

**SPORTS**



Blue Devils split games against the Tigers.

■ See page 8

**OPINION**



Be sure to check out our new opinion page.

■ See page 6

**COVID-19 UPDATE**

This snapshot was made available on: Jan. 3  
As of Dec. 27 Jackson County is in the Red Zone  
Total Active: 93  
Total Recovered: 883  
Hospitalizations: 26  
Deaths: 19  
Positivity Rate: 29.4 %



# JACKSON COUNTY SENTINEL

50 cents

Volume 124, Number 1

Gainesboro, Tennessee, Tuesday, January 5, 2021

1 Section, 12 Pages

## New Year's Baby Born



**New Year's Baby At Cookeville Regional** - As we usher in a new year with 2021, we want to congratulate the first baby born to Angellina and Brian Frizzell from Gainesboro who welcomed their second child, a baby boy, into the world at 6:22 a.m. on Jan. 1 by Dr. Maria Gonzaga of Infinity Women's Health. Baby Kaylob Brian Frizzell weighed in at 6 pounds 13.9 ounces and 19 inches long. Pictured are Angellina and Brian Frizzell with baby Kaylob Brian.

## RPO Meeting Held

MEGAN REAGAN  
staff writer

The Dale Hollow Rural Planning Organization (RPO) held a joint meeting recently between its technical committee and executive board to conduct business and discuss upcoming projects with the Tennessee Department of Transportation (TDOT).

The meeting, which was held via Zoom, began with an introduction by RPO Coordinator Mark Dudney.

Dudney began the meeting by informing the organizers of the projects that have been approved and funded across the Upper Cumberland including:

- A Corridor Study in Byrdstown for State Route 111.

- A Complete Streets Plan for Jamestown.
- Community Mobility Studies for Gainesboro and Lafayette.

"We have recently held scoping meetings with consultants and TDOT and expect a pretty quick turn around on all of these," Dudney said. "We'll be looking at the completion of the planning type grants about half way through the coming year."

In addition to the above mentioned projects, Dudney informed the organization that two Upper Cumberland counties will benefit from a pilot program set forth by TDOT and Governor Bill Lee called the Rural Planning Initiative (RUPI).

"It is a planning grant similar to the Community Transportation Planning Grants," Dudney informed. "We were really pleased with the feedback in the number of applications we had this first time around. We had six applications submitted and three of those six were awarded funding."

Surfacing and restriping plans were funded through this initiative in Gainesboro and Celina along with a Corridor Study for State Route 56 in Jackson County.

"The timelines for these are roughly similar to the Community Planning Transportation Grants," Dudney said.

In addition to the RUPI grants and the Community Planning Transportation Grants, the RPO recently applied to have the Cumberland Scenic Byway recognized as a National Scenic Byway.

"The byway includes four counties that are within our RPO: Clay, Fentress, Overton and Pickett," he explained. "Applying for this first phase, which is a designation will be the first step in getting recognition as a National Scenic Byway."

Being recognized at the national level will give the byways and the communities alongside them the grant funding and tourism opportunities.

"We're still waiting for the word to see if those applications were successful," he said.

With no further business to discuss, the meeting adjourned.

# The New Year Brings New Change At The Sentinel

STAFF REPORTS

At the dawn of the New Year, we're excited to announce the major changes that have taken place at the *Jackson County Sentinel*—starting with new ownership.

We at the Sentinel are delighted to share that Adam Johnson, formerly of Knoxville, Jamestown-based *Holler Media, LLC*, which also publishes the *Fentress Courier*, has purchased the newspaper. Johnson will now serve as our new publisher.

Johnson and Allyse Lamont, president and vice-president of Holler Media, live in the Upper Cumberland and are graduates of the University of Tennessee.

Johnson and Lamont will serve as the newest owners in Jackson County's newspaper, continuing to echo the views of their predecessor, James Andrew Mitchell, in that "we exist to serve our communities and record

history as we serve as a watchdog in effort to keep our local government and communities honest."

Mitchell leaves the Sentinel after more than 20 years of service to the community.

"After almost 30 years in the industry and over 20 years as an owner, I felt it was time to move on and look toward other endeavors. I miss most the people I worked with over the years and the sense of pride and accomplishment community service gives. Newspapers are a vital part of a community, and it was an honor to serve an area in which I love. I have no immediate plans for the future but will likely somehow continue to be involved in community service," Mitchell said.

Johnson states that, "Allyse and I are excited to become further involved in life the Upper Cumberland and in Jackson County."

With the change in ownership, Megan Reagan

is now taking the reigns as the editor of the *Sentinel*.

Reagan, 25, of Livingston now at the helm is excited to serve as the editor of the publication.

Under Mitchell she served as a staff writer and editorial assistant, and with this step up in rank, she is eager to continue to bring the readers the most relevant news to the community while also telling your stories.

"I'm excited to take on this role, and excited to get to serve the people of the community as the editor of the *Sentinel*," Reagan said. "Under Andy, I learned so much and I am continuing to learn as I finish my degree in journalism. This job has been a dream come true as it has put me in the middle of everything and has allowed me to be involved in the community in an indirect way. If you happen to see me out and about, please feel free to come say hi, or offer suggestions on what I can do to cover this area better."

Mitchell stated, "Megan Reagan is a person with a heart for community. She has a natural ability to put people at ease, which is key for any journalist to be effective. I was fortunate to have her as an employee, and I think she is a wonderful asset to both the papers and community."

Holler Media, together with the continued dedication of Sentinel team, will ensure the publication remains a steadfast pillar in the community and wants to let Jackson County know that the *Sentinel* is now backed by a full-service in-house print shop – call us today and make the *Sentinel* your new one-stop print shop for your business!



Megan Reagan, Editor

# Vaccinations Set To Begin

The Tennessee Department of Health has updated the Tennessee COVID-19 Vaccination Plan and its phased approach to administering COVID-19 vaccines to Tennesseans.

"COVID-19 vaccines remain limited at this time, and Tennessee's allocation plan prioritizes those most at risk of illness and death from COVID-19," said Tennessee Health Commissioner Lisa Piercey, MD, MBA, FAAP. "The plan also prioritizes critical infrastructure workers who have direct public exposure or work in environments posing a higher risk of exposure to the virus that causes COVID-19."

Updates to the Tennessee COVID-19 Vaccination Plan are focused on reducing risks:

- Risk to our health care infrastructure – keeping frontline health care workers at the bedside, while reducing demand on hospital capacity

- Risk to individual health outcomes – protecting the most vulnerable Tennesseans first

- Risk to our society and economy – preserving the workforce in our highest risk areas

Tennessee has updated the state's plan based on new recommendations from the Advisory Com-

mittee on Immunization Practices and discussions with Tennessee's Unified Command Group and a stakeholder group of more than 30 partner agencies and organizations. These phases are as follows and are subject to additional changes pending further recommendations from the ACIP and other federal and state partners:

Tennessee's updated plan includes three allocation phases, based on risk and informed by the National Academies of Sciences, Engineering and Medicine's Framework for Equitable Allocation of COVID-19 Vaccine. Tennessee is now in Phase 1a, which is subdivided into two phases: Phase 1a1 for in-patient health care providers, first responders with direct exposure to the public and staff members and residents of long-term care facilities, and Phase 1a2 for those primarily working in outpatient health care settings. Equity remains a crosscutting consideration of Tennessee's plan, with attention given to ensure unlicensed health care workers, low wage earners and those with limited access to health care resources will have access to vaccination.

Individuals qualify-

ing for vaccination under Phases 1a1 and 1a2 may be offered vaccine by their employer, through their local health department or through a partnering hospital. Staff members and residents of long-term care facilities will be provided vaccinations through the federal partnership with Walgreens and CVS, in partnership with a local pharmacy or via TDH vaccination strike teams. Phase 1a1 and 1a2 individuals should check with their employer or contact their local health department for more information.

Tennessee is also beginning age-based vaccination in ten-year age brackets, starting with those aged 75 and above.

Later Phase 1 groups consist of Phase 1b, which includes teachers and staff members of child care centers and kindergarten through 12th grade schools and other first responders not covered under Phase 1a1; and Phase 1c, which includes people aged 16 or older who have high-risk health conditions.

Subsequent phases prioritize critical infrastructure industries. Employees in industries not specified in the phases will become eligible as their age group is reached or according to

their individual risk.

