN**

- Oil cartel
- Lofty
- about (roughly)
- Fragrant wood
- Unfriendly
- Noisy
- "Not a problem!"
- Energizer mascot
- Fencing sword
- List-ending abbr.

**Even Exchange** by **Donna Pettman**

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. English nobleman	___ R ___	BLT ingredient	___ C ___
2. Pronouncement	___ C ___	Graduate's award	___ G ___
3. Coronet	C ___	Puckered brow	F ___
4. Songwriter Cole	___ R ___	Hogwarts student	___ T ___
5. Fantastic	___ A ___	Welcome at the door	___ E ___
6. Fasten together	___ H ___	Raid	___ K ___
7. Mower's target	___ R ___	Goblet	___ L ___
8. Stallion or mare	H ___	Code inventor	M ___
9. ___ than life	___ G ___	Pantry	___ D ___
10. Vote into office	___ L ___	Force out	___ J ___

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**Weekly SUDOKU**  
by **Linda Thistle**

		1		7				8	5
7			8			9			
	2				6		3		7
	3			1	7	4			
4			5						1
		8		3				5	
	1		2						4
6					9	2			

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK:** ◆

◆ Moderate ◆◆ Challenging  
◆◆◆ HOO BOY!

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See this week's answers in next week's edition of the Sentinel

2	6	8	9	3	4	7	1	5
4	9	1	7	2	7	5	3	8
5	3	7	6	2	8	1	6	9
1	7	5	4	2	3	8	6	9
8	4	3	1	6	9	5	2	7
6	2	9	8	7	5	3	4	1
1	3	7	1	6	5	9	8	6
7	8	4	3	5	1	6	9	2
6	5	9	6	1	2	4	7	3

Answer

Weekly SUDOKU

**CryptoQuip**

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: X equals R

CAL'S VAZ SKPLF SKB CXV-BXMEB  
RKPSBOAMXC RME M XBMDVV  
NMXJBDAZE PLJBLSPAL?  
PS'E XB-NMXMODB.

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**Even Exchange**

1. Sting Strong	6. Yankee Yanked
2. Coach Couch	7. Expat Excal
3. Gibbon Gibson	8. Resent, Reprint
4. Broke Brake	9. Alike Alive
5. Lotion, Polon	10. Grant, Grand

Answers

**STICKELERS** by Terry Stickels

Match the weather terms on the left with their meanings on the right.

- katabatic
- pogonip
- virga
- leeward
- La Niña

- cold air traveling down a hill or incline
- on or toward the side to which the wind is blowing
- ice fog
- a cooling of surface water of the eastern and central Pacific Ocean.
- precipitation evaporating before hitting ground, often leaving trails from clouds

**SCRAMBLERS**

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Pad

BATTLE

Acclaim

ASPIRE

Stash

OVERT

Regular

LAYDI

TODAY'S WORD

**REGIONAL TRIVIA**

*Who Was It Named For?*

- Jamestown?
- Morgan County?
- Gainesboro?
- Clay County?
- Overton County?
- Byrdstown?
- Cookeville?
- Huntsville?
- Cumberland County?

**TENNESSEE TRIVIA**

**Answers To 1-10 Governor Trivia**

Who was Tennessee's first Governor?  
Answer: **William Blount**

Was he appointed or elected?  
Answer: **Appointed**

By whom was he appointed?  
Answer: **President George Washington**

Was Tennessee a state when he was appointed?  
Answer: **No. It was a territory.**

What was his exact title?  
Answer: **Territorial Governor**

What were his most significant accomplishment as Governor?  
Answer: **Played a leading role in helping the territory gain admission to the Union as the State of Tennessee.**

He was founder of which Tennessee city?  
Answer: **Knoxville**

Where did he live while Governor?  
Gov. Blount was also elected to which national governing body?  
Answer: **Blount Mansion in Knoxville**

**Did you Know?**

**Sticklers Answer**

The answer is 2 out of 3.

