



LIVINGSTON ENTERPRISE

Overton County's Local Newspaper



Sports 1B

Lifestyles 6

www.livingstonenterprise.net

Tuesday,
January 11, 2022

BRIEFLY

Walmart and Sam's Club Dispensing Antiviral Medication

Walmart and Sam's Club pharmacies are dispensing the authorized COVID antiviral medication, Paxlovid and Molnupiravir in Tennessee through the U.S. Federal Retail Pharmacy Therapeutics Program. Select Walmart and Sam's Club pharmacies are receiving limited supplies of the COVID-19 antiviral medication. The medication is only available with a prescription from a healthcare provider.

Customers and healthcare providers can go to <https://www.walmart.com/covidmedication> and use the store locator to find their nearest store or club that is carrying this medication to send the electronic prescription.

Since the COVID-19 antiviral medications are prescribed to those with COVID-19, it will only be available at Walmart and Sam's Club by curbside pickup or via drive-thru pharmacy windows.

Walmart worked closely with the federal government and state health departments to select locations where states' determined the treatment was needed most. While initial treatment supply is limited, Walmart and Sam's Club pharmacies stand ready to help expand treatment access nationwide.

Walmart and Sam's Club pharmacies will continue to support states and the federal government to help increase the access and availability of authorized COVID-19 antiviral medication and COVID-19 vaccines. Walmart will also continue to make flu vaccines and other preventative vaccines available. To stay up-to-date on how Walmart and Sam's Club are supporting the COVID-19 vaccine rollout, visit <https://corporate.walmart.com/covid-vaccine>.

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Overton Joining Opioid Agreement

BRIAN WILMOTH
Editor

The Overton County Commission agreed to join the Tennessee State Subdivision Opioid Abatement Agreement Monday.

By taking the action, the county becomes eligible to receive payments from lawsuits filed against opioid manufacturers, distributors and retailers during the ongoing opioid epidemic.

"Right now we don't know exactly what kind of money-it's going to be several million dollars over 18 years coming to Overton County to help with the opioid problem," Overton County Executive Ben Danner said. "The first step is us getting this resolution in and agreeing to be in the settlement."

By passing the resolution, Overton County joins

other local governments across the state in the litigation settlements. According to the resolution, the agreement is a framework of a unified plan to allocate the funds.

"There's a breakdown in the packet, but it's a clear as mud," Danner said. "There's about four different sections in it."

According to the breakdown, municipalities will receive a percentage of settlement funds. Overton County would receive either 0.37-percent or 0.38-percent of the settlement to spend on the opioid crisis.

"When we do find out, the county commission will have figure out what to do with that money," Danner said.

The agreement said that payments could begin as early as April.

Help Needed For Homeless Count

BRIAN WILMOTH
Editor

Homelessness advocates in Overton County will need volunteers in an attempt to get an accurate count of the homeless population later this month.

The annual "Point in Time", or PIT, count will take place during the night of Jan. 25. In the Upper Cumberland, Homeless Advocacy of Rural TN (HART) assists the federal government with the count.

Vivian Walker is the Homeless Programs Advocate for the Crossville Housing Development Corporation. She said that although numbers have always been low in the county, she thinks that is because the count has not always been accurate.

"PIT Count began in this region in 2005," Walker said. "The numbers in Overton County have always been very low—even zero. However, we believe this county, as other rural counties, has been terribly under represented. That is the reason we are trying to involve local people and businesses who will, hopefully, catch the vision of the need and partner with us to end homelessness in your area."

People wanting to volunteer with HART for the 2022 PIT count in Overton County can start by contacting Connie Garrett at 931-310-9865. She is the County Captain coordinating the efforts in Overton County.

According to Walker, volunteers are needed for more than just going out on the night of Jan. 25 to do the count.

"Volunteering for the PIT count could include gathering supplies to give out to families/individuals

who are homeless, talking to individuals/businesses who might encounter homeless people—make them aware of PIT count and of HART's mission, and of course, they can go out to look for homeless individuals on the night of Jan. 25," Walker said. "If they choose the latter, they would go out after dusk to the assigned places where the homeless might be staying for the night—abandoned buildings, parks, alleys, behind stores, underpasses... and try to talk with them and complete a survey form. Typically, they might have a small token or gift to thank them for their time."

Walker said she hopes if volunteers have a positive experience, it will lead to more involvement.

"Because we need volunteers on different levels, and for different things, I would love to see ten volunteers," Walker said. "Our hope is that these people will take an ongoing interest in our cause and continue to work with us year around."

With over 550,000 Americans experiencing homelessness each night, the PIT count is important in establishing where help may be needed. Walker said an accurate count could help get communities assistance and funding to tackle the problem.

"The PIT count was established by the federal government to find out where there are homeless populations and what barriers (drugs, criminal records, mental illness, lack of income, COVID...) might be contributing to the problem," Walker said. "This information goes into a big data base and reports are created to cat-

Winter Weather: Round 2



ENTERPRISE Photo / Social Media

More Snow - A second round of winter weather struck the Upper Cumberland Thursday. Anywhere from four-to-six inches of snow were reported throughout the region, with the snow and low temperatures snarling traffic through the weekend. According to the National Weather Service, Thursday's snow was significantly lighter than the snow earlier in the week, leading to fewer power outages.

Year's First Baby

egorize issues. From there, programs are created to address the barriers and funding can be made available for those who might want to open a project to help end homelessness. Bottom line, if the government thinks there are no homeless in your county, they will not fund assistance for them."

In addition to federal assistance, Walker said that the count could be a revelation to people living in the community about how homelessness is affecting their neighbors.

"The PIT count is a way to bring awareness to communities about the needs in their own back-

yard," Walker said. "The HUD definition of Category 1 homeless includes families or individuals who are staying in sheds, garages, campers, tents, cars, park benches, abandoned buildings...any place not made for human habitation. Many do not realize that. We educate our volunteers to give out HART cards so these people can call our referral line (844-556-7626). We will assess them and try to connect them to a program that is best suited for their needs. Many of the programs come with services as well as permanent housing."

Walker said her organization's stated mission is to

eliminate homelessness in the region.

"HART is a diverse group of businesses and individuals who want to end homeless in our region, 18 rural counties which includes Overton," Walker said. "We have monthly zoom meetings where members and associates can join together and share ideas, become educated about the needs and barriers of the homeless populations, and serve on committees to help end homelessness."

Walker said if you are interested in coming to the meetings or joining HART, you can contact her at 931-484-3207.



