

## **Denson Announces Re-Election Bid**



Joey Denson has inment is as follows:

would like to announce of us who live and work in that I am a candidate for our county. I feel my exre-election to the office of perience as vice chairman County Commissioner for of the commission, and the First District in the up- as chairman of the county coming August 4th gener- budget committee and al election. I have lived in other knowledge I gained Gainesboro all of my life over the years will allow and have worked with the me to make the best pospubic in many forms dur- sible decisions for all the ing this time. For the past people of the county on up-25 years I have worked for coming issues. During my the U.S. Postal Service, tenure on the commission, for the last several years I have never "missed" or I have worked out of the "passed" on any important Gainesboro office serving issue brought before us, I residences in town, the feel we are there to rep-Freestate and McCoins- resent you the people and ville areas. I have also been you deserve no less. a member of and serve as Captain of the Jackson to spend your tax dol-County Rescue Squad for lars wisely and efficiently the past 39 years. I am and to work with all other married to Tammy Strong commissioners and elect-Denson, who works at the ed officials to do the best Jackson County Middle job possible for the county School and we have two and its citizens. It has been Ashley Pirl.

working with government the past years. I will try to future. Our county has support.

joyed, and the everyday cost of providing services has continued to increase, and will do so in the days ahead. If re-elected as one of your commissioners I will strive to look at every issue fairly, honestly, and with a common sense approach and make the best formed the Jackson Coun- decision for the county ty Sentinel that he is a and the people who call candidate for election to it home. The next group the office of First District of commissioners will be Commissioner. His state- faced with many important issues and decisions I Joey L. Denson that will directly affect all

I will do my very best children, Josh Denson and an honor to represent the people of the First District I feel my experience and the entire county over and the private business see each voter before the sector allows me to make early voting and election, good sound decisions that but should I miss anyone, affect our county and its I do ask for your vote and

Hats Off To The Graduates



JCHS Graduation – Jackson County High School recently held their graduation on Friday, May 20.



JCMS Graduation – Jackson County Middle School recently held their graduation on Thursday, May 19.

# **Remembering The Fallen**

**BRIAN WILMOTH** Editor

Many Americans will enjoy a day off on Monon Memorial Day.

Although many com- flowers, or otherwise 1971. The same law also munities claim to have decorating the graves of celebrated the first Me- comrades who died in demorial Day, the practice fense of their country durday as we mark the unof- of recognizing those that ing the late rebellion, and veterans organizations ficial kickoff to summer had fallen in battle began whose bodies now lie in have pushed to have the shortly after the Civil War almost every city, village holiday moved back to For many others, Me- (1861-1865). According and hamlet churchyard in being exclusively to May morial Day, though, is to most estimates, that the land," Logan said. a day of remembrance conflict cost over 600,000 for family and friends lives, more than all the chose the day because it weekend cheapened the that have fallen in battle. other wars combined. was not the anniversary memories of fallen sol-Before pulling the last The sheer loss of life led remaining troops out of to the first national ceme-Afghanistan on Aug. 30, teries in places like Alex-2021, and ending the lon- andria, Va., Chattanooga, Tenn., Gettysburg, Pa. our nation had been in a By the late 1860s, many constant state of war for communities began tributes during the spring, decorating gravesites with flowers and holding prayer services. However, it was not until 1966 that the federal government named Waterloo, N.Y., as the birthplace of continued to focus on the holiday when President Lyndon B. Johnson issued a proclamation to that affect. However, the volved in larger conflicts topic is still disputed. According to History. com, in 1868, General began to include all sol-John A. Logan, who was the leader of a veteran's organization, called for passed the Uniform Mona nationwide day of remembrance, which he established called Decoration Day, to Day as the last Monday be held on May 30. "(Decoration Day) is a three-day weekend for miss them, as you kick off celebrated in many parts designated for the pur- federal employees. The your summer.

of the country on May 30. pose of strewing with change went into effect in declared Memorial Day a federal holiday.

Since that time, some 30, claiming that moving

changed over the past several years, we do not have the tax base we once en-

Thank you, Joey Denson Paid for by Candidate

## **Suspicious Person Arrested**

On May 17, 2022 Jackson County 911 Cen-

ter received call for service in reference to a suspicious person in the Elli-

Skiler son Goolsby Blackwell area of Jack-

son County. The caller was concerned that the individual may have vandalized a camper in the community. K9 Deputy Miquela Sullivan and Captain Dennis Thrasher responded to the call and did locate the individual. The deputies were able to obtain enough probable cause to arrest the individual for Criminal Trespass and Felony Vandalism. During the detainment of the individual he tossed several counterfeit 100.00 bills on the ground and was found to have others in his pocket. He also gave deputies a false name which caused him to also receive a charge of Criminal Impersonation. There is an ongoing investigation into the counterfeit \$100.00 bills. The individual was identified as Skiler Blackwell who is also wanted out of another county. Deputy Miquela Sullivan arrested Blackwell and transported him to the Jackson County Jail where he was incarcerated on her charges.



gest war in U.S. history, almost 20 years. According to the U.S. News and World Report, just over 7,000 U.S. troops have died in post-9/11 military action. That number is on top of 58,000 service members that died as a result of the Vietnam war from 1964 to 1975, according to the National Archives. More than 36,000 died in the Korean War, and more than 400,000 died during World War II.

Since 1971, Memorial Day has been a federal holiday set for the last Monday in May. Before that, Memorial Day, or Decoration Day, as it was oftentimes called, was

of any particular Civil War battle.

At that first Decoration Day ceremony, General (and future President) James Garfield spoke in front of around 5,000 people at Arlington National Cemetery before decorating the graves of the 20,000 soldiers buried there.

For decades, Memorial and Decoration Days those lost in the Civil War. However, as the nation became more inaround the world after World War I, the focus diers lost in war.

day Holiday Act, which Memorial

Logan claimed he it to create a three-day diers.

> "Changing the date merely to create threeday weekends has undermined the very meaning of the day," the Veterans of Foreign Wars said in a 2002 statement. "No doubt, this has contributed a lot to the general public's nonchalant observance of Memorial Day."

> Since Congress passed the National Moment of Remembrance Act in 2000, people are asked to take a moment at 3 p.m. on Memorial Day to remember those that have fallen in battle around the world.

So, although you In 1968, Congress should still enjoy your long weekend, take a moment, or a few moments, to remember the sacrifice of so many young people, in May in order to create and those that love and





Editor's Note: Court results are taken from court records. Persons in the community may have similar names. Every effort is taken to ensure accuracy and completeness.

**Jackson County General Sessions Court Docket** May 19, 2022 **Judge Tiffany Gentry Gipson Presiding** David Burk - Domestic assault.

Carlos Davil - Boat registration violation. Holly Beth Warden - Domestic assault. Lashonna Cannon -Probation violation.

Cody L. Givens - DUI first offense, possession of handgun while under influence and leave scene of accident/property damage.

Larry Ray Hopkins Jr. - Driving while license revoked.

Larry D. Hunter - Domestic assault.

Tammy L. Jones -Probation violation.

Scottie Dale Pennington - Public intoxication and driving while license

revoked due to convic- Theft/up to \$1,000. tion of DUI.

- Driving while license drugs/manufacture/derevoked/second or subsequent, light law/motor counts Schedule II drugs/ vehicle and financial responsibility law.

Shalae Stewart - Probation violation.

Jimmy Travis Buell -Domestic assault.

Kerry L. Clark - Domestic assault, driving while license suspended and public intoxication.

Rachel Y. Clouse -Probation violation. Dalton M. Covey -

# **%**uscellular

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Michael C. Poston counts of Schedule III liver/sell/possess, two manufacture/deliver/sell/ possess and Schedule VI drugs/manufacture/sell/ possess.

Joshua S. Frederick -Probation violation, bur- violation of probation. glary/other than habitat or non public building, vandalism/up to \$1,000, driving while license revoked, public intoxicaand immediate notice of domestic assault. accident.

Probation violation.

Tiffany Meadows -Meth/manufacture/delia uses and activities.

Christopher M. Raines - Probation violation.

Robert Sanders Meth/manufacture/deliver/sale/possess with intent.

Kaelyn Scharber -Driving on roadways laned for traffic and possession unlawful drug paraphernalia uses and activities.

Cody H. Sturgill -Meth/manufacture/deliver/sale/possess with intent and possession unlawful drug paraphernalia uses and activities.

Editor's Note: The Jackson County Sheriff's report is obtained from the Jackson County Sheriff's Department and is a matter of public record. The Sentinel appreciates the cooperation from the Jackson 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

Shirley Dailey - Two theft under \$1,000.

On May 12, Robert Eugene Sanders was arrested on a warrant for manufacture/deliver/sell/ or possess methamphetamine.

On May 13, Christopher Michael Raines was Grace Scharber was ararrested on a warrant for

On May 13, Cody Howard Sturgill was ar- Evert Workman was arrested on a warrant for failure to appear.

On May 15, David cident/property damage rested on a warrant for

On May 15, Holly Sueann G. Martin - Beth Warden was arrested on a warrant for domestic assault.

On May 16, Kerry liver/sale/possess with Leigh Clark was arrested intent and possession un- on warrants for public inlawful drug parapherna- toxication, driving on re-

rested on a warrant for voked/suspended license and domestic assault.

> On May 17, Skiler G. Blackwell was arrested on warrants for vandalism, criminal trespass and criminal impersonation.

> On May 17, Kaelyn rested on a warrant for failure to appear.

> On May 17, William rested on a warrant for violation of probation.

On May 18, David tion, leave scene of ac- Alexander Burk was ar- Adam Martin was arrested on a warrant for driving on revoked/suspended license.

> On May 18, Franklin Plank was arrested on warrants for assault/aggravated domestic related and failure to reling/t phone/for emergency call.