It is important to note Tennessee counties may progress through phases at different times, depending on supply of the COVID-19 vaccines and demand for them. To learn what phase your county is in, visit [www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CountyPhaseStatus.pdf](http://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CountyPhaseStatus.pdf) or call your local county health department.

TDH reminds all Tennesseans that in addition to vaccination, wearing a face mask, maintaining social distance and getting tested when exposed or sick are critical to controlling the pandemic.

Tennessee's COVID-19 Vaccination Plan is available online at [www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/COVID-19\\_Vaccination\\_Plan.pdf](http://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/COVID-19_Vaccination_Plan.pdf). Find answers to frequently asked questions about COVID-19 vaccination at <https://covid19.tn.gov/prevention/vaccine/>.

The mission of the Tennessee Department of Health is to protect, promote and improve the health and prosperity of people in Tennessee. Learn more about TDH services and programs at [www.tn.gov/health](http://www.tn.gov/health).

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# THP Accepting Applications For Trooper Cadet Class

The Tennessee Highway Patrol (THP) will be accepting applications for cadet class 1021 from Jan. 6, through Feb. 2. The trooper cadet class starts June 27. During the 16-week academy, the training division will challenge and prepare you for the real-life scenarios you will experience as a trooper.

Depending on the amount of interest shown during the application process, a lateral class will be offered at the same time. Applicants who are currently employed in a full-time law enforcement position and Tennessee POST certified could qualify for a potential lateral class. This is dependent on the number of eligible applicants but would allow for a 10-week academy with

graduation the first week of September 2021.

THP is a multi-faceted, full-service, statewide law enforcement agency with numerous divisions. Daily services performed by a Tennessee state trooper include: Assisting the public, enforcement of criminal and traffic laws, traffic enforcement, motorcycle traffic patrol, crash investigation, crash reconstruction, criminal interdiction, criminal investigations, identity crimes investigations, special operations and tactical duties, K-9 handling, diving, aviation, executive protective services, bomb squad, and much more.

Men and women interested in a career as a Tennessee state trooper must apply online, starting Wednesday, Jan. 6,

through 11:59 p.m. CST, Tuesday, Feb. 2 at <https://www.tn.gov/careers/apply-here.html>. Individuals interested in applying must be at least 21-years-old, a U.S. citizen and have a high school diploma or equivalent.

The training that you receive from our training curriculum is transferable as college credit hours. We provide the opportunity to attend numerous law enforcement training classes to obtain specialty skills such as crash reconstruction, drug recognition expert (DRE), instructor development and more. The THP is a national leader in law enforcement and is internationally accredited by the Commission on Accreditation for Law Enforcement Agencies (CALEA). Additionally, our training is Peace Officer Standards Training Commission (POST).

Once approved by the Department of Human Resources, applicants will be notified of their qualification status via email and are required to complete a survey within five days of the date of application. THP anticipates the agility and interview appointments to begin Feb. 22 through 26. If approved to interview, applicants will be notified of their appointment location based on the Tennessee Highway Patrol headquarters located closest to the applicant's residency.

"I am excited about the opportunity our troopers

have to serve the citizens of Tennessee," said Colonel Matt Perry." The role of a trooper is critical to the safety and security of our state. I am proud of the training, technology and tools troopers will receive during cadet school. We train and prepare our troopers to do their job professionally and ethically. We want the best men and women to join our ranks and promote the mission of the Tennessee Highway Patrol."

Legislation implemented in October 2012, called the Tennessee Excellence, Accountability and Management Act (TEAM Act) revised the hiring method to incorporate an interview process that tests an applicant's knowledge, skills, abilities, and competencies. As a result, there is no longer an examination to qualify for the state trooper position.

If hired, individuals must obtain a valid Tennessee driver license prior to the class graduation date. Candidates are required to successfully complete a level II background investigation which includes a credit check and polygraph test. Recruits must pass a psychological and medical examination including a drug screening.

There are currently 639 authorized commissioned trooper positions within the THP. Please be aware the majority of the vacant positions at this time are within the Middle and West Tennessee areas. Upon graduation, trooper cadets will be assigned to vacant positions across the state. The starting salary for a trooper cadet while in school is currently \$3,153 per month, with an increase to \$3,488 per month after graduation. This equates to \$41,856

annually with an annual 4.5% statutory step raise for the first 10 years. With regular pay increases, a state trooper can earn \$62,208 per year after 10 years of service under the current pay structure. Pay may also increase if you are promoted within the THP.

The position also includes a retirement plan, 401k, 457, health insurance, overtime pay and paid holidays. Troopers are also provided with winter and summer uniforms, equipment, weapons, as well as a patrol vehicle.

For additional information on becoming a state trooper, visit <http://www.tn.gov/safety/article/trpqualifications>. For more information about applications, please contact the Tennessee Department of Human Resources Applicant Services Division at (615) 741-4841.

**If You Received A Bargain Hunt Store Receipt That Showed More Than The Last 5 Digits Of Your Credit/Debit Card Number, Your Rights May Be Affected By A Class Action Settlement.**

*Para informacion en español, visite el sitio web.*

**What is this lawsuit about?** The lawsuit alleges that customers who used a credit or debit card at Bargain Hunt stores were provided with electronically printed customer receipts which had more than the last five digits of their card number printed on the receipt. Bargain Hunt denies any wrongdoing but is settling the claims in this lawsuit.

**Who is included in the Settlement?** You are included in the Settlement if you used your personal credit or debit card at any Bargain Hunt store and you were provided with an electronically printed customer receipt between August 1, 2016 and June 30, 2017 that shows more than the last 5 digits of your card number.

**What are my rights? Submit A Claim -** You can get up to \$100 from the Settlement. To be eligible for any money, you must submit a Claim Form by March 22, 2021 along with: (1) An original or copy of a receipt from any Bargain Hunt store between August 1, 2016 and June 30, 2017 showing more than the last 5 digits of your credit/debit card number; or (2) An original or copy of your credit/debit card statement showing your first and last name, and a purchase from any Bargain Hunt store between August 1, 2016 and June 30, 2017.

Visit [FactaReceiptSettlement.com](http://FactaReceiptSettlement.com) for more details on benefits available and how to submit a claim.

[FactaReceiptSettlement.com](http://FactaReceiptSettlement.com)

**Do Nothing -** If you do nothing, you will remain in the Settlement, but you will not receive any money from the Settlement, and you will be bound by the orders and judgment of the Court and give up your rights to sue for the claims resolved by this Settlement. **Object -** You can stay in the Settlement and object to the Settlement. Your objection must be mailed to the Settlement Administrator on or before February 5, 2021. **Exclude Yourself -** If you do not want to be legally bound by the Settlement and you want to preserve your right to sue about the claims released by this Settlement, you must request to be excluded on or before February 5, 2021. If you exclude yourself, you will not receive any money from this Settlement.

The parties will request a Fairness Hearing before the Honorable Judge Andy Pralier, Division 2, on April 1, 2021, at 10:00 a.m. to decide whether to approve the settlement and to award attorneys' fees and expenses to the Settlement Class Counsel appointed by the Court, plus Settlement Class Representative incentive awards. If the hearing date/location changes, the updated information will be posted on the settlement website. Applicable pleadings will be posted on the website below after they are filed. You may attend this hearing, but you do not have to. If you want to be represented by your own lawyer, you may hire one at your own expense, but you do not have to.

**This is a summary notice only.** For more information about the Settlement, including the Long Form Notice and Claim Form, please visit [FactaReceiptSettlement.com](http://FactaReceiptSettlement.com) or write Bargain Hunt Settlement, PO Box 42546, Philadelphia, PA 19101-2546 or call 1-833-913-4213.

1-833-913-4213

# The Role Different Vitamins Play

A nutritious diet is a vital component of a healthy lifestyle. When it's part of a health regimen that includes routine exercise, a healthy diet that's rich in fruits and vegetables can help people reduce their risk for various illnesses, including chronic diseases like heart disease, cancer and diabetes.

Many adults have known about the value of fruits and vegetables since they were youngsters and their parents repeatedly told them how important it was to eat healthy foods. Despite those early lessons, the Centers for Disease Control and Prevention reports that less than 10 percent of adults and adolescents eat enough fruits and vegetables. That's unfortunate, as fruits and vegetables are loaded with vitamins that benefit the body in myriad ways.

The U.S. National Library of Medicine notes that vitamin deficiency occurs when people do not get enough of certain vitamins. Recognizing the many functions vitamins serve may compel adults and adolescents to include more fruits and vegetables in their diets.