Year's First Baby - Livingston Regional Hospital's 2022 New Year's Baby, Marshall was delivered at 2:08 a.m. Saturday, Jan. 1. Born to parents Taylor and Tristan of Rickman, Marshall weighed 8 pounds, 2 ounces and measured 24-1/4 inches long. Dr. Kenneth Colburn was the OB and Dr. Mark Langenberg is Marshall's pediatrician.

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BETTY WHITE 1922-2021

Reining In Government Spending Will Be Very Tough

LEE H. HAMILTON
special to the Enterprise

With a \$1 trillion infrastructure package on the books and the Biden administration’s \$1.8 trillion “Build Back Better” measure preoccupying the Senate after passing the House, government spending is very much on Americans’ minds. In public meetings, I frequently hear people say that government’s share of the economy is too big, and it’s likely that voters’ feelings about federal spending in particular will figure prominently in next year’s elections.

If you look ahead, even beyond the current debate on Capitol Hill, there’s no question that there will be intense pressure to expand even further. To deal effectively with climate change, reckon with the impact of an aging population, handle the health care needs of Americans post-pandemic—these are problems that will demand a role for government. Which, in turn, will mean more spending, more bureaucracy, more opportunity for corruption, and less space for the individual enterprise that fuels economic prosperity.

The US is not alone in this. “On current forecasts,” The Economist wrote recently, “government spending will be greater as a share of GDP in 2026 than it was in 2006 in every major advanced

economy.” What other countries do about it will be up to them. What the US needs to do, however, is to take a hard look at where we’re headed. This will be extremely difficult. Inertia is powerful in government—once a program is established, it’s much easier just to let it continue, no matter how ineffective. And public interest in using government to solve real problems that people care about is a powerful force. Politicians quickly learn that not everyone who decries big government really means it; some people may oppose the idea in general, but when it comes to cutting a government service or program that benefits them or addresses an issue they follow, they’ll storm the barricades.

It’s worth remembering that government did not grow big by accident. It was pushed by a desire to address real problems, to respond to the demands of real people—both well-meaning and self-interested—and to meet the soaring visions of elected leaders.

The challenge, it seems to me, will be to develop a mindset that looks realistically at what government can and cannot do well and that appreciates that government’s ability to satisfy the demands it faces is limited. Overall, our goal should be to sustain a government that

performs well, intervening where it can be effective and avoiding areas where it cannot be.

How do we do this? We have to focus on where government is being asked to intervene and ask whether it’s really necessary and whether there are market-based or other solutions that are preferable. We have to examine the effectiveness of public programs—at the federal, state, and local levels—by checking regularly on how they’re operating, asking whether improvements can be made, examining whether the private sector could do it better, and, where a program is ineffective, either cutting or eliminating it.

To be sure, it’s baked into the American system to debate the proper role and scope of government. We’ve been doing it since the beginning. But turning debate into action is far more difficult. When I first entered politics, I thought that making government more efficient and effective was such a blindingly

obvious goal that everyone would rush to embrace it. And, rhetorically, most people—both in and outside government—do. But regardless of their ideological hue, they all have their exceptions, places where they want government to expand—the military or health care or basic R & D or critical infrastructure. Add those up, and you get a government that never stops growing.

What we need, in the end, is to lower our expectations of government. So far, we haven’t shown that we’re very good at it.

Lee Hamilton is a Senior Advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O’Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

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

The First Amendment to the Constitution

Mail Delays Prompt VA to Extend Deadlines

VETERANS POST

by Freddy Groves

The Department of Veterans Affairs ran into a big snag with a printing vendor and a lot of notification letters to veterans were delayed. But fear not -- the VA is extending your response time.

The Government Printing Office, which provides printing services via contracted vendors, couldn’t get out the notification letters dated from July 13, 2021 and Dec. 31, 2021. Some of those letters, which required a response from veterans, could have dealt with required exams for compensation and pension, or for making an election about services or benefits, or more.

Typically, there are problems if you don’t respond in time. However, at this point, because of the delayed mailings, the VA isn’t going to terminate, reduce or deny services and benefits unless you’ve been contacted and there’s documentation about your right to respond; or the information it asked you for

has been received; or the response period has ended.


If you haven’t received an expected communication from the VA, call 800-827-1000 to ask about the status of any letters you should have received. Be certain they have current cellphone, home phone, email and address info for you.

If you’ve filed an appeal, the Board of Veterans’ Appeals also is experiencing significant delays in getting information to you about hearings and decisions. As of last month, the board is figuring up a workaround to get information to you and your representatives. If you’re waiting on a notice about a hearing, they’ll try any number of methods to reach you. If you have to postpone, call them ASAP. If you’re waiting on a decision, ask your rep to access Caseflow to see if your decision information has been included yet.

For more information, including ways to get additional assistance, check www.bva.va.gov/docs/Delayed_notifications_fact_sheet.pdf

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EDITORIAL POLICY
Letters to the editor must be signed and include the address and phone number of the writer 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 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.
Editorials and letters do not necessarily reflect the opinions or ideas of the publishers or editors of the Livingston Enterprise.

Adam Johnson
Publisher

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Your Elected Officials

Livingston Aldermen

Rex Dale 510-5955	Dr. John Clough 823-3030	David Langford 823-5598	Chris Speck 823-1201	Kelly Coleman 823-7345	Ken Dodson 403-2866
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Overton County Commissioners

Roger Carr 397-3873	Jesse Bowman 445-3922	Cindy Robbins 397-3455	Phillip Talley 498-3393	Donna Savage 823-7007
Darwin Clark 644-3917	Robbie Melton 823-6933	Jeff Long 510-8613	Geraldine Walker 397-4165	Billie G. Phipps 498-3347
Shane Walker 644-5408	Lee Richards 397-7905	Gail McCowan 445-7838	Randall Boswell 445-7004	Gregg Nivens 823-8589

Overton County School Board Members

Bruce Hudgens 823-1404	Mike Hayes 970-405-5926	Dolphus Dial 823-2455	Wayne Taylor 823-2991
Alice Reed 267-9967	William Abston 445-3482	Mitchell Stonecipher 261-2590	Ricky Dodson 498-2776
	Jarman Hicks 823-2486	Mike Gilpatrick 823-2587	

Representatives

Paul Bailey 304 War Memorial Building Nashville, TN 37243 (615) 741-3978	John Mark Windle 24 Legislative Plaza Nashville, TN 37243 (615) 741-1260	John Rose 1232 Longworth HOB Washington, DC 20515 (202) 225-4231	Bill Hagerty B11 Russell Senate Office Building Washington, DC 20510 (202) 224-4944	Marsha Blackburn B40B Dirksen Senate Office Building Washington, DC 20510 (202) 224-3344
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Obituaries

Say "Thank You" with a Card of Thanks in The *Enterprise*.
Deadline 12 p.m. Mondays.