Billy J. Scott and Trule Marie Scott to Lewis T. Smith and Jessica Smith, 6th District.

Billy J. Scott and Trule Marie Scott to Lewis T. Smith and Jessica Smith, 6th District.

Karen Lynn Smith to Johnathan Babb, 11th District.

Gary L. Hughes and Debra K. Hughes to Mika Janelle Dyer and Brandon L. Keele, 7th District.

James Cook to Jamie Lee Bradford, 15th District.

## **Fun Facts**

They lost their way

This flock of swallows was late returning to Capistrano, CA this spring. The birds seem to have gotten lost and, somehow, wound up in Redding, CA, about 600 miles north of their intended destination. When they got there they decided to ston by the home of Gary and Patti Reitemeyer, reports the Association of Mature American Citizens [AMAC]. The couple were away so hundreds of the birds made themselves at home, entering the Reitemeyer residence via the chimney. A neighbor saw at least 20 swallows "breaking and entering" the house and gave the Reitemeyers a heads up phone call. Gary later told a reporter from KRCR-TV: "As we pulled up, we were thinking you, know, 20 birds or so-that's no big deal. We open the door and it's like an Alfred Hitchcock movie. There were birds flying everywhere. I mean, it was crazy. We were ducking and dodging." May the 4th be with you The greeting used in

the first Star Wars mov-

ie, may the force be with

you, became quite popu-

lar way to say hi after the

film made its debut in

1978, says the Associa-

tion of Mature American

Citizens [AMAC]. A

year later, according to the Lucasfilm studios, fans started using a corrupted version of the salutation – May the Fourth Be With You. It is said to have gotten started as the result of a political ad placed by Britain's Conservative Party to celebrate the election of Maggie Thatcher to he Great Britain's first female Prime Minister on May 4th, 1979. Soon fans began celebrating the date in an unofficial manner but it didn't take long before Lucasfilms started recognizing the Fourth of May to be an official holiday and a good way to promote the Star Trek series of films.



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Things we want you to know: Requires new consumer or small business account. Phone offer: Purchase of a smartphone with an MSRP of up to \$830 requires an Unlimited Evolved Plan purchase, with an MSRP of between \$830.01 and \$1,100 requires purchase of an Unlimited Everyday or Unlimited Even Better Plan, or with an MSRP of between \$1,100.01 and \$1250 requires purchase of an Unlimited Even Better Plan, or with an MSRP of between \$1,250.01 and \$1900 requires purchase of an Unlimited Even Better Plan plus a device trade-in valued at \$150 or greater. Device must power on and cannot be pin locked. Device must be in fully functional working condition without any liquid damage or broken components, including, but not limited to, a cracked display or housing. Value based on device, make, model & condition. Before trade-in, customer must delete all personal & sensitive information from device's memory & SIM card. Service offer: Unlimited Basic plan and Auto Pay/Paperless billing required. Valid on 4 lines. Additional terms apply. See uscellular.com/terms for details including obligations to serve Kansas customers. Store locations listed are owned and operated by a UScellular Authorized Agent. ©2022 UScellular

# 111NH Union Hill and Center Grove invite you to VBS classes for all ages

### Center Grove church of Christ

at

3857 S Grundy Quarles Hwy Gainesboro, TN 38562

June 5<sup>th</sup> – 9th 7:00 pm nightly Sheriff's Report

On May 11, Jimmy Travis Buell was arrested on a warrant for assault/ domestic related.

On May 11, Timothy Tyler McWhirter was arrested on warrants for theft of property over \$10,000 and aggravated burglary.

On May 11, Joe Glen Swan was arrested on warrants for two counts of failure to appear.

On May 12, Dalton Michael Covey was ar-

#### He's definitely not acrophobic

The dictionary defines the word "daredevil" as someone who is "reckless and daring." And that, says the Association of American Citizens [AMAC], describes Brazilian tightrope walker Rafael Zugno Bridi. His latest achievement - a not-socasual stroll on a cable between two hot air balloons 6,236 feet in the air. The International Slackline Association verified the feat and, as a result, Rafael now has the distinction of being a Guinness World Record holder. Is there anyone out there who might want to try taking that award from him?



# bituaries





## Anderson Upper Cumberland Funeral Home

2131 South Grundy Quarles Hwy. . Gainesboro, TN 38562 Phone (931) 268-1550 • (931) 858-7474 • Obituary Line (931) 268-1551 www.ucfuneral.com

#### Mildred Nadine Chrisman

Mildred Nadine Chrisman, 87, of the Burristown community, passed away May 15 at her residence. Funeral services were held May 19 at Anderson Upper Cumberland Funeral Home with Bro. Jimmy Anderson and Bro. Roger Bybee officiating. Interment followed in the Lynn Cemetery in the Burristown community. She was born Nov. 21,

1934 in Jackson County. She was a housewife and a member of the Burristown Church of Christ.

She was preceded in death by: parents, James K. Ramsey and Clara Henley Ramsey; daughter, Debra Gail Gentry; and several sisters.

rela-Surviving tives include: husband, Walden Chrisman of the

#### **Ben Hensley**

Ben Hensley, 45, of Cookeville, passed away May 17 at his residence. Funeral services were held May 20 at Anderson Upper Cumberland Funeral Home with Bro. Shawn Hensley officiat-

ing. Interment followed in the Morgan Pippin Cemetery in Putnam County.

He was born May 25. 1976 in Cookeville.

He was preceded in death by: paternal grandfather, Ben Hensley; and

uncle, Raymond Hensley.

Surviving relatives include: father, Glen Hensley of Cookeville; mother. Margaret Sadder of Cookeville; half brothers, Josh Sasser and Trev Sasser; paternal grand-

Burristown community;

sons, Gary Wayne (Glen-

da) Chrisman of Jack-

sonville, Fla. and Thom-

as Edward (Christine)

Chrisman of Gainesboro;

brothers, James Ramsey

and Hollis Ramsey, both

of Gainesboro; sisters,

Sue Spivey of McMin-

nville and Linda Wil-

liams of Lebanon; grand-

children, Lisa Stickney,

Tommy Ballard, Nick

Ballard, Matt Chrisman,

Clara Chrisman, Tara Stephens, Krystal Chrisman and Candice Chrisman; and 18 great grandchildren.

Pallbearers were Tom Chrisman, Gary Chrisman, Glen Ransey, Gary Dodson, Joey Stephens, Kyle Smith, Wade Stephens and Larry Gentry.

Anderson Upper **Cumberland** Funeral Home was in charge of arrangements.

mother, Louise Hensley of Cookeville; and cousins, Bo Hensley, Matt Durvin, Shawn Hensley and Rachel Conners.

Anderson Upper **Cumberland** Funeral Home was in charge of arrangements.

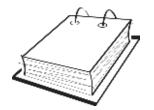


#### **Clay County Fair**

June 7-11 at the Fairgrounds Fairest of the Fair Pageant and other Pageants Sat. June 4 at 3pm Any County can enter up to age 15 Ages 16-21 Clay County Residents Only For more information contact: Dorothy Forney 931-243-3564

#### **Parkinson's Support Group**

The Parkinson's support group will meet June 7,2022 at 10:00. The speaker is Renee Lytton from Medtronic. She will be speaking on DBS and it's benefits for treating Parkinson's symptoms. We will meet at Caney Fork Baptist Church, 2404 Hwy. 70 E., Cookeville, TN. 38506. Call Laura at (931)319-0309 with any questions.





118 East First St. • Cookeville, TN 931-528-6403 • 800-339-2899 Mon-Thurs: 8 a.m. to 3 p.m.

William Scott Heinrich

William Scott Heinrich, 75, of Gainesboro, passed away May 18 at his residence. The family has chosen cremation, with memorial services at a later date.

He was born May 17, 1947 in Jackson County. He was a special education school teacher and served in the U.S. Armv 173rd Airborne Division. He was awarded the Purple Heart and served in Vietnam.

He was preceded in death by: parents, Lewis Arnold Heinrich and Dorothy Margaret Draper; brother, Richard Heinrich; nephew, Will Heinrich; and father in law, Gaudencio Antolin.

Surviving relatives include: wife, Clarita Antolin Heinrich of Gainesboro; daughters, Emily (Josh) Heinrich Carwile and Bonnie Heinrich, all of brothers. Cookeville; Patrick (Sandy) Heinrich of Gainesboro and

George Kelly (Brenda) Heinrich of Hendersonville; grandchildren, Lucy Carwile and William Ezra Carwile both of Cookeville; sister in law, Sandy Holland Heinrich of Nashville; and his mother in law, Cecilia Antolin of the Philippines; and several nieces, nephews, other relatives and many friends.

Anderson Upper **Cumberland Funeral** Home was in charge of arrangements.



& scrap metal

#### **JCMS Honor Roll** Announced **Jackson County Middle School Fourth 9 Weeks Honor Roll Fourth Grade** Jeri Wilborn

All A's: Trinity Dyer and Natasha Shelby. All A's and B's: Silas Bodine, Angel Spivey, Piper Leigh, Chris Mendoza, Jax Shanks, Jane Watts, Bailey Collins, Kayden Elkins, Isabella Flournov, Kierra Kennedy, Aryn Lail, Emmalynn Nicholson and Tabitha Sosbe.

#### Janet Allen

All A's: Liam Babb and Zayden Crum. All A's and B's: Trinity Buck, Zoe Douglas, Samantha Hooten, Tatymn Netherton, Jake Rice and Gabriel Tubor

#### **Donnetta Smith**

All A's: Willow Clinard, Alena Kennedy, Kielee Makenzie Letterman. Lynn, Karragan Stafford, Paisleigh Ward and Evie Mae Sams. All A's and B's: Shelby Eldridge, Benton Fields, Baylee Fields, Benton Fields, Bently Flatt, Jaxson Head, Hayden Hewitt, Bella Murphy, Pippa Pope and Lyza Thomas.