**Vitamin A:** The

USNLM notes that vitamin A helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin. According to the World Health Organization, vitamin A deficiency is the leading cause of preventable blindness in children and increases the risk of disease and death from severe infections.

**Vitamin B6:** Vitamin B6 helps form red blood cells and maintain brain function. Though the National Institutes of Health notes that isolated vitamin B6 deficiency is uncommon, a deficiency has been associated with various conditions, including a weakened immune system and dermatitis cheilitis, a condition marked by scaling on the lips and cracks at the corners of the mouth.

**Vitamin C:** Vitamin C is an antioxidant that promotes healthy teeth and gums, helps the body absorb iron and maintains healthy tissue. In addition, vitamin C plays an integral role in helping wounds heal. Vitamin C deficiency impairs bone function, and Merck notes that in children that impairment can cause bone lesions and contribute to poor

bone growth.

**Vitamin D:** The USNLM notes that 10 to 15 minutes of sunshine three times per week is enough to produce the body's vitamin D requirement for people at most latitudes. It's hard to rely on food to supply ample vitamin D, which helps the body absorb calcium that is necessary for the development and maintenance of healthy teeth and bones.

**Vitamin E:** Vitamin E helps the body form red blood cells and utilize vitamin K. Green, leafy vegetables like spinach and broccoli are good sources of vitamin E. The Office of Dietary Supplements notes that a vitamin E deficiency can cause nerve and muscle damage, potentially leading to muscle weakness and vision problems.

**Vitamin K:** Vitamin K helps to make certain proteins that are needed for blood clotting and the building of bones. The T.H. Chan School of Public Health at Harvard notes that the main type of vitamin K is found in green leafy vegetables like collard greens, kale and spinach. Vitamin K deficiency is rare, but it can lead to bleeding, hemorrhaging or osteoporosis.

Vitamins are crucial to human beings' overall health. Eating ample amounts of fruits and vegetables is a great and delicious way to avoid vitamin deficiency.

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# Obituaries



**Jim Matoy**  
Jim Matoy, 52, Bagdad Community, passed away Dec. 25 Riverview Regional Medical Center. A celebration of life will be held at a later date for family and close friends

in Smith County and also near his native Tellico Plains.

He was born Jan. 8, 1968 in Tellico Plains. He was a 1968 graduate of Tellico Plains High School, a commercial

painter and employed by Sentell Brothers.

He was preceded in death by: father, James C. Matoy and sister, Wilma Jean Matoy Martin.

Surviving relatives include: mother, Essie

B. Rose Matoy; children, Dylan and wife, Leslie of Madisonville, Kathryn Matoy, Sam Matoy and Silas Matoy, all of Plantation, Fla.; spouse, Sonya Albritton and her children, Jacob Butler,

Brenden Thrower and Dacey Thrower; siblings, Dillard Matoy and wife Debbie of Sweetwater, Emma Matoy Hamby and husband, Arlin of Tellico Plains, Randal Matoy and wife, Holly of Sweetwa-

ter, Judy Matoy and Rex Matoy, both of South Carolina; and grandchildren, Mason, Avery and Jaxon.

**Sandersons of Kempville** was in charge of arrangements.

**Fillmore Woodard**

James Fillmore Woodard, 89, of the Funns Branch Community, passed away Dec. 24 at the Quality Center for Rehabilitation and Healing in Lebanon. Funeral services were held Dec. 28 from the Hackett Chapel of **Sanderson**

**Funeral Home** with Bro. Frank Bratcher officiating. Interment followed in the Gene Butler Cemetery.

He was born March 19, 1931 in Funns Branch Community. Most of his life he was engaged in farming, but he also worked for a pe-

riod of time at the Texas Boot Co. in Lebanon. He was also a member of the former Ensors Chapel United Methodist Church in the Funns Branch Community.

He was preceded in death by: parents, Lemuel Bates Woodard and May Belle Woo-

dard; sisters, Kathleen “Dean” Woodard Duke, Golden Cleo Woodard Campbell Hines, Eva Avo Woodard Sircy and Minnie Belle Woodard; brothers, W.G. Woodard and Edgar Lee “Whitey” Woodard; son, Tony Mikell Woodard; and mother of their children,

Nellie Pearl Givens Woodard Carver.

Surviving relatives include: children, Diane Woodard Gilbert and husband, Carl of Smithville and James F. Woodard Jr. and wife, Edna of Hartsville; grandchildren, Jeffrey Woodard and wife,

Amanda, Chad Woodard and wife, Tracey, Chris Woodard and Cassandra Woodard; stepson, Carl David Gilbert and wife, Cecelia of Smithville; stepgrandson, Sonny D. Gilbert; five great-grandchildren; and three great-great-grandchildren.

**Miriam Duke**

Miriam Duke, 82, of Louisville, Ky., passed away Dec. 22. Funeral services were held Dec. 28 at **Anderson Upper Cumberland Funeral**

**Home**. Interment followed in the Granville Cemetery.

She was born Sept. 7, 1938 in Roderfield, W. Va.

She was preceded in

death by: parents, Isaac and Lilly (Cox) Warren; and siblings, Elsie Warren, Lawrence Warren, Francis Anderson, J.E. Warren, twin brother, Mark Warren and Pren-

tice Warren.

Surviving relatives include: husband, Winfred Martin Duke; son, Michael Duke (Christine); daughter, Michelle Shutt (Nick); grandsons,

Nathan Duke, Alex Duke (Melanie), Ryan Shutt and Ethan Shutt (Brooke); great-grandchildren, Teagan Gordon-Duke, Elliot Duke, John Duke and Zoe Duke.



**Helen Ruth Maxwell Draper**

Helen Ruth Maxwell Draper, 91, of Jackson County, passed away Dec. 22 at Lakeshore Meadows Nursing Home in Nashville. The family has chosen cremation

with a memorial service to be conducted at a later date with burial to follow in Rob Draper Memorial Cemetery.

She was born Sept. 21, 1929 in Jackson County. She was a member of the Gainesboro Church

of Christ, DAR and the Jackson County Historical Society. She was a bookkeeper with Twin Lakes Telephone Company.

She was preceded in death by: parents, Charles and Ida Whitaker

Maxwell; husband, Ward Draper; brothers, Charles, Fred and Carson Maxwell; and sisters, Frances Chaffin and Lucye Long.

Surviving relatives include: son, Edward Ward Draper of Texas; daughter, Denise Horn of Nash-

ville; granddaughter, Josephine Maxwell Horn of Nashville; and cousin, Jean Garrett Richardson.

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

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**Joe F. Scantland**

Joe F. Scantland, 80 of Gainesboro, passed away Dec. 25 at Vanderbilt University Medical Center. Graveside ser-

vices were held Dec. 29 at Lynn Cemetery in the Burrstown community with Bro. Kenneth Anderson officiating.

He was born Oct. 15,

1940 in Gainesboro.

He was preceded in death by: parents, William and Ora Hix Scantland; brothers, Lawton, Eston, Elbert, Tim and

Lando Scantland; and sisters, Louise Barlow, Ina Poston and Dorothy Stewart.

Surviving relatives include: wife, Edna

Scantland; son, Fred Scantland; daughter, Teresa Naff; sisters, Martha Flynn and Betty Hix; three grandchildren; three great-grandchildren; and

other relatives and many friends.

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

**Janie May Benson**

Janie May Benson, 64, of Gainesboro, passed away Dec. 29 at her residence. Graveside services were held Jan. 2 at the Clark Cemetery in Macon County.

She was born Sept. 24, 1956 in Jackson County. She was a homemaker and a member of the Church of Christ.

She was preceded in death by: parents, Bernice Newberry and Maude

Raines Newberry; and sister, Belinda Roark.

Surviving relatives include: husband, Horace Benson of Gainesboro; son, Josh Stafford of Gamaliel, Ky.; step daughters, Jenny Benson and

Sabrina Benson; and sisters, Rita Biggs of Gainesboro and Betty Tuck of Red Boiling Springs.

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

## A Week In Jackson County History

**January 15, 1970**

**A & W Federal Loan Approved**

The Small Business Administration has approved a \$43,750 loan to Jackson County-Gainesboro Development Company, to assist the A & W Manufacturing Company, in the expansion of its plant, it was announced by U.S. Sen. Howard H. Baker (R-Tenn) and U.S. Rep. Joe Evins (D-Tenn).