Lucille Mae Warden
Lucille Mae Warden, 93, of Ohio, passed away Jan. 2 from the Day Springs Nursing Home in Enon Ohio. Graveside services were held Jan. 8 from the Holly Springs Cemetery.
She was born Dec. 22, 1928 in Hamilton, Ohio. She worked an assortment of jobs including a newspaper counselor, store clerk and housekeeping services for motels and private homes.
She was preceded in death by: parents, George F. and Carrie M. (Will) Wending; husband, Tom Warden; sister, Florence Glock; brothers, Lawrence, George, John, Edward and Robert; and children, Richard T. Warden, Deborah A. Khammari, Lloyd B. Warden and Jack F. Warden.
Surviving relatives include: sons, Horace (Buck) Q. Warden of Kettering, Ohio and Melvin (Mel) D. Warden and wife, Geraldine (Paige) of Pascagoula, Miss; daughters, Irene D.

Garry Marshall Cravens
Garry Marshall Cravens, 67, of Baxter, passed away Jan. 7 from Cookeville Regional Medical Center. A Celebration of Life Service will be conducted at a later date.
He was born Aug. 3, 1954 in Overton County. He was a member of First Baptist Church of Cookeville and a member of Livingston Academy Class of 1972.
Surviving relatives include: daughter, Amy Mahan and husband, Mark of Cookeville; parents, Clovis Cravens and Flora Cashion; grandsons, Nev Sullivan and Kade Sullivan and wife,

Betty F. Shewmake
Betty F. Shewmake, 74, of Monroe, passed away Jan. 8 from Livingston Regional Hospital. A Celebration of Life Service will be held Jan. 15 from Grace Baptist Church in Alpine with Bro. John Copeland officiating.
She was born Nov. 25, 1943 in Overton County. She was a member of Grace Baptist Church.
She was preceded in death by: parents, George and Lucy Paul Daniel; husband, Billy Shewmake; brothers, Troy Daniel and

Warden of Cookeville and Darlene L. Seibert and husband, Wayne of Fairborn, Ohio; grandsons, Benjamin R. (Ben) Warden of Enon, Ohio, Christopher T. Warden and wife, Michelle L. (Carmody) of The Woodlands, TX, Kyle M. Warden of Kettering, Ohio, Ramzi R. Khammari of Boulder, CO, Jonathon R., Alan T. Seibert of Fairborn Ohio, Brian F. Seibert and wife, Lacey Rose of Piqua, Ohio and Daniel Seibert of Kettering, Ohio; granddaughter, Sarah Kate Mae Warden; great grandchildren, Joseph, Lillian and James Warden of The Woodlands, TX, Morgan Seibert of Kettering, Ohio, Sherry Seibert of Piqua, Ohio, Jeremy Seibert of Piqua, Ohio and Jacob Seibert of Piqua, Ohio; great, great granddaughter Mya Seibert of Piqua, Ohio; many friends; and especially Carol Smith of Fairborn, Ohio.
Speck Funeral Home was in charge of arrangements.

Kenna; great grandson, shepherd Sullivan; brother, Jimmy Cashion of Fayetteville; sisters, Debbie Eslick and husband, Terry of Fayetteville, Pan Guenther of Indiana, Deborah Tayes of Cookeville, Robin Seal of Indiana and Tina Whitaker of Indiana; nieces, Charity Norrod and husband, Keith of Monterey, Samantha Passwater of Monterey, Angie Stults of Cookeville and Markie Hastings of Las Vegas, NV; and nephews, Derrick Eslick, Dillon Richards and Corey Passwater.
Speck Funeral Home was in charge of arrangements.

Eugene Daniel; sisters, Bernice Freeman and Hassie Pearson; and step son, Charles Mace.
Surviving relatives include: sister, Jewel Dennis of Akron, Ohio; step sons, Jackie Shewmake of Portland, IN and Rick Shewmake of Carmel, IN; step daughter, Ronda Currie of Saline, MI; a host of grandchildren and great grandchildren; and several nieces and nephews.
Speck Funeral Home was in charge of arrangements.

Gail Liebreich
Gail Pennington "Patchers" Liebreich, 65, of Livingston, passed away Jan. 8 at her residence. The family has chosen cremation this is her request.
She was born Feb. 21, 1956 in Gainesboro. She worked in education as a school teacher for years until she retired. She loved
Jeanette M. Preece
Jeanette M. Preece, 55, of Cookeville, passed away Jan. 4. Funeral services were held Jan. 5 from the chapel of Livingston Funeral Home with Bro. Eric Dillon, Bro. Brett Gibbons and Bro. Rudy Oakes officiating. Cremation followed.
She was born Feb. 25, 1966 in Paintsville, KY. She was a member of the Algood First Freewill Baptist Church. Her favorite place to go on vacation was the beach and she enjoyed watching the hummingbirds in her yard. She loved her family very much.
She was preceded in death by: parents, Earl and Helen Wells Mollett; and sisters, Eula Dean Mollett and Iva Dean Davis.
Surviving relatives in-

Frankie Booher
Frankie Booher, 61, of Allons, passed away Jan. 5 from his residence. Funeral services were held Jan. 9 from the chapel of Speck Funeral Home with Bro. Shane Nelson and Bro. Isaiah Booher officiating. Interment followed in the Davis Cemetery.
He was born April 1, 1960 in Overton County. He loved going fishing and camping, visiting the Smoky Mountains and talking with his friends.