#### Tracey Terry

All A's: Liam Wilkinson. All A's and B's: Hollyn Clowers, Camden Ferguson, Ella Harp, Ben Hazzard, Thomas Miller, Brookelyn Stevens, Rhilee Stevens, Emmett Wilborn and Jax Wright.

#### **Fifth Grade** Sandra Bowman

All A's: Hyde Myers. All A's and B's: Issac Pelayo and Jaylen Anderson

### **Michelle Leonard**

All A's: Sadie Brown,

Trajan Brown, Rose Crawford, Ruby Crawford, Colton Halfacre, Connor Halfacre and Kylie Upchurch. All A's and B's: Olivia Beaty, Jacob Flatt, Layla Garrison, Lorelei Hassell and Amellia Trew.

#### Zach Cole

All A's: Adison Ledford, Arlyn Colyer, Landon Mize, Makeena Roland and Addyson Stacy. All A's and B's: Darby Abrams, Kaylee Haney, Brayden Jones, Brayden King, Kelsey Novak and Jonah Noxon.

#### **Amie Halfacre**

All A's: Jayden Elkins, Scarlet Gilliam and Noen Kutrich. All A's and B's: Briahnna Cox, Aiden Crisp, Kara Jenkins, Jazz Looper, Owen Miller, Jaylynn Reeves, Lizzy Russell, Xander Taylor, Ariana Williams and Franklin Williams.

#### **Sixth Grade Patrick Lankford** All A's: Jaxson Flourn-

OV.

#### **Cason Allen**

All A's: Luke Otte, Piper Stafford, Ella Whitlow and Channing Collier. All A's and B's: Jaylie Brown, Brooklyn Hewitt, Mason McCoin and Allibeth Spurlock-Frasier.

#### **Bobby Dale Thomas**

All A's: Makynli Stone, Emma Wimberly, Hollie Shelton, Ethan Halfacre, Evan Halfacre, Bradlee Caudill, Madison Donovan, Avannah Banks and Lyla Smith. All A's and B's: Kason Letterman, Colt Loftis and Lyza Fox.

#### Jessica Ashburn

All A's: Aurora Crum and Alexander Fly. All A's and B's: Hunter Flatt.

Seventh Grade Lindsey Way

All A's: Karina Alonzo. All A's and B's: Carson Kinnaird and Ethan Brown.

#### **Kasey Grounds**

All A's: Katie Smith, Lilli Wilson and Penelope Wilborn. All A's and B's: Takoda Flournoy and Lakelyn Stephens.

#### **Brandi Heady**

All A's: Lillian Allen, Whitney Hamlet, Daneisha Highland and Sam Holliday. All A's and B's: Brooklyn Robinson.

#### **David Shelton**

All A's: Sara Brown, Mallory Mayberry. All A's and B's: Abbie Watson, CJ Collier, Jacob Otte, Cameryn Hensley, Karli Goff, Bradee Anderson and Gavin Clinard.

#### **Eighth Grade Hope Sabin**

All A's: Garret Bowman, Kenley Letterman, Jalynn Meadows, Spencer Stafford, Reece Thomas and Claire Williams. All A's and B's: Eli Baker, Noah Bodine, James Harris, Jacob Martin, Isaiah Thomas and Caleb Wimberly.

#### **Amanda Harris**

All A's: Hugo Calvillo, Miley Hix and Zoey Mc-Coy. All A's and B's: Brady Bowman, Madeline Lee, Cailyn Mora and Braden Teague.

#### Mike Vigeant

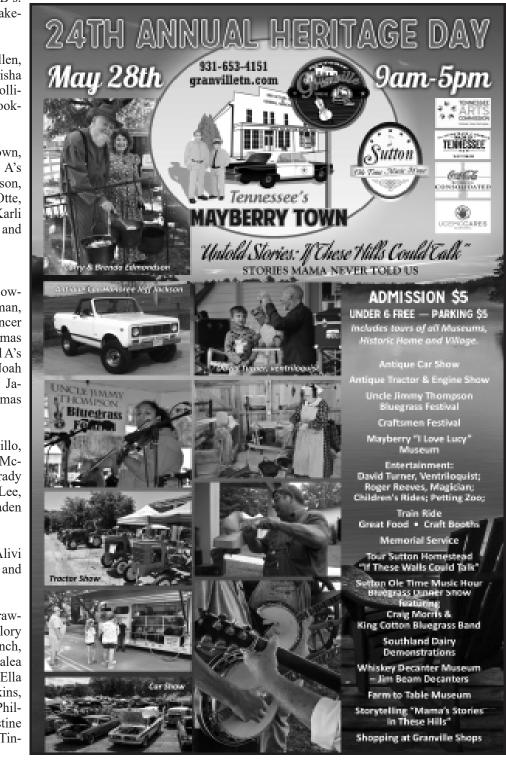
All A's and B's: Alivi Miller, Karley Poston and Bryce Stafford.

#### **Toni Bowman**

All A's: Kate Crawford, Jaren Dill, Mallory Jackson, Justice Lynch, Drake Matheney and Halea Turner. All A's and B's: Ella Adcock, Aiden Jenkins, Raleigh Long, Abigail Phillips, Skyler Stacy, Cristine Summers and Natalie Tinsley.

From Gainesboro, take Hwy. 56 South, turn right on Shepardsville Hwy./290, go 8 miles and turn left at 1500 Shepardsville Hwy.

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# **Joints Of View**

Send Letters to the Editor to b.wilmoth@livingstonenterprise.net or P.O. Box 129, Livingston.



# A Threat To Global Innovation At The WTO

JAMES POOLEY special to the Sentinel

The World Trade Organization recently announced that the United States, European Union, India, and South Africa had finalized a proposal to waive intellectual property protections for Covid-19 vaccines. Soon, all 164 WTO member nations will vote on whether ment includes a provito implement the proposed waiver.

The terms it outlines would be revolutionary -- that is, in undermining the rules for intellectual property protection.

The bedrock of this system is the Agreement on Trade-Related Aspects of Intellectual Property Rights, known as the TRIPS Agreement -- which since 1995 has established explicit minimum standards WTO members must meet in respecting one another's patents, trade secrets, trademarks, and copyrights.

All 164 WTO members have adopted the arose about the access of TRIPS Agreement.

Yet some nations in the developing world have long bristled at posed a radical departure

TRIPS and sought to modify it. This has especially been true in the case of medicines. The TRIPS negotiations were ongoing at the time of the HIV/AIDS epidemic, and many poor countries were understandably worried that they would have no affordable access to treatments as they developed.

But the TRIPS Agreesion that addresses this concern. When a country is facing an "extreme urgency" -- say, a public health crisis -- and is unable to secure the medicine it needs or negotiate a voluntary license with a patent holder, it can issue a "compulsory license" to authorize local manufacturers to produce the needed medicine for its own population. But this safety valve does not invalidate the ownership of the patent-holder -- thus preserving the core of IP protection.

When the Covid-19 pandemic arrived in 2020. however, new anxieties developing countries to the vaccines. India and South Africa then profrom the TRIPS framework at the WTO. They sought a waiver of global IP commitments on all health products and technologies related to the prevention, treatment, or containment of Covid-19.

It was telling that the leaders here were India and South Africa, two hubs of global generic drug manufacturing, and that their request was so broad. Rather than simply responding to the public health emergency at hand, they saw an opportunity to set a precedent for burying TRIPS in the future and acquiring not only patents but also private-sector trade secrets.

In short, it was naked commercial interest directed at piracy of medical innovation, dressed up as public health concerns.

It's noteworthy that two years after India and South Africa put their proposal forward, it's become a "solution" in search of a problem. The Serum Institute of India, the world's largest vaccine manufacturer, has stopped producing Covid-19 vaccines because demand is plummeting amid mounting global supplies. The Africa Centers for Disease Control and Prevention, meanwhile, has asked that countries halt all vaccine donations to Africa because "the primary challenge for vaccinating the continent is no longer supply shortages but logistics challenges and vaccine hesitancy." Indeed, by the end of 2022, the world's cumulative production of Covid vaccines may reach 30 billion doses -- or about four for every human on the planet.

Overcoming hesitancv and distributing doses remains a challenge -but not one that would be budged an inch by a TRIPS waiver. It's time for the Biden administration to rethink its support for the idea and rein in its WTO negotiators.

James Pooley is former Deputy Director General of the United Nations' World Intellectual Property Organization and a member of the Center for Intellectual Property Understanding. This piece originally ran in the Boston Herald.

oritizing rural America.

Often overlooked or

sidelined due to a vari-

ety of challenges, rural

communities now have

a more equitable oppor-

tunity to access federal

Lindsay Mouw is a

programs and funding.

## A Jumble Of Wait Times **For VA Medical Care**



A recent audit by the Department of Veterans Affairs Office of the Inspector General outlined what so many of us already knew -- that it's difficult to understand the wait times for appointments and medical care at the VA. It seemed to some of us that the rules changed day by day, that our appointments were at the whim of whatever program was being followed at its excellent investigathe time and that there tors who always leave no was no transparency about how those dates were calculated. Turns out that we were right all along.

In a perfect world, wait times at the VA always begin with an accurate starting point. If, for example, a veteran know what steps they're wants to seek civilian care because the wait is too long at the VA, he towww.va.gov/oig/pubs/ doesn't qualify for that outside care until he's waited a certain amount of time. Precisely when that period of time begins is at the heart of the There was a 66 day wait. problem.

used various methods of calculating wait time and figuring out when the criteria is met to seek civilian care. The rules for those calculations were in writing back to 2014. But without following those rules consistently, wait times varied and wandered all over the place. It didn't help that the website gave misleading information about how dates were to be calculated, with differences between wait times for new patients and what was written in the scheduling directive.

discovered, the VA has

Enter the OIG, with stone unturned. While the recent audit doesn't assign blame (which the OIG won't hesitate to do when it's called for), the VA knew about these problems. The OIG has officially asked the VA to respond and let them going to take to fix this.