The \$87,500 expansion of the company, which manufactures upholstered living room furniture, will provide 65 new jobs, bringing to 150 the number employed. The money will be used to construct a building.

**Schools To Remain Closed: Water Main Bursts At Bridge In Deep Freeze**

The schools in Jackson County will remain closed through Monday, January 19, according to an announcement Tuesday by Supt. Ed Meadows Smith.

Jackson County Schools have been closed since Tuesday, Jan. 6, due to the snow and icy roads which created extremely hazardous driving conditions.

Classes could possibly have resumed today (Thursday) but a main water line across the Cumberland River bridge burst and Jackson County High School is without

water.

**Evins Speaks To Development Directors**

“I can foresee the day when the Upper Cumberland will become the tourist mecca of the nation,” Rep. Joe L. Evins said Monday night, January 5, as he spoke in Cookeville at the annual meeting of the board of directors of the Upper Cumberland Development District.

“We have magnificent mountains and scenery,” the Fourth District Congressman continued, “and with enterprising businessmen beginning to develop many recreation enterprises in our area, our potential is boundless.”

Evins cited the con-

struction of the Cordell Hull Lock and Dam as adding another “water wonderland to Dale Hollow and Center Hill reservoirs.”

**Dycus Super Market** Fresh Picnics \$.37 a pound.

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Romeo Juliet

## Sutton Ole Time Music Hour Will Live Stream

Sutton Ole Time Music Hour- Sutton General Store, Granville announced during the month of January due to COVID the weekly bluegrass shows will be streamed. Jimmy Bilbrey, Manager of Sutton Ole Time Music Hour said in order to comply with current State of Tennessee guidelines the show will occur each week in January but with no live audience. The show will be streamed each Saturday at 6 p.m. on Sutton Ole Time Music Hour facebook page.

The show will be aired each week on all the radio stations nationwide as

well as on the granvilletn.com website. The weekly bluegrass show, which began in April, 2008 is now heard each week in every state in the United States, every nation in the world and to our military around the world.

Bilbrey stated it is very important that our weekly show occurs each week. Bands to perform in January as follows: Jan. 2 Silver Point, Jan. 9 Valley Grass Express, Jan. 16 Fredonia Bluegrass Band, Jan. 23 Foxfire Newgrass and Jan. 30 Bluegrass Solutions.

Sutton’s Bluegrass for Kids will begin on Feb.

6 and continue through May 15, 2021 as part of Sutton Ole Time Music Hour. Young musicians are invited to perform on stage with the professional bluegrass performing that week. They will be featured with band doing one number during live taping



**Live Stream** – Sutton Ole Time Music Hour during the month of January will only be available via live stream and weekly radio show.

of the show. All youth that perform will be asked to come back and perform at the Uncle Jimmy Thompson Bluegrass Festival-Heritage Day on May 29, 2021.

For more information contact Jimmy Bilbrey at info@granvilletn.com.

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# What To Expect During A Bathroom Remodel

There are many reasons to renovate a home. Some homeowners purchase fixer-uppers and commit to making major renovations before they even move in, while others may renovate their homes with an eye on resale value. But many homeowners also take on renovation projects to make the homes more livable for themselves.

Bathroom renovations are popular projects. In fact, a 2018 survey from the National Association of Home Builders found that bathroom remodels are the most popular remodeling projects. But just because bathroom remodeling projects are popular doesn't mean they're easy to endure. Knowing what to expect during a bathroom remodel can help hom-

owners get through the renovation process.

**Cost**  
Bathroom remodeling projects can be expensive. According to Remodeling magazine's "Cost vs. Value 2019" report, a mid-range bathroom remodeling project cost an average of \$20,420 in 2019, while an upscale remodel cost just under \$64,000. Homeowners should develop budgets for their bathroom renovation projects to determine which type of project they can afford. In addition, setting aside a little extra money for overruns is a wise move that can help homeowners handle any unforeseen expenses that arise during the project.

**Noise**  
Few home renovation projects can be undertaken quietly, and bathroom renovations tend to generate a lot of noise. The noise can be difficult to overcome for professionals who work from home full-time, and it also can be hard on parents of young children who still nap and don't yet go to school. Parents of young children may find it best to delay bathroom renovation projects until their children are school-aged and out of the house for most of the day on weekdays.

**Mess**  
The debris generated by bathroom renovation projects is another thing homeowners must prepare for. In addition to preparing for the waste generated by the project, first-time renovators must realize that dust might be a big issue

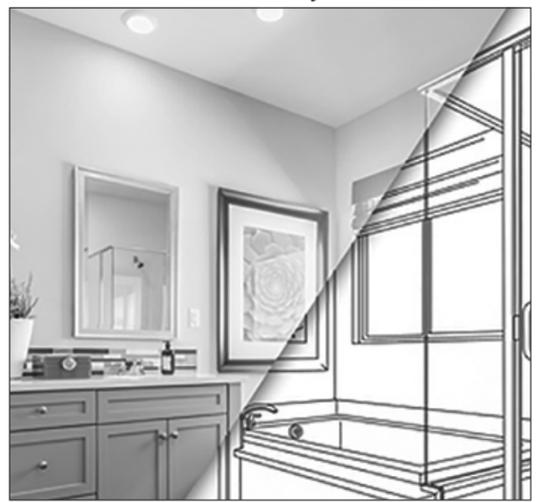
once the project begins. Dust can pose a threat to residents' overall health, particularly the health of youngsters whose bodies haven't yet fully developed. As a result, parents of young children may want to schedule renovations during family vacations so their children are exposed to as little dust as possible.

**Changes**  
Few renovations go off without a hitch. Once a project begins, contractors often uncover issues that weren't noticeable to the naked eye. These issues may increase the cost of completing a project or force homeowners to change their plans to make the project stay as close to their budgets as possible. Recognizing that these decisions may have to be made on the

fly can help homeowners feel more prepared when unexpected issues arise.

Bathroom renovation projects are worthwhile investments. Knowing what to expect during a bathroom renovation project can help homeowners handle all the twists and turns that may arise.

ing what to expect during a bathroom renovation project can help homeowners handle all the twists and turns that may arise.



**Bathroom**—Bathroom renovation projects are worthwhile investments. Knowing what to expect during a bathroom renovation project can help homeowners handle all the twists and turns that may arise.

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**Facts About The BIBLE** BY JOHN LEHTI  
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ALTHOUGH SOLOMON'S FAME AS A WISE KING IS NOTED IN THE BIBLE, LITTLE HAS BEEN SAID OF HIS NEIGHBOR TO THE SOUTH—THE QUEEN OF SHEBA. THIS YOUNG WOMAN, RULER OF WHAT TODAY IS THE MOST SOUTHERN POINT OF SAUDI ARABIA, HAD TO BE AS EQUALLY SMART AS HER MORE FAMOUS NORTHERN COUNTERPART. THOUGH MISTRESS OF A RICH COUNTRY HERSELF (CALLED WHAT TODAY IS THE LAND WAS A CROSSROADS OF MANY IMPORTANT TRADE ROUTES TO THE EAST, THIS SHEBA DID PROFIT IMMENSELY) SHE COULDN'T HELP BUT BE IMPRESSED BY THE TALES OF SOLOMON'S TREMENDOUS WEALTH AND THE ABSOLUTE LUXURY OF HIS PALACE...SO SHE ADORNED HER STRANGE DARK BEAUTY WITH HER FINEST GARMENTS AND SET OFF TO VISIT SOLOMON IN THE NORTH.

NOW, IT SHOULD BE QUITE OBVIOUS THAT SHEBA'S VISIT WASN'T JUST TO VIEW SOLOMON'S MAGNIFICENCE—FOR THE TRIP ITSELF HAD TO TAKE THE BETTER PART OF THREE YEARS—AND SHE WENT WITH A GREAT TRAIN OF CAMELS LOADED WITH GIFTS, SPICES, PRECIOUS STONES, PEARLS, ONE HUNDRED AND TWENTY TALENTS OF GOLD (ABOUT \$185,000). THIS YOUNG QUEEN WAS "LOADED FOR BEAR" AS THE SAYING GOES—AND SHE GOT IT!