Carol Lee Kesty
Carol Lee Kesty, 78, of Livingston, passed away Jan. 8 from her residence. Funeral services were held Jan. 11 from the chapel of Speck Funeral Home with Bro. Harold Walker officiating. Interment followed in the Overton County Memorial Gardens.
She was born Sept. 6, 1943 in Mansaquan, NJ. She loved going camping, working and going to church.
She was preceded in death by: parents, Robert and Esther Lemansky Daniels; husband, Edward Kesty; son, Clyde "Stan" Stansberry; granddaughter, Jessica Roseth; and little dog, Tango.
Surviving relatives include: daughters, Tammy Delyn Long and husband, Paul of Livingston, Kathy Mattson and husband, Dave of Minnesota and Cheryl Roseth and husband, Sey-

Eddie Ray Booher
Eddie Ray Booher, 53, of Moss, passed away Jan. 8 from Signature Healthcare. Funeral services will be held Jan. 12 from the chapel of Speck Funeral Home with Bro. Isaiah Booher officiating. Interment followed in Mineral Springs Cemetery with Military Honors provided at graveside by the Overton County Veterans Honor Guard.
He was born Oct. 31, 1968 in Overton County. He loved boating and fishing. He always enjoyed working on projects traveling and listening to classic rock music.
He was preceded in

traveling to Florida and spending time there.
She was preceded in death by: parents, Eskel and Wanda Alyne (Boles) Pennington.
Surviving relatives include: husband, George Jones.
Hall Funeral Home of Livingston was in charge of arrangements.
clude: husband, Bro. John Preece of Cookeville; daughter, Jennifer (Jerri) Hicks and husband, Joseph of Rickman; son, Jonathan Justin Preece and wife, Kristy of Algood; grandchildren, Avery Ann Taylor, Jeana Hicks, Jacob Hicks and Jonah Hicks; brothers, Marty Mollett, Jerry Mollett, Richard Mollett, Michael Mollett and Mark Mollett, all of Martin County, KY; sisters, Anna Mae Spriggs of Johnson County, KY, Emma Leona Fetterly of Vinton, Ohio, Olivean Johnson, Janet Hill and husband, Dale, Alice Cole and Linda Mollett, all of Martin County, KY; and a slew of nieces and nephews.
Livingston Funeral Home was in charge of arrangements.

He was preceded in death by: father, Cecil P. Booher; brothers, Junior Booher and Eddie Ray Booher; and sister, Barbara Jean Booher.
Surviving relatives include: mother, Hattie Booher of Allons; sisters, Thelma Boles of Livingston, Jewell Solsbee of Livingston and Anna Mabrey and husband Allen of Allons; and several nieces and nephews.
Speck Funeral Home was in charge of arrangements.

mour of Minnesota; sons, Doug Stansberry and wife, Anice of Rickman, Danny Stansberry, of Florida and Eddie Kesty and wife, Renee of Minnesota; 10 grandchildren; 18 great grandchildren; several nieces and nephews; sisters, Patricia Barlow and husband, Ray of Livingston, Bonzie Buck and husband, David of Livingston, Mary Stafford and husband, David of Rickman and Dorothy Cross and husband Gary of Murfreesboro; and special friends, Robin and Brenda Peever and Jeanny Hedgecoth.
Pallbearers were Philip Dodson, Darian Barlow, Andy Beechboard, Andy Stafford, Lyle Blodgett, Josh Patterson and Joe Stansberry. Honorary pallbearers were Mark Buck and Chucky Speck.
Speck Funeral Home was in charge of arrangements.

death by: father, Cecil P. Booher; daughter, Alysaa Booher; and brother, Frankie Booher.
Surviving relatives include: son, Isaiah Booher of Cookeville; mother, Hattie Booher of Allons; sisters, Anna Lee Mabrey and husband, Allen of Allons, Jewell Solsbee of Livingston and Thelma Boles of Livingston; and several nieces and nephews.
Pallbearer were Cody Threet, Ricco Carter, Isaiah Booher, Allen Mabrey and Steve Raines.
Speck Funeral Home was in charge of arrangements.



Michael Shawn Walker
Michael Shawn Walker, 45, of Rickman, passed away Jan. 4 at the Livingston Regional Hospital. Funeral services were held Jan. 8 from the chapel of the Hall Funeral Home of Livingston with Bro. Wayne Sullivan officiating. Interment followed in the Harris Chapel Cemetery.
He was born July 23, 1976 in Livingston. He always loved animals of all kinds from the time he was little until the day he passed away. He worked driving trucks but his real love was working with cattle.
He was preceded in death by: mother, Vivian Adele (White) Walker; and paternal grandparents, Fred and Magalene Walker.
Surviving relatives in-

Rex Lee Harris
Rex Lee Harris, 69, of Livingston, passed away Jan. 3 from Livingston Regional Hospital. Funeral services were held Jan. 5 from the chapel of Speck Funeral Home. Interment followed in the Martin Cemetery.
He was born March 24, 1952 in Overton County. He loved watching wrestling and listening to classic rock and roll and country music.
He was preceded in death by: parents, Omer Lee and Mildred Jean Harris; wife, Judy Ann Harris; and brother, Joe Michael Harris.
Surviving relatives in-

David C. Cox
David C. Cox, 56, of the Turkey Town community, passed away Jan. 4 from the Livingston Regional Hospital. Funeral services were held Jan. 8 from the chapel of Speck Funeral Home with Bro. Rick Burnett officiating. Interment followed in the Turkey Town Cemetery.
He was born Jan. 12, 1965 in Jackson County. He loved going camping and hunting, watching football and listening to country and southern rock music. He enjoyed this time working at DACCO Transmission Parts of Cookeville. He always loved riding motorcycles and four wheelers.
Surviving relatives in-

clude: sons, Peyton Allard Walker and wife, Jessica of Rickman, Mason Andrew Walker and Colton Ashawn Walker, both of Cookeville; the boy's mother, Connie; grandson, Jaxton Allard Walker; father, Gary Walker; brothers, Jason Walker and wife, Christina and Brandon Walker and Brandy; grandparents, Allard and Naomi White; aunts and uncles, Larry Walker and wife, Karoline, Tony Walker and wife, Lesia, Cindy Dial and the late Frank Dial, Anita Taylor and husband, Chris, David White and Vicki White; niece, Katelyn Walker; nephews, Colson Walker, Paxton Walker and Brody Walker; a host of cousins, other family and friends; and his sidekick, Duke the Australian Shepherd.
Pallbearers were Colson Walker, Paxton Walker, Chris Wilson, Johnathan Hill, Kodey Davis and Kyler Davis. Honorary pallbearers were Katelyn Walker and David White.
Hall Funeral Home of Livingston was in charge of arrangements.

clude: sons, Timothy Harris of Livingston and Damon Harris and wife, Desirea of Hilham; and grandchildren, Damon Tyler Harris, Coletton Harris and Braxton Holmes.
Pallbearers were Ronald Harris, Conner Harris, Tyler Harris, Randall Harris, Brandon Hargis, Chris Bowers and Shawn Ledbetter. Honorary pallbearers were Coletton Harris, Braxton Holmes, Donnie Carr, Tommy Parrish and Logan Balajadia.
Speck Funeral Home was in charge of arrangements.

clude: father, R.C. Cox of Hilham; mother, Violet Roy of Hilham; sisters, Gloria Winningham and husband, Archie of Cookeville and Carol Sue Cox of Cookeville; brother, Terry Cox of Hilham; brother, Jackie Hamlet of Baptist Ridge; niece, Britanny Cox and Julie Hamlet; and nephews, Logan Cox, Adam Winningham and Austin Winningham.
Pallbearers were Archie Winningham, Austin Winningham, Adam Winningham, Duane Winningham, Terry Cox and Logan Cox. Honorary pallbearers were Donald Winningham and Bobby Poston.
Speck Funeral Home was in charge of arrangements.