To read the details, go VAOIG-21-02761-125. pdf. Don't miss the timeline on the cardiology patient whose provider wanted him seen pronto.

(c) 2022 King Fea-

Since 2014, the OIG tures Synd., Inc.

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.

## **Programs Prioritize Rural Communities**

#### LINDSAY MOUW special to the Sentinel

With the passage of the bipartisan infrastructure law last November-a \$1.3 trillion investment in our nation's infrastructure-major funding is now available to rural communities. These funds can be used to rebuild roads and bridges, invest in highspeed internet access and clean drinking water, and upgrade electric

this by launching new partisan bill to establish is serious about priinitiatives, including the a permanent Office for Rural Partners Network Rural Prosperity. The and the Communities Office would ensure fed-LEAP, and proposing eral dollars earmarked the Office for Rural for rural communities Prosperity.

Network, an effort led by the U.S. Department of Agriculture, launched in April with the goal of tives demonstrate that Center for Rural Affairs. transforming the way federal agencies partner with rural communities to create economic opportunity. Federal field staff will be located in rural communities to help them navigate and access federal resources. The U.S. Department of Energy (DOE) created the Communities Local Energy Action Program (LEAP), which will create a community-driven action plan focused on reducing local pollution, increasing energy resilience, and lowering utility costs and energy burdens for 22 low-income communities, including the Iowa Tribe of Kansas and Nebraska. Additionally, Con-The Biden-Harris ad- gresspersons from Iowa, ministration has made Nebraska, and other

it a priority to address states introduced a bi- the federal government are actually spent there The Rural Partners and ease access to government services for rural Americans.

These three initia- policy associate at the



The First Amendment to the Constitution



power infrastructure.

However, just because these funds are available does not necessarily mean they are accessible. Rural communities often find it difficult to navigate funding opportunities because they lack the capacity to research and apply. Grant applications require extensive documentaresearch, tion, and technical writing skills. Additionally, some require communities to provide matching funds, a barrier to already resource-constrained communities.

"Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it." - Unknown

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Letters to the editor must be signed and include the address and phone number of the vriter and/or email. The name will be published with the letter, but the address and phone number and/or email will be withheld. Unsigned letters will not be considered. It is our righ o reject any and / or all letters we deem questionable. Readers are encouraged to write etters to the editor as this is your forum. Editorials and letters do not necessarily reflect the opinions or ideas of the publishers or editors of the Jackson County Sentinel

#### Adam Johnson, Publisher

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# **Fitness Tips For New Parents**

to change. Newborns rearound-the-clock quire care that often translates into little free time for their parents. When parents get opportunities to step away, exercise may be the furthest thing from their minds. But it could be in new mothers' and fathers' best interests to consider exercise even when their schedules are hectic.

Mayo Clinic advise exer-

Being a parent re- cise helps to tame stress, what you can get when exercise and spend time can adversely affect your quires an ability to adapt keep the mind sharp and you can get it. Don't get with your child and other overall health. Sleep is boost the immune system. hung up on following a Staying fit and healthy with a new baby in the now. house may be easier when parents embrace certain strategies.

#### Flexibility is key

maintain schedules, but newborns and infants don't always comply. Therefore, committing to a workout at a specific time each day or even a Health experts at the specific duration can be foolish. It's better to take



specific regimen right

#### **Exercise in bursts**

a set amount of time to a workout, fit in exercise New parents strive to when you have a minute. Run up and down the stairs while the baby is napping. Or do some bicep curls while preparing a bottle.

#### Take a "baby-and-me" class

Gyms and fitness organizations often offer classes for new parents that build workouts around movements that can be done with baby in hand or in tow. Another option is Stroller Strong Moms, a workout group that incorporates kids and strollers. Seek out these programs

parents. Ask for time off

#### Rather than devoting gets equal time away to devote to personal needs. Factor exercise into some of the plan, even if you can carve out only a few minutes. Another tip is to multitask. Consider buying a stationary bicycle to use while watching a favorite television show.

Go swimming

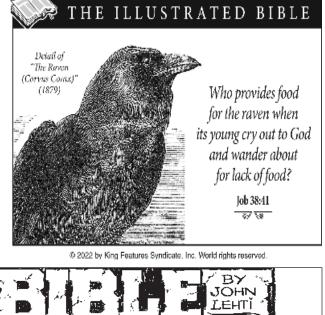
Swimming works many muscles of the body, and the buoyancy of the water relieves pressure on joints and other areas of the body. When baby is old enough, you can even enjoy time in the pool together.

#### **Prioritize sleep**

Do not compromise for innovative ways to get sleep for exercise, which

essential for human development, says The Spouses can divide Sleep Foundation. Durbaby duties so that each ing sleep, the brain experiences intense activity, building the foundations for how people learn and grow, including the development of our behavior, emotions and immune systems. Adequate sleep is vital for new parents to maintain their health and the health of their babies.

As infants grow, parents will find they have more time to devote to exercise. Until then, new parents can be flexible and make time for exercise when their schedule allows.





# <u>ifestyles</u>

# SENTINEL

# Granville Heritage Day

The 24th Annual Granville Heritage Day on May 28 will feature The Uncle Jimmy Thompson Bluegrass Festival at the Pruett Stage. The event begins at 10 a.m. with bluegrass bands performing and bluegrass competition. Registration for the competition will be from 10 a.m. to 11 a.m. with competition beginning at 12:30 p.m. There is a registration fee. Each contestant performs three songs-breakdown, waltz and fiddlers choice. There is a separate Youth division for ages 7-17. The adult and youth division each pays first place \$225.00, 2nd place \$175.00 and 3rd place \$125.00. Trophies are also awarded in all three places.

At 9:40 a.m. and 1:45 p.m. the Evermean Evergreen Cloggers will perform. Valley Grass Express Bluegrass Band will perform at 10:15 a.m. and 2:15 p.m., Phillip Steinmetz & His Sunny Tennesseans at 11:15 a.m. and 3 p.m. and Craig Morris & King Cotton Bluegrass will perform at 4 p.m. The Sutton Ole Time Bluegrass Dinner Show will feature Craig Morris & King Cotton Bluegrass Band with dinner at 5 p.m. and 6:30 p.m. with music beginning at 6 p.m.

The Bluegrass Festival will honor Chris Neeley with the Uncle Jimmy Thompson Bluegrass Award at 12:15 p.m. Chris has been in charge of production of the Sutton Ole Time Music Hour Show since its inception in April, 2008. He has a great love for bluegrass music and his leadership has been such a asset to the success of the show.

The Uncle Jimmy Thompson Bluegrass Festival is sponsored by Bates Ford of Lebanon, Wildwood Resort of Granville and Bluegrass Nights at the Ryman.

The 24 Annual Granville Heritage Day on May 28 offers a great day of fun for all ages beginning at 9 a.m. The festival features an Antique Car & Tractor Show, Memorial Service, Craftsmen in Pioneer Village, Craft Booths, Children's Entertainment and Rides, great food and much more. For more information visit granvilletn.com or call 931-653-4151.

# Moving On Up



No Longer Kindergartners - The kindergarten classes at Gainesboro Elementary walked the halls of GES one last time as kindergartners. Next year they will all be starting first grade.



Uncle Jimmy Thompson Bluegrass Festival - Historic Granville offers bluegrass competition for all ages. Pictured is Naomi Brown who won first place in the youth division in 2021 festival.



Follow us on Facebook!





Next Stop - Jackson County Middle School - The third grade classes at Gainesboro Elementary School walked the halls one last time. Next year they will begin the school year at JCMS as fourth graders.



# Be the example.

You're the one that keeps them safe. You're the one that teaches them right from wrong. So why help them break the law?

# Don't be a party to underage drinking.

This project is supported by a grant from the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the author and do not necessarily represent the official views of SAMHSA or HHS.

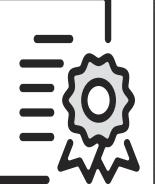
## **Matter Of Balance Fall Prevention Program**

Matter of Balance a Fall Prevention Program was conducted this spring at the New Hope Baptist church. The program is a collaboration between the Jackson County-UT Extension & the Jackson County Health Department. The program was a huge success with a full class of 12 participants with 11 completing the program.

Matter of Balance is a evidencebased program designed to reduce the fear of falling and increase activ-

ity levels, and for those interested in improving balance, flexibility, and strength. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. The program will be offered again in August - September. For more information, Contact Rebekah Melton, FCS Extension Agent at 931-268-9437 or email tmelton9@ utk.edu.





Public Online Auction – Metal Working Eqmt Locations: Union City TN, Martin TN Date: Starts closing June 8, 9AM Register: www.BidSpotter.com, click Timed Auctions & Bidmax Nice F-350 1 Ton Truck, Engine Lathes, Mills, Haas GR-512 Router, Large Cap Forklifts, Grinders, Presses, Press Brakes, Saws, Drills, Cat Telehandler, 4sec. PRO-MOD Drag Car, Trailers, Compressors, Hand Tools, Inspection, Rigging, Welders, MRO, Scissors & Boom Lifts, Rigging Booms, Fastenal Bins, Large Sockets & Wrench Sets, Portable Offices & Much More Bidmax, LLC - South Fulton, TN 38257 \* 731-479-2900

Greg Davidson - Auctioneer, TN Lic 5081, KY Lic RP4023 15% Buyers Premium + 3% Internet Fee





#### Jason Garrett

As warmer tempera-

tures start to emerge, beef

producers can almost

guarantee they will start

to see increased numbers

of flies on their cattle.