**SCRABLERS**

Today's Word

GORILLAS

1. Enlist 2. Agile; solution

3. Broad; 4. Stripe

# LIFESTYLES

## "Toughest Job"

Continued from Page 4

do not arrive in office as blank slates waiting to be written on. They have their own experiences and convictions to draw from. At some point, everyone who holds office

has to come to a decision on what he or she is willing to compromise on and what is beyond the pale—and, in the most dramatic instances, what is worth losing an election over.

You can see, then, why deciding how to

vote is rarely the easy part of a lawmaker's job. On some issues, you'll vote your conscience. On others, you'll follow the wishes of your constituents, or of the party leadership, or of colleagues you trust and respect. On others, you'll

become an expert as quickly as possible and then spend time parsing shades of gray. Yet on every vote, you'll be expected to have an opinion and to be able to defend it, sometimes in the face of withering criticism. So, in the end

you'll cast your vote and then move on, because the next one is coming on fast.

Lee Hamilton is a Senior Advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at

the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

## Evaluating Your Lawn And Landscape

The 2022 holiday season blew in with a winter storm that will not soon be forgotten. In Tennessee, wind and cold temperatures impacted power grids and landscapes over the Christmas weekend. Now, many are starting 2023 with questions about the extent of damage and next steps to take for lawns and landscapes, and plant specialists with University of Tennessee Extension are responding with advice.

According to UT Extension plant experts, freeze damage in plants is largely the result of ice formation within the plant that then punctures cell walls, and the temperatures experienced across Tennessee in late December were severe enough for plant damage to occur. Additionally, the rapid temperature drop meant plants were less able to implement internal defense measures to tolerate low temperature stress. High winds also contributed to desiccation or drying that can injure plants.

During the evening and overnight hours from December 22 to 23, Memphis, Nashville and Knoxville experienced a 40-degree temperature plummet. This rapid drop was accompanied by gusty winds, and a temperature below 15 degrees F was sustained for 32 hours. Shockingly, temperatures didn't rise above 32 degrees F for more than 80 hours.

Jim Brosnan, professor of turfgrass science, reports that "Most warm-season turfgrasses, such as zoysiagrass and bermudagrass, had already transitioned into winter dormancy before this event, so signs of damage won't appear until warmer weather returns in the spring. Injury on cool-season turfgrasses is quite visible now with leaves that are usually green having brown, necrotic tissue."

Many conifers are also showing a golden or brown coloration, but the full extent of the injury won't be known for another few months. Low temperatures might have been especially harmful to zone 7 or 8 landscape plants, such as Aucuba, Camellia, Distylium, various hollies, Indian Hawthorn, Loropetalum, fig and more.

"Close inspection of boxwood and azalea may reveal the bark is split, cracked or peeling from the trunk. Because this disrupts the plant's ability to move water from the roots to the leaves, plants with this type of damage are not expected to recover quickly, if at all," says Amy Fulcher, professor of sustainable ornamental plant production.

Spring may reveal some woody species, such as crapemyrtle, killed to the ground or warm-season grasses, tender perennials and even borderline woody plants killed outright. The rapid change in temperature, magnitude of drop and duration of lethal temperature exposure may end up being a triple whammy. Only time will tell the full extent of this winter weather event says Natalie Bumgarner, associate professor of consumer horticulture and coordinator of the Tennessee Master Gardener Program.

For now, UT Extension advises that the best action may be to be patient and do nothing. Herbaceous non-woody plants, those that are borderline for our area (elephant ears, hardy lantana, calla, canna and more) as well as plants that are often evergreen (hardy ferns, Heuchera, Lenten rose and more) may have been killed to the ground. Leaving that now-dead aboveground tissue may provide a bit of insulation in the coming weeks for plants that survived. "Don't do extensive cleanup or mowing or a lot of pruning of woody plants," advises Bumgarner. "Waiting until plants leaf out, or fail to leaf out, in the spring will give you the best indication of what to prune. But be patient, as plants like bigleaf hydrangea may not resume growth until as late as Mother's Day, and flower buds except those that develop on new growth were likely damaged by the cold temperatures. Plus, pruning now could expose still-living tissue to further cold damage in the coming weeks."

UT experts also say any concerns about whether a plant is still alive can be put to rest with a scratch test.