CARD OF THANKS



Inis Alene Reagan Harris

We wanted to each one for their act of kindness shown to us during the sickness and loss of our mother.

Thanks to Dr. Beaty and Celina Health and Rehab for taking such good care of our

Mother. Thank you, also, to Speck Funeral Home.

Special thanks to Derrick Copeland for his kind words. Thank you for the prayers, phone calls, flowers, cards food.

We appreciate every act of kindness shown.

In Christian Love,
The Family of Inis Alene Reagan Harris



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LIVINGSTON ENTERPRISE

Deadline: 4 p.m. Friday prior to following week's edition. Email stories@livingstonenterprise.net or bring by the office at 203 S. Church St., Livingston.

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Education

Vol State Announces Honor Roll

The following students have been named to the Fall 2021 Dean's List and Honor Roll at Volunteer State Community College. To be awarded both the Dean's List and Honor Roll recognition, students must have accumulated a minimum of eighteen overall collegiate-level hours and complete a minimum of twelve collegiate-level hours with at least a 3.750 GPA during the awarding term.

Kary McGee of Alpine



Anna Beth Colson of Monroe
Trista Bilbrey of Livingston
Ryan Phillips of Livingston

Lily Caudle of Hilham
Isaac Bordewyk of Hilham
Austin Taylor of Livingston
Emily Hargis of Monroe

Volunteer State Community College has more than 100 programs of study and offers two-year degrees, certificates and paths to university transfer. Continuing Education and Workforce Development extends the college mission to the entire community.

For more information, visit volstate.edu.

Tennessee's Community Colleges is a system of 13 colleges offering a high-quality, affordable, convenient and personal education to prepare students to achieve their educational and career goals in two years or less. They offer associate degrees and certificate programs, workforce development programs and transfer pathways to four-year degrees. For more information, please visit tncommunitycolleges.org.

Enrollment Events At Vol State

It's not too late to apply for Spring Semester classes at Volunteer State Community College locations on the Upper Cumberland.

Classes start on January 18. The college plans two weeks of Rock Enroll to help people get ready.

The event offers extended evening hours at the Cookeville and Livingston campuses and accelerated help with admissions.

Walk-in visitors can: apply and speak with Admissions about next steps; complete orientation requirements; test for placement; meet about Financial Aid; meet with an advisor; and register for classes.

People who need to complete several of these steps are recommended to visit earlier in the day to

ensure sufficient time for each step.

Rock Enroll is also a time for Fall Semester students to get help with class registration for the spring semester.

The hours are 8 a.m. to 6 p.m. Monday through Thursday and 8 a.m. to 4:30 p.m. on Fridays.

Vol State has more than 100 areas of study, including two-year degrees to get students directly into the workforce. Volunteer State Community College has campuses in Gallatin, Springfield, Cookeville, and Livingston. People can also complete the admissions process online by applying at www.volstate.edu/apply. For more information call 615-230-3688.

Tennessee Tech Chemistry Students Win National Awards

The American Chemical Society recently handed out 49 Outstanding Awards and 27 Green Chemistry Awards to student chapters for 2020-2021. The Tennessee Tech chapter brought home one of each.



"I believe this is our chapter's ninth consecutive year for receiving the Outstanding Award and our fifth consecutive year for receiving the Green Chemistry Award," Amanda Carroll, chapter advisor, said.

The Society Committee on Education selects ACS Student Chapters to receive special recognition on the basis of their programs and activities, as described in their chapter reports. Awards are classified as outstanding, commendable and honorable mention.

"The number and variety of events is what earned our chapter the Outstanding award. Our report review said the reviewers were very impressed with how our chapter was able to do so many events while maintaining a safe environment through COVID-19," Carroll said.

They were one of 27

student chapters who received the Green Chemistry Award for successfully completing green chemistry activities throughout the year.

"This puts our chapter in the top 10 percent of student chapters both nationally and internationally," Carroll said.

The Green Chemistry Student Chapter Award provides national recognition for ACS student chapters who have shown outstanding commitment to incorporating green chemistry into their annual activities. It is an acknowledgement of green chemistry activities conducted by a student chapter.

To be eligible to be recognized as a green chemistry student chap-

ter they must engage in at least three green chemistry activities during the academic year.

Student involvement in green chemistry principles and practices is essential to the integration of environmentally benign technologies in academia and industry, according to the American Chemical Society.

Recipients are recognized at the Green Chemistry Student Chapter Awards Ceremony held at ACS National Meetings, receive information on green chemistry travel awards and scholarship opportunities and gain connections with faculty engaged in green chemistry research.

The Tech chapter also drafted a proclamation

for National Chemistry Week in October that was signed by the vice mayor.

They had a week full of activities that the campus and community participated in. It included walking a mole of zepetometers around the stadium track, a lecture on Green Chemistry and how it relates to human and environmental safety, an ACS webinar about the chemistry behind a good cup of coffee and a periodic table of cupcakes and a bake sale.

They viewed the ACS ChemLuminary awards program where they found out one of their events won an award for Fostering Interactions between Local Sections and Student Chapters, had movie night and handed out free chemistry activity bags, color changing cups and baked goods to the community at the Putnam County Library.

"Our chapter strives to serve our members, campus, and community through professional development events, service activities, and chapter development and social activities," Carroll said.

Gear Up For Spring Semester

(StatePoint) The spring semester represents the academic home stretch, that time of the school year when students can see the finish line. But that doesn't mean they should coast their way to the end of the year. Be sure that they're properly equipped to put in their best effort.