These pest are associated

with lower animal gains,

losses of blood, infection

and disease, decreased

milk production and lost

grazing time all from be-



improve cattle produc- matter is present. tion, health, and profits.

fly associated problems flies, here are some ways are from horn, face and to reduce them from your house flies. Horn flies are beef herd according to blood feeders that that Extension constantly engage pain- Dr. Lew Strickland: ful bites on cattle. These flies are the ones you see with insect growth reguon the animal's shoulders, back, and belly on days before flies show hot days and rain storms. up and until 30 days after Face flies are the ones that are mostly found around the head, mouth, rubs and strips with ineyes, and nostrils of cat- secticide on it placed at tle feeding on secretions sites where cattle must from these areas. These use it (waterers, mineral flies are responsible for ing harassed and both- diseases such as pinkeye ered constantly which being distributed. House results in lost revenue for and stable flies are more beef producers. Fly con- present in areas where until 200 flies per cow



## **Remember Food Safety This Summer**

As summertime brings families and friends together for outdoor celebrations, the U.S. Department of Agriculture (USDA) wants to make sure your summer festivities are food safe. Whether you're grilling burgers, camping, or having a picnic, everyone should always remember to practice proper handwashing and use a food thermometer.

After observing that consumer behavior in test kitchens revealed that people are skipping basic food safety practices, USDA is concerned that consumers are not do-

trol programs can greatly high fresh, wet, organic

While it's almost im-The most common possible to eliminate Veterinarian

• Feed minerals lator in early spring 30 killing frost.

• Dust bags, cattle feeders, etc.)

- Topical sprays
- Pour- ons Fly tags - Wait

to place. Use pyrethroid tags for two years, then switch to an organophosphate tag for one year to reduce pyrethroid resistance. Be sure to remove tags at end of season to prevent resistance problems.

Use the same class of topicals, pourons, and fly tags within the same year. Use same class 1-2 years then rotate.

For any further information on fly control call Overton Extension at 823-2735 and UT Extension offers equal opportunities in programs and employment

# **Holt Appointed Assistant Commissioner**

With a strong background in and commitment to the agriculture industry, Andy Holt has been appointed Assistant Commissioner for the Business Development Division at the Tennessee Department of Agriculture and special advisor to the Commissioner.

Agriculture Commissioner Charlie Hatcher, D.V.M. made the an- including the Tennessee nouncement.

and forestry and an integral member of our staff," tive, fresh ideas, and enthusiasm to get the job I are dedicated to sup-Tennessee's economy strengthen those efforts."

Holt comes to this job encourage best-known



Andy Holt

Agricultural Enhancement "Since joining the de- Program, the Agricultural partment more than a year Enterprise Fund, the Speago, Andy has proven cialty Crop Block Grant himself as an advocate Program, Livestock Marfor Tennessee agriculture ket News and Statistics, and Pick Tennessee Products. As Assistant Com-Commissioner Hatcher missioner, he will lead said. "No matter the ini- division staff in maximiztiative, Andy shows up ing efforts to increase profwith thoughtful perspec- itability and viability of farm and forest businesses.

"As a result of my exdone. Governor Lee and perience with 4-H, I chose to pursue a career in agriporting and enhancing culture at an early age," Holt said. "My hope is particularly in the state's that by strengthening our rural areas. Andy's expe- agriculture and forestry rience and leadership will economy, we can create attractive opportunities and investments after serving as Director in Tennessee. If we balof the Business Devel- ance our pursuit of new opment Division. The agriculture and forestry indivision administers sev- vestments while also superal of the department's porting our legacy farmers programs, and foresters, I am certain

that we will continue the monumental success that we have seen in recent years."

Holt will work closelv with Commissioner Hatcher as an advisor concentrating on agribusiness growth and to support opportunities for agricultural innovation, technology, and entrepreneurship statewide.

For the last 11 years, Holt has taught business, government, and economics as an adjunct instructor at Bethel University in McKenzie. Before joining the department, he served for five terms in the Tennessee General Assembly as the State Representative for House District 76. which includes Weakly County and portions of Carroll and Obion Counties. His prior career experience also includes the Weakley County Farmers Co-Op and Farm Credit Services.

Holt earned a B.S. in Agricultural Economics and Business from the University of Tennessee in Knoxville, followed by an M.B.A. with focus on economics and finance from the University of Tennessee at Martin.

heifers mostly steady to 3.00 higher with good demand for feeder classes. Slaughter cows and bulls were mostly steady to 2.00 higher with good demand. Summer temperatures were prevalent throughout the region for the week which increased field work and slightly decreased livestock movement. View Full Summary



	WEIGHTED AVERAGE PRICE (\$/CWT)
210.00	
180.00	~~
150.00	
120.00	·
90.00	

ing enough to reduce the risk of foodborne illness.

USDA encourages all Americans to follow these food safety tips to keep you and your family foodborne illness free this summer.

#### Wash Your Hands

Inadequate handwashing is a contributing factor to many illnesses, including foodborne illness. It is important to follow proper handwashing steps before, during, and after preparing food to prevent bacteria from transferring from your hands to your meal.

Recent USDA consumer research (January 2020-2021) showed that 56% of participants didn't attempt to wash their hands during meal preparation. This is a major drop in handwashing attempts from prior years' research. In year 3, this figure was 71% and in year 2 it was 74%.

In addition to low attempts at handwashing, roughly 95% of participants failed to wash their hands properly. The most common reason in the study for unsuccessful handwashing was failing to rub hands with soap for at least 20 seconds, followed by not wetting hands with water as a first step.

There are five steps for proper handwashing: wet hands, lather with soap, scrub for 20 seconds, rinse, and dry.

#### **Use a Food Thermometer**

Don't forget to bring a food thermometer to your summer activities. Always use a food thermometer to check the internal temperature of your food to determine if it is safe to eat. Insert the thermometer into the thickest part of the meat, through the side, for the most accurate temperature reading. In the study, only 55% of participants used a food thermometer to check the internal temperature of the hamburgers and sausages they were cooking. Use a food thermometer to ensure the following foods have reached their safe internal temperature:

\*Beef, pork, lamb and veal steaks, chops and roasts: 145 F with a 3-minute rest

\*Fish: 145 F

\*Egg dishes: 160 F

\*Ground meats (beef, pork, lamb and veal): 160 F \*All poultry (whole or ground): 165 F

#### **Avoid Cross-Contamination**

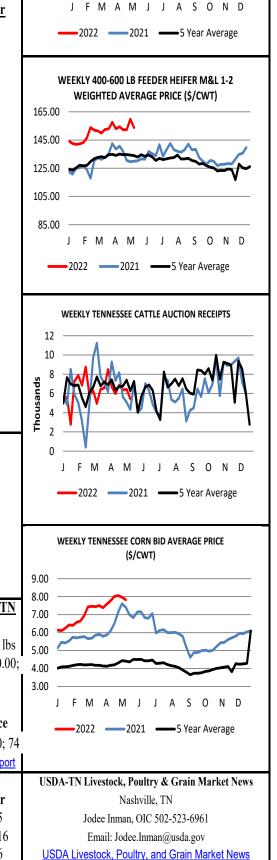
While preparing your meal this Memorial Day, be sure to keep your raw meat separate from your fruits and vegetables. Raw meat and poultry can carry bacteria that causes foodborne illness. To reduce the risk of cross-contamination, USDA recommends using separate cutting boards: one for raw meat and poultry, and another for fruits and vegetables.

In this study, cross-contamination was prevalent. Across all participants:

\*32% contaminated their plates and cutting boards while preparing food.

\*28% contaminated their kitchen sinks.

STATE AVERAGES				
Steers (M&L 1-2)	This Week	Prior Week	Last Year	
300-350 lbs	193.80	193.10	169.75	
350-400 lbs	197.13	197.78	166.31	
400-450 lbs	184.93	180.37	159.62	
450-500 lbs	182.29	177.22	154.56	
500-550 lbs	174.59	171.20	150.52	
550-600 lbs	166.90	166.68	144.07	
600-650 lbs	158.60	157.58	135.04	
650-700 lbs	153.39	154.32	133.28	
700-750 lbs	144.49	145.56	123.07	
750-800 lbs	141.14	141.14	121.75	
Heifers (M&L 1-2)				
300-350 lbs	159.99	167.89	138.51	
350-400 lbs	162.61	163.07	137.51	
400-450 lbs	158.21	159.38	134.48	
450-500 lbs	156.31	156.94	132.21	
500-550 lbs	148.03	152.15	128.10	
550-600 lbs	144.99	144.56	124.06	
600-650 lbs	138.77	138.46	120.30	
650-700 lbs	135.09	135.35	113.74	
700-750 lbs	127.62	122.93	107.61	
750-800 lbs	124.82	120.23	103.01	
WEELY COW SUMMARY Slaughter Cows Breakers Boners Lean	<u>Average</u> 80.76 79.68	High 91.87 92.19	<u>Low</u> 69.94 66.93	
Slaughter Bulls	Average	<u>High</u>	Low	
Yield Grade 1's	109.01	82.11	53.57	
1	April 25, 2022	7	<u>Columbia, T</u>	
KIDS-Selection 1 48 lbs 430.0	GOATS: 57 0: 53-54 lbs 400		s 430 00+ 70 1	
380.00; 85 lbs 360.00. Kids Sel				
65 lbs 380.00; 85 lbs 350.00.	10011011 <u>2</u> - 7,5 <sup>2</sup> 7)	, 103 JUU-100.0	0, 57 105 570.	
	LAMBS: 42	5		
Wooled & Shorn-Choice and I			Breeds-Choice	
and Prime 2-3 48 lbs 340.00-3	60.00; 52 lbs 36	60.00; 61-69 lbs 3	55.00-367.50;	
lbs 355.00; 90-97 lbs 300.00-33	5.00; 108-1101	bs 280.00-290.00	View Full Rep	
View Full Grain Report		<b>.</b>		
GRAINS	This Week	Prior Week	Last Year	
Corn	7.37-8.18	7.50-8.29	6.62-8.15	
Soybeans	15.80-16.88	16.17-16.95	15.89-17.16	
New Crop Wheat	10.13-11.44	9.66-10.74	6.82-7.66	



# eisure

#### IGER









## 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. Marvel	_ o	Drift off
2. Wave top	E	Pie shell
3. Sp <b>r</b> ing harbinger	B	Pitcher's bag
4. Daddy	F	Foam L
5. Singer Manilow	_ A	Small fruit
6. King's chair	E	Multitude
7. Ski resort	P	Pale
8. Cuddle up	S	Irritate
9. Report card entry	D	Mealtime prayer
10. "Bonanza" actor	_ A	Big Ben's home
	©3022 King Feat	wes Synd., Inc.