Simply remove or scratch off a small section of bark on a few small stems or twigs to expose the cambium. Green tissue indicates a living stem. If the tissue is brown, then it is dead. Keep in mind that different plant tissues (leaves, buds and stems) on the same plant can vary in cold hardiness with roots being most sensitive to low temperatures. So, the impacts may differ due to plant tissue type, age and health as well as location due to drainage, snow cover, air flow and microclimates. Plants in containers on decks and patios will have more damage than those same plants in the ground because the roots are less insulated from the cold. Fertilization is not advised until spring.

In the short term, make sure to manage any drainage issues to prevent waterlogging on lawns and landscapes that are already stressed. Likewise, monitor moisture levels to ensure that landscape plants, especially evergreens, don't dry out. For long-lived plants, the effects of such stress events may be variable and take a while to become evident. It is important to understand this and further reduce other stressors in the coming months as much as possible (manage pests, irrigate if needed and prune carefully).

As the effects of the winter storm become clear and you're either relieved to see old plant favorites return or excited to select new plants for lawns and landscapes, connect with your county UT Extension office with any questions you have or visit UThort.com for lawn, landscape and garden resources. Carrie Castille, senior vice chancellor and senior vice president of the UT Institute of Agriculture, reminds Tennesseans that a wealth of gardening, landscaping and land management resources are available for little or no cost online at the UT Extension publications website.

Through its land-grant mission of research, teaching and extension, the University of Tennessee Institute of Agriculture touches lives and provides Real. Life. Solutions. [utia.tennessee.edu](http://utia.tennessee.edu).

## January Is Blood Donation Month

Roughly three percent of the U.S. population donates blood each year, which is a far cry from the 62 percent that is eligible to donate.

An average adult has about 10.5 pints of blood in their body. For a whole blood donation, approximately one pint of blood is collected.

January is National Blood Donor Month, a time to bring awareness to how a small gift can have a lasting impact on many people. In only 45 minutes to an hour, an eligible individual can donate one unit of blood that can be separated into four individual components that could help save multiple lives. A blood transfusion occurs every two seconds in America, so the need for blood is crucial.

A traditional whole blood donation can be separated into different blood product components in the lab (red blood cells and plasma) and depending on the amount of time from donation to the lab, additional products can be made such as platelets and cryoprecipitate which are used in cancer treatment and heart surgeries.

What is required to be an eligible blood donor?

The general donor requirements include weighing a minimum of 110 pounds, be at least 16 years old and generally healthy.

During pre-donation screening, a blood bank employee will ask you confidential questions about your health, lifestyle and disease risk factors. A short health exam will take place, including pulse rate, tempera-

ture and blood pressure. A drop of blood from your finger will also be tested to ensure your blood iron level is sufficient for you to donate.

Once the pre-donation screening is complete, you will proceed to a donor bed where your arm will be cleaned with an antiseptic and a professional will use a blood donation kit to draw blood from a vein in your arm. One unit of blood takes about six to 10 minutes to perform.

There are many places where donations can be made. Blood Assurance is the local donation site. It's at 155 W. Broad St. in Cookeville, across from the train depot.

Blood Assurance is the sole supplier of blood for Cookeville Regional Medical Center.

For hours or to make an appointment, visit [donor.bloodassurance.org/donor/schedules/center/6](http://donor.bloodassurance.org/donor/schedules/center/6) or call 931-526-3462.

### Facts about blood donation:

Roughly three percent of the U.S. population donates blood each year.

Just one donation can save up to three lives.

The average red blood cell transfusion is 3 pints (or 3 whole-blood donations)

Blood from one donation can be divided into two components – red blood cells and plasma A blood transfusion occurs every two seconds in America.

25 percent of the blood supply is used by patients battling cancer.

1 in 3 African-American blood donors are a match for a patient with sickle cell disease.

## UCDD Offers SNAP Application Assistance

Upper Cumberland Area Agency on Aging and Disability (UCAAAD) is now offering application assistance with SNAP, formerly known as the Food Stamp Program for adults 60 and over or individuals with a disability. The USDA created SNAP to provide eligible individuals with monthly benefits to buy food.