ONCE AT SOLOMON'S COURT, THE QUEEN OF SHEBA "COOED AND AHHEED" AT EVERYTHING SHE SAW AND HEARD! SOLOMON'S HEAD HAD TO BE SWIMMING FROM ALL THE VERBOSE FLATTERY WITH WHICH SHE DELUGED HIM. AND SOLOMON, CERTAINLY A LADIES MAN BY REPUTATION, SEEMS TO HAVE SUCCEEDED TO HER SUBTLE CAMPAIGN—AT LEAST THE RECENT LATE EMPEROR OF ETHIOPIA, HAILE SELASSIE, THOUGHT SO—FOR HE TRACED HIS OWN LINEAGE BACK TO MENELIK, SUPPOSED OFFSPRING OF THE ROYAL COUPLE'S "CONFERENCES". HOWBEIT, WHEN SHEBA LEFT, SHE TOOK BACK TO HER OWN COUNTRY IMPORTANT TRADE AGREEMENTS, PROFITABLE TO HER FOR YEARS TO COME. FOR, IN THE WORDS OF THE BIBLE... "AND KING SOLOMON GAVE UNTO THE QUEEN OF SHEBA ALL HER DESIRE, WHATSOEVER SHE ASKED..." SMART LITTLE LADY!

**NEXT WEEK: WASTED STRENGTH!**

AREA CHURCHES		
<b>BAPTIST</b>	<b>CHURCH OF CHRIST</b>	<b>JEHOVAH'S WITNESS</b>
GLADDICE MISSIONARY BAPTIST	HURRICANE CHURCH OF CHRIST	JEHOVAH'S WITNESSES
NEW HOPE BAPTIST CHURCH	FREESTATE CHURCH OF CHRIST	<b>METHODIST</b>
NEW ZION MISSIONARY BAPTIST CHURCH	LAKEVIEW CHURCH OF CHRIST	CURRY CHAPEL UNITED METHODIST CHURCH
SPRING CREEK THE BAPTIST CHURCH	LIBERTY CHURCH OF CHRIST	FAIRVIEW FREE METHODIST CHURCH
DODSON BRANCH SOUTHERN BAPTIST CHURCH	MCCOINSVILLE CHURCH OF CHRIST	GAINESBORO FIRST UNITED METHODIST
GAINESBORO FIRST BAPTIST CHURCH	MORRISON CREEK CHURCH OF CHRIST	GRANVILLE UNITED METHODIST CHURCH
CUMMINS MILL BAPTIST CHURCH	NEW SALEM CHURCH OF CHRIST	MOUNT UNION UNITED METHODIST CHURCH
<b>CATHOLIC</b>	NORTH SPRINGS CHURCH OF CHRIST	<b>OTHER</b>
ST. THOMAS AQUINAS	PLEASANT HILL CHURCH OF CHRIST	WARTRACE COMMUNITY CHURCH
<b>CHURCH OF CHRIST</b>	RICHMOND CHAPEL CHURCH OF CHRIST	MOUNTAIN CHAPEL MINISTRY
BEECH GROVE CHURCH OF CHRIST	SHILOH CHURCH OF CHRIST	SONLIGHT CHURCH
BAGDAD CHURCH OF CHRIST	STONE CHURCH OF CHRIST	POSTON'S COMMUNITY CHAPEL CHURCH
BURRISTOWN CHURCH OF CHRIST	SUGAR CREEK CHURCH OF CHRIST	MT. PLEASANT COUNTRY CHURCH OF GOD
CENTER GROVE CHURCH OF CHRIST	WHITE'S BEND CHURCH OF CHRIST	OLD ANTIOCH COMMUNITY CHURCH
CHURCH OF CHRIST	UNION HILL CHURCH OF CHRIST	NEW HOPE COMMUNITY
DUDNEY'S HILL CHURCH OF CHRIST	WHITLEYVILLE CHURCH OF CHRIST	WORLD OUTREACH
FREEWILL COMMUNITY CHURCH OF CHRIST	ZION CHURCH OF CHRIST	PLEASANT GROVE PRESBYTERIAN CHURCH
FLYNN'S CREEK CHURCH OF CHRIST		BURRISTOWN ASSEMBLY OF GOD
GIBSON AVENUE CHURCH OF CHRIST		DILLARD'S CREEK COMMUNITY CHURCH
HAYDENBURG CHURCH OF CHRIST		THE LIFE HOUSE CHURCH
		JC CHRISTIAN FELLOWSHIP

# Leisure

## TIGER



# HOROSCOPES

**ARIES**  
**Mar 21/Apr 20**  
 Aries, you may be tempted to loosen up and show more of your personality at work this week. Just remember to exercise discretion in situations that call for professional demeanor.

**TAURUS**  
**Apr 21/May 21**  
 Think before you speak this week, Taurus; otherwise, you may let go of something you had preferred to keep to yourself. Carefully think over your comments.

**GEMINI**  
**May 22/June 21**  
 Gemini, try to balance your feelings by focusing on the facts rather than "what ifs." It's alright to feel anxious, but try not to let it overwhelm you the next few days.

**CANCER**  
**June 22/July 22**  
 Cancer, you may finally get the answer to a problem or situation that has been on your mind for some time. It will be a relief to finally let this go and focus

on new possibilities.  
**LEO**  
**July 23/Aug 23**  
 Leo, take some time this week to brainstorm creatively. How would you change things if time and money were no issue? Speculating can provide inspiration.

**VIRGO**  
**Aug 24/Sept 22**  
 Virgo, even when under pressure, you manage to present yourself as capable of getting the job done. Always put your best foot forward and portray yourself as someone who is steady.

**LIBRA**  
**Sept 23/Oct 23**  
 Libra, playing it casual and projecting your friendly charm simply isn't going to cut it at work this week. You will have to make it clear that you're ready for a serious discussion.

**SCORPIO**  
**Oct 24/Nov 22**  
 Scorpio, temptation is around every corner. Figure out a way to stay grounded and on a successful track. Friends and

family are ready and willing to help.

**SAGITTARIUS**  
**Nov 23/Dec 21**  
 An issue that has to be addressed this week, Sagittarius, even though you would rather it just disappear. Focus on a plan and then get others to back you.

**CAPRICORN**  
**Dec 22/Jan 20**  
 Capricorn, you are generous with your time, and now many people are asking for help. You may start to feel burdened. Learn how to say "no" with tact.

**AQUARIUS**  
**Jan 21/Feb 18**  
 Aquarius, check in with a friend if you have an emotional issue that needs working through. It won't be helpful to keep your feelings bottled up inside for too long.

**PISCES**  
**Feb 19/Mar 20**  
 Being in a relationship is a balance of give and take, Pisces. You may feel uncomfortable asking for what you need, but you shouldn't.

## 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. Kindling material     | — I — — — — | Easily cut, as a steak | — E — — — — |
| 2. Put your feet up      | — — — — X   | Running race           | — — — — Y   |
| 3. Keep balls in the air | — — G — — — | Rainforest             | — — — — N   |
| 4. Dummy bullet          | — — — — K   | Tasteless              | — — — — D   |
| 5. Moisten the lawn      | — — T — — — | Place a bet            | — — — — G   |
| 6. Use a broom           | — W — — — — | Slumbered              | — L — — — — |
| 7. Give one's word       | — — — — R — | Take for granted       | — — — — M   |
| 8. Investigate           | — — — — B — | Writing style          | — — — — S — |
| 9. Root for              | — — — — R   | Blush location         | — — — — K   |
| 10. Baby feline          | K — — — —   | Fingerless glove       | M — — — —   |

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## Weekly SUDOKU

by Linda Thistle

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

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

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

Answer

### Weekly SUDOKU

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

- Even Exchange**  
 1. Water, Walter  
 2. Clit, Slith  
 3. Bagger, Bigger  
 4. Fern, Fern  
 5. Heil, Vail  
 6. Folly, Filly  
 7. Temp, Temper  
 8. Fumble, Fuddle  
 9. Folly, Filly

## CROSSWORD

1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
15					16				17				
18				19					20				
				21					22				
23	24	25				26					27	28	29
30					31						32		
33			34	35					36	37			
			38						39				
40	41	42				43					44	45	46
47						48					49		
50						51					52		
53						54					55		