#### See this week's Weekly SUDOKU answers in next week's edition of by Linda Thistle the Sentinel 3 1 2 8 2 4 1 3 5 2 4 8 1 9 7 8 **2 5 8 6 6 7 3 2** Ł 9 3 2 1 8 5 4 8 6 4 Ł



#### Mar 21/Apr 20

by BUD BLAKE

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You may be questioning some of your relationships this week, Aries. Periodic reflection is good for your long-term well-being, but move ahead with caution.

#### TAURUS Apr 21/May 21

Taurus, finding balance between your professional life and your home life may be challenging this week. Try not to hurry through your decision-making process.

#### **GEMINI** May 22/Jun 21 Typical routines just

aren't fulfilling you lately, Gemini. Avoid succumbing to frustration and dissatisfaction by trying a new hobby or brainstorming ways you can change.

#### CANCER Jun 22/Jul 22

Avoid comparing yourself to friends and colleagues, Cancer. You may need a confidence boost. so hang around friends and family who have your back

#### Jul 23/Aug 23 Has your love life af-

fected your professional ambitions lately, Leo? Take a step back and analyze the situation to see what you can change for the better.

#### VIRGO Aug 24/Sept 22

Take some time to audit your health, Virgo. What you eat, how much you are sleeping, how often you are exercising - these are all factors that may require some change.

#### LIBRA Sept 23/Oct 23

Libra, watch out for power struggles at work, especially if you feel they are causing you to be treated unfairly. Bring issues to a supervisor if it comes to it. **SCORPIO** 

### Oct 24/Nov 22

Scorpio, fatigue may catch up with you if you have not been pacing yourself or taking enough time to care for yourself. Slow down and take a mental health day . or two.

#### SAGITTARIUS Nov 23/Dec 21

You may be more sensitive than usual this week, Sagittarius. You may feel like family or friends are judging you, but that's not necessarily so.

#### **CAPRICORN** Dec 22/Jan 20

Try not to take part in popularity contests or gossip sessions at work, Capricorn. It can only come back to bite you when you least expect it. Stay the course and keep working hard.

#### **AQUARIUS** Jan 21/Feb 18

Aquarius, you may be seeking greener pastures, both at home and in your professional life. Impatience can get the best of you, but a change will happen over time.

#### PISCES Feb 19/Mar 20

You may have a tough time relating to others this week, Pisces. You view the world through a creative lens even when others don't.

#### ACROSS Ancient Brit 5 Started 8 Fail to see 12 River to the Baltic 13 Spanish gold 14 "Do -- others ..." 15 Opera set in Egypt 16 Used a Hoover, say 18 Baseball divisions 20 Diving ducks 21 Leb. neighbor 22 Ostrich's kin 23 Sousa composition 26 Empty, as a stare 30 Commotion 31 Melody 32 "Top Hat" studio 33 Flu forestaller 36 Autocrats 38 Tummy muscles 39 Chatter 40 Skirt style 43 Set of words 47 Work break 49 Nitwit 50 Pedestal occupant 51 In shape 52 Ancient Dead

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53	$\square$		$\square$		54		$\square$		55	$\vdash$	$\square$	+	
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3	Spartan queen							5 Sinbad's bird					
4	Very sad					2	26	Compete					
5	Paramour							7 Man-mouse link					
6	Historic periods						28 Kiev's land (Abbr.)						
7	Physician's nickname							9 "Mayday!"					
8			an ga					Reply (Abbr.)					
9			pow	ver v	ested			Suez and Erie, e.g.					
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	Left							Levy					
11	Lavs down the lawn					-	37	Web master?					





# []lassifieds

### LEGAL

#### **STATE OF** TENNESSEE **PROBATE COURT OF JACKSON COUNTY AT GAINESBORO** NOTICE TO CREDITORS

ESTATE OF: Robbie Faye Furlow

Notice is hereby given that on the 10th day of May 2022, Letter of Testamentary, in respect D. York, Trustee for the gully 130 feet to to the estate of Robbie Citizens Bank, recorded the point of beginning, Faye Furlow, deceased, died April 24, who 2022 were issued to the undersigned by the Record Book 56, page and not by the acre. Probate Court of Jackson County, Tennessee.

All persons, resident County, and non-resident, having which Note and Deed of wife, Madeline Wilson, claims, matured or unmatured, against the estate are required to file Lafayette, Tennessee, in by Quitclaim Deed from same with the Clerk of Record Book 61, page Johnny Draper in Record the above named Court at 1381, in the Register's Book 94, page 320, both the Jackson County Court Office House, P.O. Box 342, Gainesboro, TN 38562 within the earlier of four (4) months from the date of the first publication of this notice, or twelve (12) months from the decedent's date of death, 1883, in the Register's The sale of the aboveotherwise their claims Office will be forever barred. This the 10th day of May, 2022.

John D. Shannon, Executor Sherrie Pippin-Loftis, Clerk and Master William L. Draper, Attorney for Estate 5-17, 5-24, 2TP

#### **STATE OF TENNESSEE PROBATE COURT OF JACKSON COUNTY AT GAINESBORO** NOTICE TO CREDITORS

ESTATE OF: Pearl Maxine Phillips Notice is hereby given that on the 16th day of May 2022, Letter hereinafter Testamentary, respect to the estate of auction for cash at the Pearl Maxine Phillips, East door of the Jackson deceased, December 25, 2021 were Gainesboro, Tennessee, issued to the undersigned on 16th day of June, 2022, by of Jackson Tennessee. persons, resident All and non-resident, having claims, matured or unmatured, against the estate are required to file same with the Clerk of the above named Court at the Jackson County Court House, P.O. Box 342, Gainesboro, TN 38562 within the earlier of four (4) months from the date of the first publication of this notice, or twelve County, Tennessee, to (12) months from the decedent's date of death, otherwise their claims will be forever barred. This the 16th day of May, 2022.

### LEGAL

### LEGAL

#### **TRUSTEE'S SALE**

day of February, 2015, 130 feet to the gully; by Deed of Trust to Troy thence running with in Record Book 10, page containing 715, modified in record (1/3) acre, more or less, Book 47, page 27 and but sold by the boundary 991, in the Register's Previous of Office Trust have been assigned of record in Land Deed to Citizens Bank of Book F-4, page 262, and of County, power whose conveyed to Jay Cassetty as Successor Trustee, his 1925 Indian Creek Rd., substitute or designee, by Whitleyville, TN 38588. Appointment recorded in CURRENT Record Book 107, page (S): Fredia Draper of County, Tennessee, the be subject to all matters hereinafter real estate to secure the plan; payment of a Note set out taxes; therein; and

#### WHEREAS,

has the payment of said liens or encumbrances indebtedness and other as well as any priority provisions of the Deed of created by a fixture Trust have been violated, filing; any matter that an wherein the holder of accurate survey of the said indebtedness has premises might disclose. declared the entire SUBORDINATE amount due and payable  $\ L \ I \ E \ N \ H \ O \ L \ D \ E \ R \ S$  : as provided in said Deed LVNV Funding LLC. of Trust, and the Trustee OTHER INTERESTED has been directed to PARTIES: N/A foreclose on the Deed All right and equity of of Trust. In accordance redemption, statutory or with, the undersigned otherwise, homestead, Trustee will sell the described in real estate at public who died County Courthouse in the Probate Court at 10:00 O'clock A.M. County, The property is to be sold in bar of the equity of redemption and is subject to the lien of all special assessments, if any, and is subject to prior county and city taxes. Subject to any superior liens or deed of trust. No opinion of title is inferred from this foreclosure. Following described real estate, lying and being in the Second (2nd) Civil District of Jackson wit:

### Lynnda Phillips, pin on a gully which Executor borders the Indian Creek Sherrie Pippin-Loftis, Road and a fenceline Clerk and Master next to the barn; thence Henry D. Fincher, running Westward with a Attorney for Estate fence 130 feet to another 5-24, 5-31, 2TP fence; thence running Northward with a fence 130 feet to an iron pin; WHEREAS, on the 15th thence running Eastward one-third

and last Jackson conveyance being Deed Tennessee, from Vester Wilson and Jackson in the Register's Office Tennessee, of Jackson County, was Tennessee.

> **PROPERTY ADDRESS:** OWNER

Jackson described property shall described shown on any recorded any unpaid any restrictive covenants, easements or default set-back lines that may been made in be applicable; any prior

# LEGAL

and dower are expressly waived in said Deed of Trust, and the title is believed to be good, but the undersigned will sell and convey only as Trustee.

its

The right is reserved to adjourn the day of sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above. If the highest bidder cannot pay the bid within

twenty-four (24) hours of the sale, the next highest bidder, will be deemed the successful bidder.