According to the National Council on Ag-

ing (NCOA), SNAP is a good investment and can improve the health outcomes of food-insecure seniors. SNAP stimulates the economy with every \$1 in additional SNAP benefits generating \$1.73 in local economic activity.

The Upper Cumberland region includes Cannon, Clay, Cumberland, DeKalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Van Bu-

ren, Warren, and White counties. If you know someone 60 and over or an individual with a disability, they may qualify for the Supplemental Nutrition Assistance Program (SNAP).

Applicants 60 and over or an individual with a disability can now call the UCAAAD SNAP Benefits Coordinator at (931) 432-4111 for free and confidential application assistance.

## Overdose Prevention Film Screening

WCTE PBS presents two screening opportunities for the new film from PBS

Independent Lens, *Love in the Time of Fentanyl*. Each screening is free and open to the public and will be followed by a discussion led by local Overdose Prevention Specialists.

This film draws timely attention to the overdose crisis and one community's response, and challenges deeply entrenched beliefs about addiction and people who use drugs.

When the number of overdose deaths in Vancouver, Canada reached an all-time high,

filmmaker Colin Askey began filming employees and volunteers at a safe injection site, also known as a supervised consumption site. The resulting film, *Love in the Time of Fentanyl*, shares a deeply personal look at how safe injection sites can provide hope

and reprieve for people struggling with addiction throughout the United States, as lawmakers and community members debate legalizing these services.

Suzanne Angel, a registered nurse and Regional Overdose Prevention Specialist from the Tennessee Department of Mental Health and Substance Abuse Services, will be in attendance to provide information on the topic. "[Addiction] is a treatable chronic condition: a disease. We want people to understand that. It's not about bad people getting good, it's about sick people getting better," Angel says.

The first screening will take place on January 24, at 12pm at the Cumberland County

Playhouse. The second will take place on February 2, at 6pm at Tennessee Tech's Derryberry Hall. Please visit [wcte.org/indielens](http://wcte.org/indielens) for more information.

## Dean's List Announced

In recognition of academic performance, the Office of the Vice President for Academic Affairs at University of the Cumberlands has announced the students named to the Dean's List for the fall 2022 semester.

To be eligible for the Dean's List, students must be enrolled in at least

12 credit hours (a full course load), maintain a minimum cumulative grade point average of 3.50, and be in good academic standing.

Students from your local area who made the Dean's List for Fall 2022 include the following:

Shelby Radford of Cookeville  
Morgan Radford of Cookeville

## Presidents List Announced

In recognition of academic performance, the Office of the Vice President for Academic Affairs at University of the Cumberlands has announced the students named to the President's List for the fall 2022 semester.

To be eligible for the President's List, students must be enrolled in at least 12 credit hours (a full course load), maintain a minimum cumulative grade point average of 4.0, receive an "A" grade in UC Engage, and be in good academic standing. (Note: All students who are named to the President's List automatically make the Dean's List, since the Dean's List

requires a minimum cumulative GPA of 3.5; however, Cumberlands only lists students on either the Dean's List or the President's List, to avoid overlap.)

Congratulations to Terin Coe of Red Boiling Springs, Tennessee, on making the President's List for Fall 2022!

University of the Cumberlands is one of the largest and most affordable private universities in Kentucky. Located in Williamsburg, Kentucky, Cumberlands is an institution of regional distinction offering quality undergraduate, graduate, doctoral, and online degree programs.



# CLASSIFIEDS

**ESTATE SALE      STATEWIDE      STATEWIDE      STATEWIDE      STATEWIDE      STATEWIDE**

**Estate Sale** – Underwood Estate 492 Nob Hill Drive, Sparta, TN 38583; January 26, 27th, and 28 T/F/S 9 a.m. – 5 p.m. <https://www.estatesales.net/TN/Sparta/38583/3532713>; Gents don't miss this one in Sparta. Sale includes coins, tools, fishing equipment and lures, guitars and music, bar and alcohol memorabilia, 70s solid wood furniture, outdoor patio furniture and so much more. Stephen Spicer, NewLeafEstate-Sales.com; 931.319.1091.