- ACROSS**  
 1 Nile vipers  
 5 Cistern  
 8 Sprint  
 12 Guitarist Atkins  
 13 -- -de-France  
 14 Formerly  
 15 Antelope's playmate  
 16 Its days are numbered  
 18 Degree of excellence  
 20 Endures  
 21 "Nova" ailer  
 22 Lass  
 23 Regions  
 26 Volcanic crater  
 30 "Entourage" agent  
 31 Branch  
 32 Felon's flight  
 33 Trinidad music  
 36 Fountain drinks  
 38 Fine, at NASA  
 39 Marry  
 40 Marry  
 43 Actor Rory
- DOWN**  
 47 Squid dish  
 49 Big fair, for short  
 50 "Oops!"  
 51 Drench  
 52 Peruse  
 53 Facts and figures  
 54 Guitar master Paul  
 55 Tolkien creatures  
 1 Outlet letters  
 2 The Mets' old home  
 3 Rind  
 4 American flag feature  
 5 Bad habits  
 6 Winged  
 7 Aviv preceder  
 8 Disney duck  
 9 &&&&  
 10 Ella's style  
 11 Towel word  
 17 Israeli airline  
 19 Small ammo  
 22 Leg, in slang  
 23 Efron of "Parkland"
- 24 Man-mouse link  
 25 Zero  
 26 -- -Magnon  
 27 Right angle  
 28 Squealer  
 29 Early hrs.  
 31 Request  
 34 Motorcycle maker  
 35 "The Raven," for one  
 36 Actor Gibson  
 37 Stick  
 39 Is patient  
 40 Gulf War missile  
 41 "Funny!"  
 42 Oodles  
 43 Manitoba tribe  
 44 They can take a yoke  
 45 -- the crack of dawn  
 46 Agrees silently  
 48 Piercing tool



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# Opinion



## Our Best Hope For A Return To Normality:

WILLIAM ANDREW TODD, D.O.  
Infectious Diseases & Internal Medicine Specialist

In the course of recorded history, four human innovations have shaped our daily lives and extended our current lifespan beyond those of our ancestors.

First, the concept of safe drinking water was introduced by the Greeks and was later brought to the masses by the Roman Empire. This concept is very simple in modern times, but in the ancient world huge epidemics of cholera and dysentery would spread quickly through civilizations leading to extremely high mortality rates.

Second, sanitation protocols developed, during and after the bubonic plague, reduced rodent and insect populations. Thus decreasing the spread of bacteria responsible for killing half of Europe's population in the 14th century—an equivocal death toll of 370 million people in today's numbers.

Third, vaccines currently prevent 2.5 million deaths each year. Most striking, childhood death rates have drastically decreased by 74% in the United States since 1900.

Finally, antibiotic therapy has allowed humans to survive infectious diseases that had previously been fatal in the pre-antibiotic era.

SARS/CoV2 is the novel coronavirus that causes COVID-19, a severe viral infection of the lower respiratory tract that has claimed the lives of almost 325,000 Americans to date. In total, nearly 19 million people in the United States have tested positive for the virus.

This viral pandemic began in the fall of 2019 and has significantly disrupted the daily lives of all Americans, as well as the rest of the world. The Tennessee Department of Health reports 560,000 Tennesseans infected with COVID-19, resulting in 6,500 deaths. There have been many significant developments in the care and treatment of patients with COVID-19 including: antiviral therapy, monoclonal antibodies and most recently a vaccine.

Two COVID-19 vaccines have received emergency use authorization, from the U.S. Food and Drug Administration, commonly referred to as the Pfizer/Biontech and Moderna vaccines. These vaccines were developed in an unprecedented short period of time, which has raised concerns amongst many Americans regarding the vaccine's safety.

With these thoughts in mind, I ask the readers to allow me the opportunity to present unbiased evidence and facts to earn their trust in the vaccines:

**Question: Are the COVID-19 vaccines safe?**

Answer: Yes, the COVID-19 vaccines were studied for safety and efficacy. Both meet the same standards for safety that have been required for vaccines in the past such as: measles, mumps, polio, and small pox. During the investigation trials, conducted over the summer and fall of 2020, the vaccines were found to cause mild and expected post-vaccination symptoms such as: low-grade fever, chills, and injection site

## The COVID-19 Vaccine

Individuals that have previously had a severe reaction to a vaccine or those experiencing symptoms of COVID-19, in the preceding 14 days prior to vaccination, were not given the vaccine. There have been a small number of people that experienced a severe reaction to the COVID-19 vaccine. Severe reactions are to be expected, but the number of people experiencing these types of reactions, are much less than statistically expected. Six cases of Bell's palsy have been reported in the United Kingdom, but none in the United States.

**Questions: Are the COVID-19 vaccines effective?**

Answer: Yes, both vaccines are among the most effective vaccines ever produced. The vaccines reported 95% effectiveness in preventing COVID-19 infection. There are a few differences between the two vaccines. The Pfizer/Biontech vaccine requires extreme cold storage and is dosed 3 weeks between injections. The Moderna vaccine can be stored in a standard freezer and is dosed 4 weeks between injections.

**Question: How do the COVID-19 vaccines work?**

Answer: Both vaccines are made using a string of code called messenger RNA (mRNA). The string of code is used by our immune system to train infection fighting cells to recognize the virus and block it from entering a person's respiratory tract.

**Question: How are the COVID-19 vaccines made?**

Answer: In February of 2020, Chinese scientists unlocked the entire genetic code of the SAR/CoV2 coronavirus. The code was posted, with open access on the internet, allowing scientists from around the world to study the code and find a potential target for a vaccine. A target was discovered by a computer program that was used to translate the single string of code used for the vaccine. The vaccine code was printed and packaged into a delivery device called a liposome. The liposome acts like a delivery truck bringing the vaccine code to our immune system when the vaccine is injected in a person's arm.

**Question: So, why were the vaccines granted emergency use authorization by the FDA after such a short period of time?**

Answer: Prior to the COVID-19 vaccines, the shortest period of time for development was the mumps vaccine developed over 4 years in the 1960s. The COVID-19 vaccines were developed more quickly for several reasons. First, mRNA vaccine technology had already been developed in 2010, but until now there had not been a disease suitable to apply the vaccine technology. The SARS/CoV2 virus was a perfect candidate for mRNA technology. Second, the FDA took a bold step in allowing Phase 2 and 3 studies to

Please See "Normality"  
Page 12

## Has the VA Called About Solid Start?



by Freddy Groves

Have you been separated from the service for less than a year? Did you receive your phone calls from the Department of Veterans Affairs? They will try to contact you at the 90, 180 and 365-day point. The reason: Solid Start.

Solid Start is a program to ensure that newly separated veterans know what their benefits are. Some that you might have questions about are housing assistance, health care, home loans, pension and employment. (Be sure you've updated contact info on eBenefits so they know how to find you.)

Solid Start is more than just benefits info. Many of us have a tough time when we make the switch to civilian life. With so many changes, some of us don't do well with all the upheaval to our lives. But you're not alone. We've all made that trek.

If the stress is too much, the VA can help

there, too. Even if you haven't signed up yet for VA health care, if you're struggling, walk into any VA medical center, day or night, or a Vet Center clinic during open hours. Just walk in.

Meanwhile, be sure you're signed up for VA health care. Start by calling (1-877-222-8387) Monday through Friday, 8 a.m. to 8 p.m. ET.

To learn more about Solid Start, go online to [www.benefits.va.gov/transition/solid-start.asp](http://www.benefits.va.gov/transition/solid-start.asp) and scroll around. Don't miss the Find Resources button. You'll see links to medical centers, PTSD programs, benefits, substance disorder programs, all of it.

If you get a call from 1-800-827-0611, that's the Solid Start folks. That's also their hotline should you need help. Call them if you haven't heard anything in the first 90 days.

Just a heads up: When these VA reps call you, they won't be asking for any financial info. If someone does, they're fakes and thieves, so hang up.

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Letters to the editor must be signed and include the address of the writer. The name will be published with the letter, but the address will be withheld. Unsigned letters will not be considered.

It is our right to reject any and / or all letters we deem questionable. Readers are encouraged to write letters to the editor as this is your forum.

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|--|--|--|--|--|
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|--|--|--|--|--|

# Lifestyles

## Alternative Baseball Seeks Out The Upper Cumberland

ADAM PARKS  
Staff Writer

The Alternative Baseball Organization (ABO) is looking to add Livingston to its list of nationwide affiliates.

The ABO is an organization founded by Taylor Duncan of Dallas, Ga. Their goal is to provide an authentic baseball experience for adults and teens ages 15 and up with autism and other disabilities.

“We’ll go anywhere, we’ll serve any area. Really, it’s just about providing the experience for others from both the smallest of areas to the largest of metros,” Duncan said. “We strive to give our players an experience that’s truly priceless.”