This property is being sold with the express reservation that the sale is subject to confirmation by the lender or trustee. This sale may be rescinded at any time.

JAY CASSETTY, SUCCESSOR TRUSTEE 5-17, 5-24, 5-31 3TC

#### **NOTICE OF TRUSTEE'S SALE**

WHEREAS, default has occurred in the performance of the covenants, terms, and conditions of a Deed of Trust Note dated June 9, 2017, and the Deed of Trust of even date securing the same, recorded June 19, 2017, in Book No. 85, at Page 113, in Office of the Register of Deeds for Jackson County, Tennessee, executed by John C Garner, conveying certain property therein described to Mark Rosser as Trustee for Mortgage Electronic Registration Systems, Inc., as beneficiary, as

#### LEGAL

LEGAL

nominee for Freedom leaving the southeast Mortgage Corporation, right-of-way of Lee successors and assigns; and the undersigned, Wilson & Associates, P.L.L.C., having been appointed Successor Trustee by Freedom Mortgage Corporation. NOW, THEREFORE, notice is hereby given that

the entire indebtedness has been declared due and payable; and that an agent of Wilson & Associates, P.L.L.C., as Successor Trustee, by virtue of the power, duty, and authority vested in and imposed upon said Successor Trustee, by Freedom Mortgage Corporation, will, on July 13, 2022 on or about 11:00 AM, at the Jackson County Courthouse, Gainesboro, Tennessee, offer for sale certain property hereinafter described to the highest bidder FOR certified funds paid at the conclusion of the sale, or credit bid from a bank or other lending entity pre-approved by the successor trustee. The sale is free from all exemptions, which are expressly waived in the Deed of Trust, said property being real estate situated in Jackson County, Tennessee, and being more particularly described as follows:

The following property Jackson County, in Tennessee is described as: Beginning at a point in the south right-ofway intersection of Lee Road and Old Dodson Branch Road, said point being the northernmost corner of the property described herein: thence,

Road and running with the southwest rightof-way of Old Dodson Branch Road S 69°51 '49" E 260.95' to a 5/8" rebar set said point being a new corner with the lands retained by the Grantors and the easternmost corner of the property described herein; thence, leaving said right-of-way and creating a new severance line with the lands of the Grantor for two (2) calls as follows: S 23°58'01" W 290.13' to a 5/8" rebar set: thence, N 62°31'10" W passing a 1/2" rebar set at 298. 76' for a total distance of 306.94' to a metal post in the southeast right-ofway of Lee Road, said point being a new corner with the lands retained by the Grantors and the westernmost corner at the properly described herein: thence, leaving the lands retained by the Grantors and running with said right-of-way N 34) 4'06" E 258.02' to the point of beginning and containing 1.770 acres by survey. Actual field survey performed by James E. Helton. R.L.S. #1749

on August 06, 2010.

Included on the abovedescribed property is a certain mobile home Model MD 2860 Year Manufacturer 2011 KABCO Serial Number ALSO KNOWN AS: 606 Old Dodson Branch Road, Cookeville, TN 38501

This sale is subject to all matters shown on any applicable recorded plat; any unpaid taxes; any

EAUCTIO AONETT ? EAGLE

Being Map No. 38, Parcel 14.00, according to the Jackson County Tax Assessor.

BEGINNING at an iron



story brick offering over 1,750 sqft of living area plus a large attached arport. The home boasts a large living room w/ fireplace, hardwood floors & eat in kitchen. The 5.93 acres is mostly level with a large yard and woodland to the rear of the home.

Additional improvements include a storage building and storm cellar. The Bobby & Evelyn Bilyeu property. Formally known as & a portion of the Overton Co. Speedway and Bilyeu's

Used Cars & Salvage Yard. OPEN HOUSE: HURSDAY • MAY 19 • 4-6 PM

AMONETT'S EAGLE AUCTION & REALTY Berton fan. Cooknalle, 163 931-520-5385

Hilham, TN

2884 Hilham Hwy

erms: 10% Buyer's Premium, 15% Deposit at conclusion of sale, with balance due in 30 days, 2022 Taxes prorated Possession with Deed. Home built prior to 1978, buyer to sign a 10 day waiver on inspection for lead based paint. All Property selling "As Is, Where Is" both surface and subsurface with no warranties. Bidders should complete their own due ale. Announcements & Updates Day of Sale Take Precedence Over All Other Ad

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pauctio



to

be



### LEGAL

### LEGAL

this Notice may

rescinded at the

restrictive covenants, easements, or setback lines that may be applicable; any statutory rights of redemption of any governmental agency, state or federal; any prior liens or encumbrances as well as any priority created by a fixture filing; and to any matter that an accurate survey of the premises disclose. might In addition, the following parties may claim an interest in the abovereferenced property: JOHN C GARNER

The sale held pursuant

Trustee's Successor option at any time. The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above. In the event of inclement weather, the trustee hereby announces that the sale will be postponed for a period of two weeks. In such situations, notices will be mailed to interested

### LEGAL

No. 352123 DATED May 17, 2022 WILSON & ASSOCIATES, To: Charles Houston P.L.L.C., 5-24, 5-31, 6-7 3TC

**Order For Service By** Publication In The Chancery **Court For Overton** County, Tennessee At Livingston Jerremy Michael Meader and Melissa Ann Meader Petitioners Vs.

Charles Houston



parties of record. W&A

#### **CAREER OPPORTUNITY Customer Service Representative General Summary:**

Twin Lakes is seeking a customer-centric and enthusiastic Customer Service Representative to deliver an exceptional customer experience in our organization. Customer Service Representatives serve as a primary point of contact for customers. The Customer Service Representative must be sales oriented; selling and promoting all products and services of the company while assisting new and existing customers. The position will require employees to rotate assignments between Customer Service offices, as necessary. The Customer Service Representative job requirements include, but are not limited to:

 Assisting customers with new service requests, billing inquiries, and service questions

· Completing documents for service applications and disconnects Managing, monitoring, and growing online web-based customer platforms

· Promoting Twin Lakes products and services when working at community events

- Performing collection functions on delinquent accounts
- Maintaining Customer Service department files and records
- Receiving and processing customer payments

The successful candidate will exude an understanding and knowledge of customer service, while maintaining customer satisfaction by providing problem-solving resources. The candidates must be team players within the organization, with a commitment to excel-

### LEGAL

Respondent 25

ORDERED that you anytime. Call Jimbob by filing an answer 5-24 2TP to the petition in this cause with the Chancery Court, Overton County at Livingston Tennessee and with Kelly Williams, YARD SALE: Michelle Attorney at Law, P.O. Cook and Kimberly Box 608, Livingston, TN Meadows are having a 38570, Phone (931) 823- yard sale at the Jackson 1898, on or before the County fairgrounds, May date listed below. A copy 27 and 28 from 7 a.m. of the petition may be to 3p.m., rain or shine. obtained from the Clerk Lots of clothing: men and and Master, Overton women, Md to 2XL. Baby County, Tennessee. If no answer yxl, girls 4T-12Y. Shoes: is filed by the date shown girl's and women's. New below, a judgment by Boutique clothes and acdefault will be taken cessories, New Scentsy, against you and a hearing air purifiers, lots of old be set without further sale and household items. notice to you.

This notice will be published for FOUR (4) successive weeks in the Jackson County Sentinel, 207A S. Main Street, Gainesboro, TN 38562, (phone: 931-268-9725), a newspaper published in Gainesboro, Jackson appear in this newspaper County, TN. The last date + 102 other TN newsof this publication will be June 14, 2022. An answer must be filed within thirty days of this date.

This the 17th day May, 2022.

### MISC

"NEED HELP" CALL DISH Successor Trustee filed against you by the thief and don't do drugs. appears that ordinary all trades of construction. process of law cannot be Can clean pools, mow served upon you because grass, twist nuts and bolts your whereabouts are on cars and trucks. Whatunknown. It is, therefore, ever you got, I can help respond to this notice 1-501-681-4479. 5-17,

### YARD SALE

Livingston, boy/toddler, boys ylto grant a final order will glassware from an estate 5-24 1TP

### STATEWIDE

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lence, integrity, and driven by results.

#### **Qualifications:**

Successful candidates for this position require a High School diploma or equivalent. Customer Service or Sales experience is preferred.

#### **Job Locations:**

Position will rotate duties between the Jamestown and Byrdstown Customer Service Offices.

Twin Lakes is committed to attracting talented and motivated individuals that possess the desire to help and serve co-workers and customers alike. Be a part of a growing company with a dynamic culture that rewards success with an exceptional pay and benefits package.

Applications for this position must be submitted on the Twin Lakes website at https://twinlakes.workable.com. Questions can be directed to careers@twinlakes.net.

Online applications and resumes will be accepted until **June 3**, 2022.

Twin Lakes is an Equal Opportunity Provider and Employer.

# PUBLIC NOTICE

Pursuant to section 67-5-508, Tennessee Code Annotated, the property assessments records of Jackson County Courthouse will be available for public inspection at the Assessor's Office, in the Jackson County Courthouse during normal business hours. Any person desiring to inspect these records may do so at the appointed time and place.

The Jackson County Board of Equalization will begin its annual session to examine and equalize the county assessments on Monday, June 6, 2022. THE BOARD WILL ACCEPT APPEALS FOR TAX YEAR 2022 ONLY UNTIL THE LAST DAY OF ITS 2022 REGULAR SESSION, WHICH WILL BE June 10, 2022. The Board will meet each weekday from hours 8:00 a.m. to 12:00 p.m. in the Assessor's Office at he Courthouse. Any owner of property who wishes to make a complaint or appeal to the County Board of Equalization must appear before said Board at this time personally or by personal appearance of an agent for the owner bearing the owners written authorization. Failure to appear and appeal an assessment will result in the assessment being final without further appeal. For an appointment call 931-268-0246.