**STATEWIDE**

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the details! 1-844-278-8285 [#6258](http://www.dental50plus.com/tnpress) (TnScan)

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## PUBLIC NOTICE

### DELINQUENT TAX NOTICE CLAY COUNTY PROPERTY OWNERS

Pursuing to Law 67-5-2401 TCA, we will not be publishing names of the 2021 delinquent taxpayers.

The 2021 taxes will be turned over to the Clerk & Master on **April 1, 2023**. If you have not paid your 2019 taxes, you can pay them to the trustee's office until **March 31, 2023**.

If you have any questions regarding this matter, please call **243-2310**.


**Charlie R. Key**  
Clay County Trustee

 **Notice:** 

**Effective January 10, 2023 ALL Highlands Residential Services**

Waiting Lists will be **CLOSED**  
We will not be accepting any applications until further notice.  
Check local listings, our Facebook page and our website for updates or contact the Main office at **235 W Jackson, Cookeville, TN 38501, 931-526-9793**.

**Abney CPA PLLC**

 **Carol Abney**  
Certified Public Accountant  
Carol@Abney.cpa

**931.243.2724**  
109 Theater Dr. Celina, TN 38551

FOR ALL YOUR BUSINESS AND TAX NEEDS

### Statement of Nondiscrimination

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint> and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866)632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax (202)690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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# LIFESTYLES

## Congratulations To Senior Bridget Cherry!

Secretary of State Tre Hargett is proud to announce the 12 Tennessee students who placed in the 2022 Civics Essay Contest.

"I am proud of the students who won and every one of the 3,841 students from across the Volunteer State who participated in this year's essay contest," said Secretary of State Tre Hargett. "Through their participation, these students learned why their vote matters and are more prepared to participate successfully in our electoral process as adults."

9-12th Grade

First: Bridget Cherry, Clay County High School, Clay County

Second: Naomi Todd, Home Life Academy of Wilson County, Wilson County

Third: Danny Ray, South Haven Christian School, Robertson County

Each of this year's Civics Essay Contest winners receives a TNStars 529 College Savings Program scholarship and a trip to the State Capitol. First-place winners receive a \$500 scholarship, with second and third-place winners receiving \$250 and \$100, respectively.

The 2022 Civics Essay Contest was open to all Tennessee students in public, charter, private school or home school associations in grades PreK to 12. Schools chose up to two essays from each grade level to submit for the contest.

The Secretary of State's office launched the Civics Essay Contest in 2016. This year's theme was Why Your Vote Matters.



## Chamber Spotlight



Member Spotlight – GF Hardwoods 9980 Clay Co Hwy Moss, Tn 38575 931-258-3944.

## Dr. Randy Gaw To Relocate



The office of neurologist Randy Gaw, MD, will relocate to Cookeville Regional Medical Center's Professional Office Building at 145 West 4th Street, Suite 201 on Monday, February 6, 2023.

Dr. Gaw's phone number will remain the same at 931-783-4901.

## WCTE PBS Adds Basketball Doubleheader Games

WCTE PBS has scheduled to broadcast upcoming Tennessee Tech Golden Eagles doubleheaders with men's and women's basketball. As part of its commitment to local coverage, WCTE PBS has added two more TTU doubleheaders to its winter lineup to Saturday, January 14 with Tennessee State University and Saturday, February 18 with UT Martin.

Women's basketball set to tip off at 1:00 p.m. and men's basketball at 3:00 p.m.

Tennessee Tech currently competes in the Ohio Valley Conference (OVC). The OVC has the honor of being the only conference to boast the nation's leaders in scoring,

rebounding and assists all in one season.

"WCTE PBS is thrilled to have the opportunity to broadcast three women's and men's games to showcase such great talent rising on the court for our viewers and sports fans throughout central Tennessee," said Brent Clark, WCTE PBS's Director of Content & Digital Media.

The game will not be streamed on WCTE PBS's YouTube TV channel, WCTE's website or PBS Video App due to licensing streaming rights owned by ESPN. The game can be accessed through the ESPN App on smartphones, tablets, and connected streaming devices or via espn.com/watch.