Fresh School Supplies

It helps to give the start of the spring semester the same importance in your mind as the start of the school year. After all, new supplies can motivate students to get serious about their coursework. To that end, consider doing a full inventory of pens, pencils, notebooks and more, and

then updating and replacing items as needed.

Perfect Note-Taking

Note-taking can quickly become tedious or disorganized without a proper strategy. The good news is that now students have technical solutions at their disposal, some of which are free, to eliminate such concerns. For example, OneNote by Microsoft, allows students to take notes in a number of formats, include typing, stylus and even with audio. They can then access those notes across their devices. Plus, sharing and collaboration features can help out when students are assigned group projects.

Master Math

Though most students are back in the classroom, online resources are still as essential as ever for homework, studying and research. ClassPad.net is a free online mathematics platform for teachers and students that supports arithmetic, graphing, geometry and statistics and offers a personalized approach to what is for many, one of the toughest school subjects. Its greatest benefit is its cross-platform capability. Plus, using the platform, teachers and students can share problems and solutions with each other. For students who prefer a scientific or graphing calculator, the many offerings available from Casio fea-

ture natural textbook display, intuitive design, as well as a host of other features that make learning mathematical concepts fun and engaging.

Cram for Exams

Even with the best of intentions, a study session can be easily derailed by any number of digital and analog distractions. Keep students both on-task and refreshed with a productivity app that builds in short but intense work periods of no interruptions interspersed with quick breaks. The Marina Timer, for example, will allow your student to choose between different settings and find the one that fits best with their study style.

What Students Should Do After Filing The FAFSA

After completing the Free Application for Federal Student Aid (FAFSA), students can take other steps to ensure they receive as much money for college as possible, according to KHEAA.

Submitting the FAFSA is especially important for students who are expecting to receive financial aid from programs with limited funds or with early deadlines.

In the meantime, students should apply for as many scholarships as they can. Thousands of scholarships are offered by schools, companies and other organizations.

Once students submit the FAFSA, it will take several days for the application to be processed.

Students will receive a Student Aid Report (SAR) that recaps the information from their FAFSA. Students should review the SAR to ensure the information is complete and accurate. If they need to make changes, they can do so at studentaid.gov under Apply for Aid.

The SAR will also be sent to each college those services, visit students list on the



Students should check with the financial aid offices at the schools to which they've applied to make sure the SAR was received and if the school requires more paperwork.

Students should also contact schools if their family's situation changes in a major way after completing the FAFSA. They may be able to request a review from the school to see if they may qualify for more funds.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents. KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.

The Benefits Of Arts Education

Why does art matter?

This is a question that has given philosophers and artists food for thought for centuries. It's also been a leading question in many school districts when budget cuts have forced school administrators to put various curricula on the chopping block. Very often arts programs are the first to be cut.

From their earliest years, many children communicate and learn through artistic expression. Songs help them learn words and repetition to develop speech and reading skills. Drawing, painting and crafting helps to solidify motor skills. Though 88-percent of Americans consider the arts part of a well-rounded education, an American for the Arts public opinion survey found that the percentage of students receiving arts education has shrunk dramatically over the last few decades.

Houston's Arts Access Initiative, in conjunction with Houston Education Research Consortiums, found a substantial increase in arts educational experiences had remarkable effects on students' academic, social and emotional outcomes. Students who participated in arts education experienced a 3.6-percent reduction in disciplinary infractions, an improvement of 13-percent of a standard deviation in standardized writing scores, and an increase of 8-percent of a standard deviation in students' compassion for others. Compassion translated into wanting to help people who were treated badly and being more conscious of how other people feel.

The Nation's Report Card, the largest ongoing assessment of what students in the United States know and can do, shows that American students continue to score lower than many of their peers in Europe and Asia. Seeking to improve performance in reading and math may be as simple as including arts education. Researchers from the Johns Hopkins University School of Education say that instruction becomes more effective when educators integrate creative activities. Encouraging creativity and imagination across all disciplines can help shine light on new concepts and help students discover connections and innovative ideas.

To bolster support of arts in the classroom, parents and educators can point out the following benefits of arts education.

Increases creativity: The arts let students express themselves in different ways and offer outlets for all types of skills.

Improves academic performance: A report by Americans for the Arts indicates young people who regularly participate in the arts are four times more likely to be recognized for academic achievement than non-participants.

Develops motor skills: Arts helps foster motor skills, which are essential for writing letters and words, playing musical instruments, using paintbrushes, and much more.

Helps one appreciate numeracy: Art involves patterns and problem solving. Learning these skills translates into many different disciplines, including mathematics.

Grants Available For Courtroom Safe Space

Tennessee counties have an opportunity to improve safety for crime victims when they appear in court to support charges against perpetrators. The Office of Criminal Justice Programs (OCJP) is working to help community leaders access grants to create or renovate courtroom safe spaces. The funds are available through the federal Victims of Crime Act (VOCA), which is funded through fines imposed in federal courts.

“Tennessee judicial officials have been eager to provide safe spaces for victims to make sure there’s a secure place away from those who are charged with crimes,” OCJP Director Jennifer Brinkman said. “We want to avoid putting victims in vulnerable situations where they could be victimized again or in fear of moving forward with prosecution.”

OCJP worked with the Tennessee District Attorneys General Conference (TNDAGC) to access VOCA funds for this purpose.

“Because so many courthouses throughout Tennessee still lack safe spaces, our most vulnerable victims, like children and domestic violence survivors, are in danger of being re-victimized by their abusers,” TNDAGC Executive Director Guy R. Jones said. “Every Tennessee courthouse needs a safe space and

these grants can help make that happen.”

The TNDAGC was created by the General Assembly in 1961 to provide for a more prompt and efficient administration of justice in the courts of this state.

A total of \$300,000 is available and could be accessed by counties to create or update safe, trauma informed spaces or waiting rooms for victims of crime to wait for court processes or meet with the prosecutor, victim witness coordinator and other individuals assisting the victim of crime with his/her case.

Since the grants became available earlier this year, nine courthouses have received funding: Campbell, Claiborne, Madison, Morgan, Sevier, Shelby, Sullivan, Union and White Counties. Counties can access the grant application here: <https://Bit.ly/TNcourthouse>.

OCJP functions as a strategic planning agency that secures, distributes and manages federal and state grant funds for Tennessee. While collaborating with other public and non-profit agencies, OCJP utilizes these grant monies to support innovative projects statewide in efforts to reduce criminal activity, provide services for victims of crime and promote overall enhancement of the criminal justice system in Tennessee.