> Kaleb Allen, Assessor of Property, Jackson County

4TP (TnScan)

## PUBLIC NOTICE

The Jackson County Courthouse will be closed May 28 & May 30 for Memorial Day.

The Solid Waste dump sites will only be closed on Monday, May 30.



Near Cordell Hull Lake, we

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NOTICE TO FURNISHERS OF LABOR AND MATERIALS TO: Vulcan Construction Materials, LLC PROJECT NO.: 98200-4153-04 CONTRACT NO.: CNU373 COUNTY: Jackson

The Tennessee Department of Transportation is about to make final settlement with the contractor for construction of the above numbered project. All persons wishing to file claims pursuant to Section 54-5-122, T.C.A. must file same with the Director of Construction, Tennessee Department of Transportation, Suite 700 James K. Polk Bldg., Nashville, Tennessee 37243-0326, on or before 7/1/2022.

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#### IN THE PROBATE COURT OF JACKSON COUNTY AT GAINESBORO, TENNESSEE

In the matter of the Estate of Gladys Mai Hopper

Deceased Case No.2021-CV-45

In the matter of the Estate of Mack Miller Hopper

Deceased Case No. 2021-CV-46 Steven A. Cassetty

Administrator C.T.A.

In Obedience to an order of the Chancery/Probate Court at Gainesboro, Tennessee made upon the 1st day of March, 2022 in the above styled case, I will on Saturday, the 18th day of June, 2022 at 10:00 am on the premises sell at Absolute Auction the one half undivided interest of Gladys Mai Hopper to the highest and best bidder the property in said order described, being a tract of land lying and being in the First(1st)CivilDistrictofJacksonCounty,Tennesseeanddescribedasfollows,to-wit:

InObediencetoanorderoftheChancery/ProbateCourtatGainesboro,Tennessee made upon the 1st day of March, 2022 in the above styled case, I will on Saturday, the 18th day of June, 2022 at 10:15 am on the premises sell at Absolute Auction the one half undivided interest of Mack Miller Hopper to the highest and best bidder the property in said order described, being a tract of land lying and being in the First (1st) Civil District of Jackson County, Tennessee and described as follows, to-wit:

#### DESCRIPTION

Beginning on a 1/2" pipe on the east margin of South Murray Street the northwest corner of this tract and a point in the boundary of a tract of land belonging to James Glendinning (Record Book 96, Page 799)Thence leaving the east margin of South Murray Street and with the boundary of Glendinning South 84 degrees, 34 minutes, 04 seconds East 149.61 feet to a 1/2" pipe on the west right of way of Tennessee Highway 56; Thence leaving the boundary of Glendinning and with the west right of way of Tennessee Highway 56 South 8 degrees, 49 minutes, 08 seconds West 75.00 feet to a iron pin being a point in the boundary of a tract of land belonging to Linda A. Prill (Record Book 18, Page 137); Thence leaving the right of way of Tennessee Highway 56 and with the boundary of Prill North 84 degrees, 18 minutes, 46 seconds West 134.74 feet to a iron pin on the east margin of South Murray Street; Thence leaving the boundary of Prill and with the east margin of South Murray Street North 2 degrees, 34 minutes, 16 seconds West 75.00 feet to the point of beginning, containing 0.24 acres as surveyed by Carlen J. Wiggins Jr., R.L.S. 2323 plat dated May 13, 2022. Property address is 512 South Murray Street, Gainesboro, TN 38562 TERMS OF SALE

20% down day of sale and balance when sale is confirmed by the Chancellor. Personal Property will be cash or good check the day of sale. This 1st day of March, 2022

> Steven A. Cassetty Attorney and Administrator C.T.A. for the Estate of Gladys Mai Hopper Attorney and Administrator C.T.A. for the Estate of Mack Miller Hopper Sherrie Pippin Loftis, Clerk and Master As Special Commissioner

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# ONLINE ONLY **ABSOLUTE LAND AUCTION** BIDDING ENDS FRIDAY . JUNE 10 . 10 AM **OFFERED IN 7 TRACTS** STANDING STONE HWY. LOOKEVILLENTN

#### 363 Acres offered in 7 Tracts

A Residential, Recreational and Development Opportunity! Located just N of Cookeville on Standing Stone Hwy & Clark Cemetery Ln in Overton County. A large parcel of land that lays very well and has tremendous potential. It features 1,546 ft of frontage along Spring Creek plus Lovelady Branch. • Tract 1- 131.52 Ac on Standing Stone Hwy, has over 1,500 ft of frontage on Spring Creek

- Tract 2- 8.66 Ac on Standing Stone Hwy Tract 3- 34.54 Ac on Standing Stone Hwy
  - Tract 4- 29.45 Ac on Standing Stone Hwy Tract 5- 16.10 Ac on Clark Cemetery Ln
    - Tract 6- 19.33 Ac on Clark Cemetery Ln
    - Tract 7- 123.59 Ac on Clark Cemetery Ln, adjoins Lovelady Branch

# LEE J. AMONETT · BROKER/AUCTIONEER · (931) 252-1907

Terms: 10% Buyer's Premium. Terms: 10% Buyer's Frennum. 15% Deposit at conclusion of sale, with balance due in 30 days. 2022 'Taxes prorated. Possession with Deed. All Property selling "As Is, Where Is" both surface and subsurface with no warrantics. Bidders should complete their own due diligence prior to the sale. Announcements & Updates Day of Sale Take Precedence Over All Other Advertising.



# JCMS Eighth Graders Advance To High School



Awards - Most Athletic, Claire Williams and Isaiah Thomas; Most Spirited, Kara Wright; Friendliest, Miley Hix and Garret; Most Artistic, Jasalin Flatt and Caleb Wimberly; Most Studious, Halea Turner and Drake Matheney; Mr. and Miss 8th Grade, James Wayne Harris and Reece Thomas; Class Beauty and Beau, Maleinna Lawson and Alex Webb; Most Humorous, Ella Adcock, Eli Baker and Zavion Mitchell; Most Courteous, Jalynn Meadows and Skyler Stacy; Neatest, Kenley Letterman and Jaren Dill; and Sunshine Award to Addison Bowman. SENTINEL Photos / Darlene Dean



Honor Students - Claire Williams, 98.72; Garret Bowman, 98.62; Caleb Wimberly, 98.59; Jalynn Meadows, 98.20; Mallory Jackson, 98.19; Justice Lynch, 98.11; Jaren Dill, 97.87; Miley Hix, 97.70; Madeline Lee, 97.60; Spencer Stafford, 97.51; Drake Matheney, 97.15; Kenley Letterman, 96.87; Isaiah Thomas, 96.82; Reece Thomas, 95.66; and Eli Baker, 95.14.



Awards - Good Citizenship, Garret Bowman; Barbara Lucas Memorial, Kate Crawford; Garrett Craighead, Caleb Wimberly; Diane Breidert Memorial, Claire Williams; JCMS Meritorious, Natalie Tinsley; Rising Star, James Wayne Harris and Kara Wright; JCMS Principal's Choice, Alex Webb; and Best Classmate, Alexander Hall.



Drake Matheney, Braden Teague and Halea Turner.



Math Competition Awards - Picture in no particular order are: Kate Crawford, Valedictorian and Salutatorian - Halea Turner, 99.73 and Kate Crawford, 99.35.



Highest Averages - Halea Turner, Math, Social Studies and Science; Claire Williams, Science; Caleb Wimberly, Science; and Madeline Lee, ELA.



Crystal Apple Award - This year the Crystal Apple Award went to Mr. Bobby Dale Thomas. With Mr. Thomas is the Valedictorian, Halea Turner.

# **Fitness Tips For New Parents**

to change. Newborns rearound-the-clock quire care that often translates into little free time for their parents. When parents get opportunities to step away, exercise may be the furthest thing from their minds. But it could be in new mothers' and fathers' best interests to consider exercise even when their schedules are hectic.

Mayo Clinic advise exer-

Being a parent re- cise helps to tame stress, what you can get when exercise and spend time can adversely affect your quires an ability to adapt keep the mind sharp and you can get it. Don't get with your child and other overall health. Sleep is boost the immune system. hung up on following a Staying fit and healthy with a new baby in the now. house may be easier when parents embrace certain strategies.

#### Flexibility is key

maintain schedules, but newborns and infants don't always comply. Therefore, committing to a workout at a specific time each day or even a Health experts at the specific duration can be foolish. It's better to take



specific regimen right

#### **Exercise in bursts**

a set amount of time to a workout, fit in exercise New parents strive to when you have a minute. Run up and down the stairs while the baby is napping. Or do some bicep curls while preparing a bottle.

#### Take a "baby-and-me" class

Gyms and fitness organizations often offer classes for new parents that build workouts around movements that can be done with baby in hand or in tow. Another option is Stroller Strong Moms, a workout group that incorporates kids and strollers. Seek out these programs

parents. Ask for time off

#### Rather than devoting gets equal time away to devote to personal needs. Factor exercise into some of the plan, even if you can carve out only a few minutes. Another tip is to multitask. Consider buying a stationary bicycle to use while watching a favorite television show.

Go swimming

Swimming works many muscles of the body, and the buoyancy of the water relieves pressure on joints and other areas of the body. When baby is old enough, you can even enjoy time in the pool together.

#### **Prioritize sleep**

Do not compromise for innovative ways to get sleep for exercise, which

essential for human development, says The Spouses can divide Sleep Foundation. Durbaby duties so that each ing sleep, the brain experiences intense activity, building the foundations for how people learn and grow, including the development of our behavior, emotions and immune systems. Adequate sleep is vital for new parents to maintain their health and the health of their babies.

As infants grow, parents will find they have more time to devote to exercise. Until then, new parents can be flexible and make time for exercise when their schedule allows.