The ABO helps coaches schedule games with

other teams around the country and is working on adding more teams to Tennessee for more local contests.

The ABO currently has teams in Chattanooga, Nashville, Huntsville (AL), Auburn (AL), Meridian (MS), Greater Jackson (MS), Shreveport (LA), Houston (TX), Kerrville (TX), Spartanburg (NC), Anderson (NC), Greater NC Triad, Greater Charlotte (NC), Greater Atlanta (GA), Columbus (GA), Savannah (GA), Charleston (SC) and Louisville (KY).

“The first year would probably be more practices than games, to get our players ready for the games, because a lot of them have never had the opportunity to participate before, because they’ve

been denied so many times in the past,” Duncan said.

There are a few steps to take before a team would be able to be started in the Livingston area, first being finding a coach.

“It takes six months to fill a full team due to the lack of catered services available in most areas for teens and adults with disabilities. So in spite of the pandemic, recruitment for 2021 has begun virtually. We are looking for a volunteer coach/manager, volunteers and players to help us start a new program serving those in Livingston and the surrounding area,” Duncan said.

More information regarding the ABO is available on their website at <https://www.alternativebaseball.org/>.



## Blast From The Past



**Gainesboro Landing** – Pictured is the historic Gainesboro Landing as it looked in the early 1900’s, ferry’s used to come up and take people across the river.

Sentinel

## RECIPES of the WEEK

### 3 Ingredient Old Fashioned Potato Candy (No Bake)

1 small potato (should fit in a 1 cup measuring cup, you can also use half of a medium potato) peeled and cut into 1-2 inch pieces

6-8 cups powdered sugar  
2/3 cup peanut butter  
1/2 teaspoon vanilla (optional)

**Instructions**  
Place potato in a small pot, cover with water boil until very tender. Drain and transfer to a large

bowl. Mash (or use hand mixer) until smooth and lump-free.

Add 4 cups powdered sugar and mix until blended (will be a sticky mess at this point). If opting to use vanilla, mix in now. Mix in more powdered sugar, 1 cup at a time, until mixture is very thick (slightly thicker than cookie dough).

Lay down a large sheet of wax paper and sprinkle generously with powdered sugar. Transfer candy mixture to the wax paper and sprinkle the top with more

powdered sugar. Roll out to 1/4 inch thick rectangle.

Spread peanut butter evenly over candy. Roll tightly (long side toward long side), then wrap in the wax paper. Cut in half crosswise and put the two halves inside a large resealable bag. Seal the bag and chill for at least 30 minutes until firm or until about 30 minutes before ready to serve.

Unwrap candy and slice into 1-inch thick slices and serve or store in airtight container, chilled, up to 2 weeks.

### Sour Cream Coffee Cake

1 cup Oleo (Margarine or Butter)  
1 1/2 cup sugar  
1 cup sour cream  
2 eggs  
2 cups flour  
1/2 teaspoon soda  
1 1/2 teaspoon baking powder  
1 teaspoon vanilla

**Instructions**  
Beat Oleo, sugar and eggs. Then blend in sour cream. Add dry ingredients which have been sifted together. Add vanilla.

Put half of the mixture in a greased pan. Sprinkle with half of the nut mixture then add remaining dough and top with

remaining nut mixture. Place in cold oven. Turn heat to 350 degrees and bake about 55 minutes.

Nut Mixture for Top and Middle of Sour Cream Coffee Cake  
3/4 cup of chopped pecans  
1/4 cup sugar  
1 teaspoon cinnamon  
Mix together.

### Baked Apples

After you core apples for baking fill the cavities with red cinnamon candies or crushed bits of peppermint sticks. These will provide a special fla-

vor.

Instead of using a flat pan for baking apples put each apple in a muffin pan cup. Then each apple will be supported while it bakes and individual por-

tions of juice and syrup will collect in the bottom of each cup.

To keep apples from bursting, prick the skins before baking.

\*\*\*\*

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# Sports

## Blue Devils Split Games Against Tigers

MATTHEW STAFFORD  
staff writer

The Blue Devils basketball teams of Jackson County High School took the court to face Pickett County, on Tuesday, Dec. 29

The Lady Blue Devils lost to the Lady Bobcats 64-26.

Scoring for the girls against Pickett County were: Emma Crockett with five, Ericka Davidson with four, Emma Stepp with one, Lilly Chaffin with four, Emma Chaffin with three, Rylee Anderson with five, Riley Thomas with two and Rachel Harris with two.

“We had a good first half. I thought we battled with them. But we failed to compete in the second half. They pressured us better than anyone all year and we didn’t handle it very well. Hopefully we will learn and get better,” Coach Jim Brown said.

The JCHS Blue Devils lost to the Bobcats 65-61.

Scoring for the boys against Pickett County

were: Hayden Stacy with four, Jordan Arroyo with three, Drew Clinard with two, Ramon Cuevas with 12, Eli Burris with 17, Chris Pigg with four, Kendrick Brown with four and Braden Jones with three.

“Tonight was a tough loss in the district for us. We just didn’t score the ball well enough the second half. We got out-scored 32 to 18,” Coach Kevin Thomas said.

Following the game against Pickett County was a game against Gordonsville on Thursday, Dec. 31.

The Blue Devils basketball teams of Jackson County High School took the court to face Gordonsville, on Thursday, Dec. 31

The Lady Blue Devils lost to the Lady Tigers 41-30.

Scoring for the girls against Gordonsville were: Ericka Davidson with four, Nikki Ragland with three, Jacklyn Agee with 10, Lilly Chaffin with two, Emma Chaffin with six and Emma

Crockett with five.. The JCHS Blue Devils win against the Tigers 65-44.

Scoring for the boys against Gordonsville were: Ramon Cuevas with 12, Eli Burris with 24, Kendrick Brown with seven, Chris Pigg with eight, Hayden Stacy with two and Jordan Arroyo with 12.

“Big district win for our team tonight on the road against a solid Gordonsville team. Our boys played the best we have played sharing the basketball on the offensive end of the floor. They were very coachable with our defensive scheme tonight also. Just a big win to end this crazy 2020 year,” Coach Kevin Thomas said.

The Blue Devils will take the court again Monday, Jan. 4 at Van Burean County at 6 p.m., Tuesday, Jan. 5 at Clay County at 6 p.m., Friday, Jan. 8 at home against Red Boiling Springs at 6 p.m., and Saturday, Jan. 9 at home against Cascade at 2 p.m.



SENTINEL Photos / Matthew Stafford

I Want It, No I Want It – Ramon Cuevas and two Bobcat defenders look to catch the basketball as it comes toward them.



I’m Going To Get It – Emma Chaffin has the ball batted up in the air away from her.



Oh No – Emma Stepp tries to save the ball from going out of bounds.



Excuse Me – A Lady Blue Devils player tries to get around Lady Bobcat defenders on her way to the basket.