TDOT Ready For Bad Weather

The Tennessee Department of Transportation assures motorists it is stocked and ready to clear roadways of ice and snow. Salt supplies have been replenished in all 95 counties in preparation for the winter season, and crews have readied snow plows and brine trucks.

“We prepare for winter weather months in advance,” TDOT Commissioner Joe Galbato said. “Our salt bins and our brine are fully stocked, and our employees are ready to mobilize in the event of inclement weather. Clearing our roadways as soon as we can is vital to keeping motorists safe and traffic moving in Tennessee.”



TDOT’s statewide 2021/2022 winter weather budget is \$25.6 million and includes salt, salt brine, overtime for employees, and equipment maintenance. The department has salt vendors to refill salt bins as needed in all 95 Tennessee counties.

TDOT currently has nearly 200,000 tons of salt and more than 1.5 million gallons of salt brine ready for use. Salt brine is a salt/

water mixture used for pre-treating roads before a winter storm or to melt snow on roadways when temperatures are hovering around the freezing mark. Salt is applied to roads once the snow has started to accumulate.

When snow hits Tennessee, TDOT ice and snow removal teams focus first on clearing interstates and heavily traveled state routes and specifically target areas vulnerable

to freezing, such as hills, curves, ramps, bridges, and interchanges. During prolonged weather events, crews may have to clear roadways repeatedly.

For winter weather tips, travel information, and a regional breakdown of TDOT winter weather supplies and equipment, visit the TDOT website <https://www.tn.gov/tdot/inclement-weather/ice--snow.html>. We urge everyone to know before you go! Please check TDOT SmartWay for road conditions, incidents, and live traffic cameras. You can also follow @myTDOT on Facebook and Twitter for urgent traffic information.

January Is National Human Trafficking Awareness Month

Human trafficking continues to be a public health concern in Tennessee.

Through mid-December 2021, the Tennessee Bureau of Investigation’s Human Trafficking Hotline had received 1,185 tips or leads related to human trafficking concerns. This January, which is recognized as National Human Trafficking Awareness Month, the Tennessee Department of Health encourages

Tennesseans to learn risk factors, red flags, and resources for human trafficking that could help save a life.

“Human trafficking continues to affect every corner of our state,” said Tennessee Department of Health Commissioner Dr. Lisa Piercey, MD, MBA, and FAAP. “It is important we take every opportunity to raise awareness of human trafficking and identify victims and perpetrators quickly. Human trafficking happens in all communities, rural and urban, and often in ways many of us would not suspect. I am proud of the work our health department and leaders across Tennessee State Government have done to combat this growing crisis.”

The following signs may indicate that a person is the victim of human trafficking:

- Unable to leave or come and go as desired
- Unpaid or paid very little or only through tips for

his/her work

- Excessively long and/or unusual work hours
- Not allowed breaks or subjected to unusual restrictions at work
- Few or no personal possessions and/or identification documents
- Lack of control of his/her own money
- Not allowed to speak for him/herself
- Numerous inconsistencies in his/her stories
- Fear, anxiety, nervousness, depression, paranoia, submissive behaviors
- Signs of physical and/or sexual abuse, physical restraint, confinement, or torture

If you think you may know someone who needs help or have met a potential victim of human trafficking, please contact the Tennessee Human Trafficking Hotline at 1-855-558-6484 or text “BeFree” to 233722. For more information on human trafficking, please visit <https://www.acf.hhs.gov/otip/about/what-is-human-trafficking>.

Tennessee continues to take a proactive approach to address this public health issue. New laws have been passed every year since 2011 to assist victims of human trafficking and increase punitive action against traffickers. Learn more about these laws at <https://ithastostop.com/>.

Nominations Sought For Environmental Awards

The Tennessee Department of Environment and Conservation (TDEC) is inviting Tennesseans to submit nominations for the 2022 Governor’s Environmental Stewardship Awards.

“We are proud to recognize organizations that stand out in protecting our valuable natural resources in Tennessee,” Gov. Bill Lee said. “These awards honor those who are going above and beyond to responsibly protect and preserve Tennessee’s beauty and resources.”

The Governor’s Environmental Stewardship Awards include 10 unique categories: Agriculture and Forestry, Building Green, Clean Air, Energy and Renewable Resources, Environmental Education and Outreach, Materials Management, Natural Resource, Water Quality, Sustainable Performance, and Lifetime Achievement.

Any individual, business, organization, educational institution, or agency is eligible, provided it is in Tennessee and the project was completed during the 2021 calendar

year. All nominees must have a minimum of three consecutive years of overall environmental compliance with TDEC. Self-nominations are encouraged.

“Many Tennesseans do our state a great service by protecting our environment and applying sustainable practices,” TDEC Commissioner David Salyers said. “We not only want these awards to recognize leaders in this effort but to offer examples for others to get involved.”

A panel of judges representing agricultural, conservation, forestry, environmental, and academic professionals will select award recipients based on criteria including level of project or program completion, innovation and public education. The deadline for nominations is March 31, 2022. Award recipients will be announced in the summer of 2022.

For more information about each category, judging criteria, and nomination forms, visit this link at the TDEC website.

Fit Frenzy Offers Free Samples

Who doesn’t love free samples?

That’s what Fit Frenzy attendees will get Jan. 15 at Cane Creek Recreation Center. The free event offers a chance to try a variety of group fitness classes every half hour in an upbeat, beginner-friendly atmosphere between 8:30 and 11 a.m. Door prizes will be given away in each class.

“This is a great event to get everyone excited about group fitness, fresh starts and having fun,” Jen Webb, Leisure Services special programs coordinator, said. “We have heard so many times that Fit Frenzy is what brought someone to Leisure Services Fitness or Fit Frenzy is where they tried their favorite class for the first time.”

Offerings include yoga, strength training, spin, boot camp, club cardio and a new class – Totally Tabata Tuesday, or T3.

“During T3, people will get in a cardio

workout as well as some strength moves,” instructor Sally Herren, Leisure Services recreation programmer, said of the 30-minute class, which is now offered on Tuesdays at 9 a.m. “Since it is a shorter class, we do several combo moves to hit as many major muscle groups as possible and get your heart rate up.”