## Nephrologist Wants To Personalize Healthcare

Dr. Chike Nzeure credits his grandmother for getting him into nephrology.

"She suffered and eventually died from kidney failure," he said. "She inspired me to go into medicine to help others not suffer like she did."

One in four people in the United States have risk factors for kidney issues.

Prevention and screenings is what Nzeure wants to emphasize. Nzeure joins Dr. Quarrat

Shamim at Cookeville Regional Medical Center's nephrology clinic.

"When issues are diagnosed early, they can be treated," he said. "Every patient is different. I want to know the person behind the disease and not lose that person to the disease." Nzeure earned his medical degree from the University of Nigeria Medical Center in 1988. He then went on to do his internship at the University of Nigeria Hospital, a residency at the Department of Internal Medicine at Texas Tech, and a renal fellowship at Emory University School of Medicine in Atlanta.

He completed additional training at the National Institute of Health in Bethesda, Maryland, and Mayo Clinic in Scottsdale, Arizona. His professional experience includes a mix of clinical and academic positions.

"I feel like I did everything I could in the academic realm," he said.

His research includes kidney disease in pregnancy, substance abuse and how lupus affects the kidneys.

"I want to keep an open mind in approaching the patient and the disease," he said.

He has been working in a temporary position with Shamim in the nephrology clinic over the past year and has become actively invested in the community.

Find CRMC on social media or visit crmhealth.org.

"I like this hospital and staff," he said. "I've worked in Washington, Wyoming, and Georgia, and each place has its uniqueness, but Cookeville is different. It's a good community here."

One advancement he has seen progress over the years is dialysis.

"It's more mobile now," he said. Nzeure is accepting new patients. Call 931-783-2902 to set up an appointment.

### EDUCATION FROM DR.

#### NEZURE:

Kidney disease increases the risk of heart attacks. So how can people be more knowledgeable about what signs to look for and prevention?

Control your blood pressure. High blood pressure can constrict and narrow the blood vessels, which eventually damages and weakens them throughout the body, includ-

ing the kidneys.

Visit your primary care physician. Talk to them about any issues you may have.

Get your urine tested. A urinalysis picks up protein levels in urine, which is a sign of kidney problems. If abnormal levels of protein is picked up in these tests, then it's time to talk to your doctor. Kits can be purchased at any pharmacy.

Genetic tests can also shed light on possible kidney problems. Genetic disorders can cause kidney failure. According to the National Center for Biotechnology Information, chronic kidney disease heritability is estimated to be high (30-75 percent).

Watch what you eat. Your diet plays an important role in kidney health. Foods high in salt are high in sodium, which can increase blood pressure and harm your kidneys. Processed foods are also significant sources of sodium and phosphorus. Also stay hydrated, don't eat too much meat and don't drink large quantities of alcohol.

Make sure your diabetes is in control. Diabetes is the leading cause of kidney disease. Poorly controlled diabetes can cause damage to blood vessel clusters in your kidneys that filter waste from your blood. Combined with high blood pressure, this can cause further kidney damage. About 1 out of 3 adults with diabetes has kidney disease.

### QUESTION AND ANSWER TIME:

What are some of your hobbies? I like to play golf, the saxophone and tennis. Fun fact: I've been to every U.S. Open until 2019. I also enjoy writing. I have two books published and I'm working on a play based on events that took place in Murfreesboro years ago.

What is your favorite place to travel? In the United States, I love going to Gatlinburg/Pigeon Forge area. Out of the country, I enjoy traveling to Jamaica.

Do you have kids? Yes. My son is at Georgia Tech studying computer science. My daughter is a med school student in Augusta, so I'm not too far from them.

Find CRMC on social media or visit crmhealth.org.

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## Calendar

**Clay County Library**  
Jan. 21, Fancy tea party 11am – 1pm  
**SCV Myers-Zollicoffer Camp Meeting**  
SCV Myers-Zollicoffer Camp

1990 meets Thursday, January 19th at American Legion Post 004, 121 South Church St, Livingston TN 38570. Doors open 5:30 PM, Meeting begins 6:00 PM. Info (931)783-3767