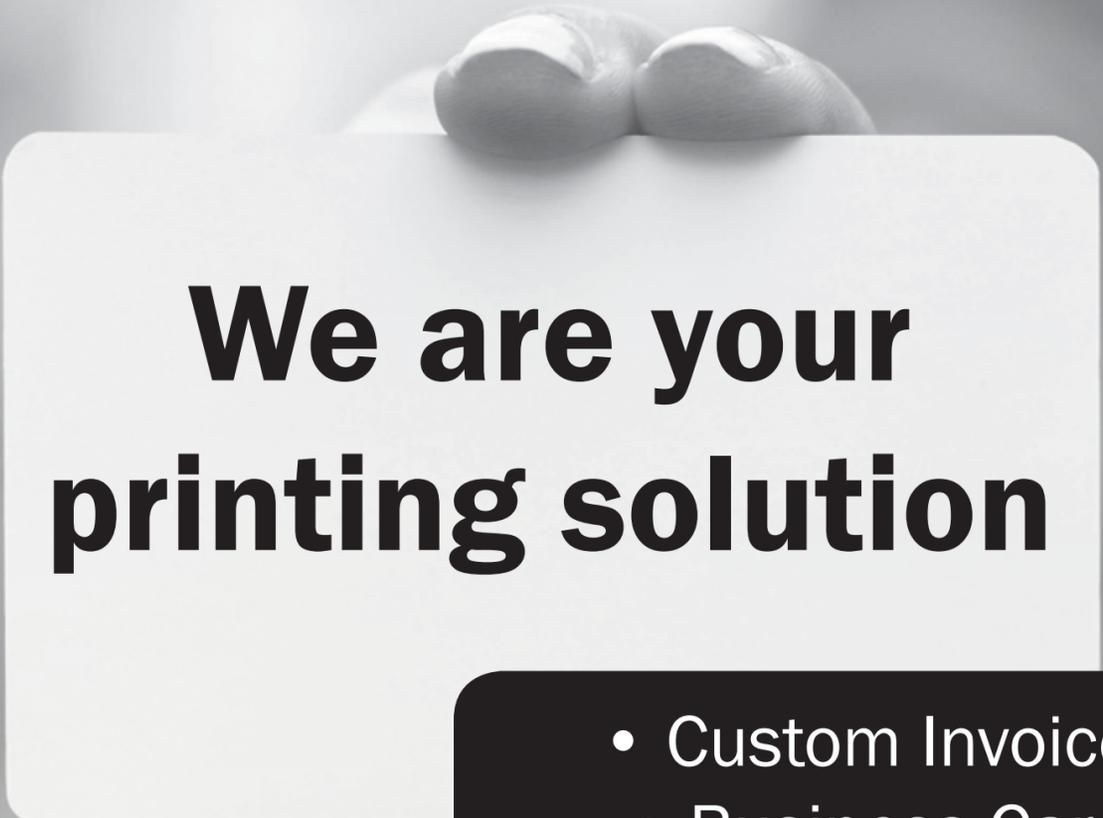


Get Open – Eli Burris looks for a teammate to pass the ball to.



Oh My They’re After Me – Jordan Arroyo tries to outrun the Bobcat defense for an easy basket.

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**This project is funded under an agreement with Tennessee Housing Development Agency through the US Department of Housing and Urban Development.**

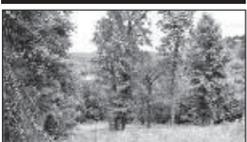
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<p><b>CD967 - HIGHWAY 56</b></p>  <p>In a great location, we have 1.16 acres improved with a large concrete slab and a paved driveway and parking area. This property was used as a market and garage in the past. There is a small portable bank building on site, along with a septic system and water tap. Natural gas is available. This would be a great place for a business. Priced at only \$50,000.00. MLS # 1817603</p>	<p><b>CDP155 - CARL DIXON LANE</b></p>  <p>Offering a seasonal lake view and the lake just across the road we have this nice three bedroom, two bath brick home with a new metal roof and really nice kitchen with granite counter tops and stainless steel appliances. Other amenities are a two-car garage, 28x48 barn, and a large front deck overlooking the Corp property that you can sit and watch the various wildlife. This home is priced at \$274,900.00.</p>
<p><b>CD926 - CAMP DISCOVERY LANE</b></p>  <p>Overlooking Cordell Hull, we have 4.89 ac. +/- being mostly wooded. This property is septic approved and has city water and electric available. This property has long road frontage and lots of wildlife. Price is \$16,000.00. MLS # 1813155</p>	<p><b>CDP152 - WEBSTER ROAD</b></p>  <p>Convenient to Cordell Hull Lake and Indian Creek Campground, we have approx. 84 acres +/- with long road frontage. This property is mostly wooded and offers bench and ridge fields that are grown up currently but can be cleared back out. City water and electric is available and wildlife is plentiful. Priced to sell at \$141,000.00.</p>

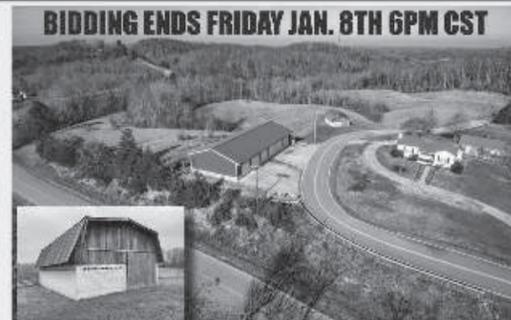
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**“Normality”**  
Continued From Page 6

run concurrently rather than consecutively. Third, since no virus is used in the production of the vaccine, labor and time intensive methods for growing viruses to make vaccines was eliminated.

**Question: Will the vaccine give me COVID-19?**

Answer: No, a virus was never used in the creation or production of this vaccine. The vaccine code cannot be used by our body to make an active virus. There are no live or deadened viruses used in the production of these vaccines.

**Question: If I have already had a COVID-19 infection and**

**survived, do I need to get the vaccine?**

Answer: Yes, currently it is strongly recommended that all adults receive the COVID-19 vaccine, including those adults who previously had a COVID-19 infection. There have been hundreds of documented cases of second infections with COVID-19 in the United States.

**Question: Will the vaccine code change my human genetic code (DNA)?**

Answer: No, the virus code in the vaccine cannot enter our own human genetic code due to several safeguards. Our human genetic code is held in an entirely separate area of our cells preventing interactions. The vaccine code

is made of RNA, which is an entirely different molecule and cannot mingle with our human DNA. Our immune system is already programmed to destroy a vaccine mRNA code that might wonder off into a part of our body where it does not belong.

**Questions: As a physician, will you take the COVID-19 vaccine?**

Answer: Yes, I was extremely fortunate to be amongst the first healthcare providers in the Upper Cumberland to receive the COVID-19 vaccine. I received my first dose of the Moderna vaccine on Dec. 23, with very minimal post-vaccination symptoms that were controlled with simple over-the-counter

anti-inflammatory medications. I took the vaccine for several reasons. First, I believe in the science of vaccination as an effective public health tool to prevent the spread of infectious diseases that can cause agony for patients. Second, as a physician I feel that vaccinations are a part of my duty in the service of my patients. Finally, I want to return to the way life was prior to the COVID-19 pandemic. I want to watch high school sports, travel to see my extended family, stop the suffering of my fellow man, and resume the healing power of human touch.

The COVID-19 vaccines are a bright ray of hope in this cold, dark winter that we all face.

Unfortunately, it is not the cure-all for our situation, administering the vaccine to millions of Americans will extend several months into 2021.

Therefore, continued hand hygiene, social distancing, avoidance of large gatherings, and facial coverings must continue as well to fight this pandemic. For those citizens that observe mitigation practices, I profoundly appreciate their commitment to protecting other citizens.

I strongly encourage those citizens that do not currently observe mitigation strategies to consider participation as a show of patriotism and a Christ-like love for all people including strangers.

*Editor's Note: William Andrew Todd, D.O. is an Infectious Diseases & Internal Medicine Specialist for the Byrdstown Medical Center PLLC.*



**Physicians Receive Vaccine** - William Todd is pictured here receiving his COVID-19 vaccination.

# Moments In Time

**The History Channel**

On Jan. 19, 1809, poet, author and literary critic Edgar Allan Poe is born in Boston. In 1836 Poe married his 13-year-old cousin, Virginia Clemm, and completed his first full-length work of fiction, “Arthur Gordon Pym.”

\*\*\*

On Jan. 23, 1941, Charles Lindbergh, a national hero since his nonstop solo flight across the Atlantic, testifies before Congress and suggests that the U.S. negotiate a neutrality pact with Hitler. He publicly denounced “the British, the Jewish and the Roosevelt Administration.”

\*\*\*

On Jan. 21, 1950, former State Department official Alger Hiss is convicted of perjury in testimony about his alleged involvement in a Soviet spy ring before and during World War II.

\*\*\*

On Jan. 20, 1961, 87-year-old Robert Frost recited his poem “The Gift Outright” at the inauguration of President John F. Kennedy. Although Frost had written a new poem for the occasion, faint ink in his typewriter made the words difficult to read, so he recited “The Gift Outright” from memory.

\*\*\*

On Jan. 24, 1972, after 28 years of hiding in the jungles of Guam, farmers discover Shoichi Yokoi, a Japanese sergeant who was unaware that World War II had ended. Yokoi went into hiding in 1944 rather than surrender.

\*\*\*

On Jan. 22, 1984, during Super Bowl XVIII, audiences first see a commercial now widely agreed to be one of the most powerful and effective of all time. Apple’s “1984” spot featured a young woman throwing a sledgehammer through a screen on which a Big Brother-like figure preached about “the unification of thought.”

\*\*\*

On Jan. 18, 1990, Washington, D.C., Mayor Marion Barry is arrested and charged with drug possession and use of crack cocaine. Barry was caught on camera at a downtown hotel smoking crack with Rahsheeda Moore, who had agreed to set up Barry in exchange for a reduced sentence on a drug conviction.

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