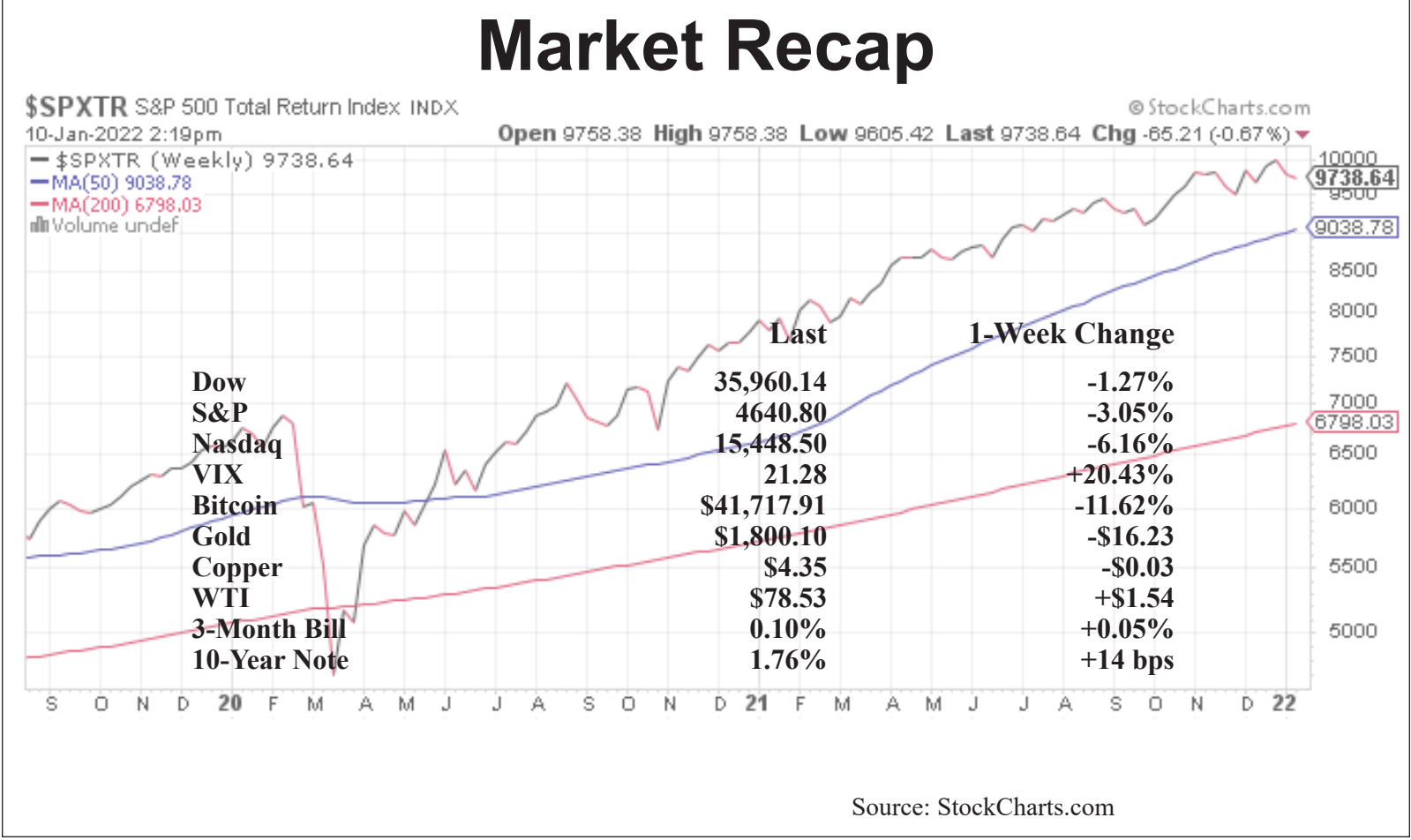
Fitness classes are offered daily at Cane Creek Recreation Center, 180 CC Camp Road, and participants may drop in any time for \$3 per class unless otherwise posted. See the monthly schedule at www.cookeville-tn.gov/ls.

Fit Cards are available for \$30 (11 classes for the price of 10), but during Fit Frenzy, a special buy-one-get-one-half-price rate is being offered – 22 classes for \$45.

Webb looks forward to a day of fun and new beginnings.

“The purpose of Fit Frenzy is to encourage new people to come out and try a variety of exercise classes in an environment that is very beginner-friendly and not too time-consuming,” she said. “For our regular attendees, it’s an opportunity to try something different.”

For more information, call 931-526-7393.



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Livingston • 8:45-9:30
@ Overton Farmer's Co-op
Byrdstown • 10:00-10:45
@ Pickett Farmer's Co-op
Jamestown • 11:30-12:15
@ Fentress County Co-op

Saturday, January 29
Clarkrange • 10:00-10:45
@ Dean's Farm & Home
Monterey • 11:15-12:00
@ Monterey Farmer's Co-op

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Remembering Dr. John T. McDonald

*Looking
Backward
By Phoebejane*

(Emily Sells)

Mrs. Celia Cullom, the author of the following story, was the wife of Charles Cullom, a former mayor of Livingston who served during the years 1948-1951. Mrs. Cullom’s article was published first in The Nashville Tennessean magazine section on June 6, 1948, then later reprinted in the July 31, 1991, issue of The Livingston Enterprise. Both publications were titled “An Unhurried Man.” Here is Mrs. Cullom’s story.

Dr. John T. McDonald, a big, patient man of 80 who has been the only doctor in Alpine, Tennessee, for 53 years, probably would have got along famously with Henry Thoreau who once wrote a sharp line about those who “betray too green an interest” in their fates. Dr. McDonald stands out as an unhurried man in a community where things happen slowly. Not until seven years ago did the doctor have a telephone in his farm home. When he got one, it was a community gift. He didn’t own a car until 1942, and his neighbors were responsible for it too. He is reluctant to accept payment for his services. His patients learned long ago that the only way they could settle their bills was to mail the doctor their money. “Some other time,” he tells those who try to pay him personally. “No hurry. Some other time.” A friends once tried to have a heart-to-heart talk with him about the uses of currency. “Money?” the doctor said. “Why, all a man needs is enough to get along on.”

Patients have settled their debts in wheat, rye, potatoes, hams, milk. His refusal to keep books or to send out statements sometimes brings him surprises. Not long ago, a patient whom he hadn’t seen in years appeared to pay him for medical services rendered 18 years before.

Dr. McDonald is a large, craggy man, who was born in 1868 in Alpine and went on from the schools there to become an honor student at the University of Nashville medical school. He was graduated in 1895 and shortly won an invitation to teach there. He refused. Alpine needed him. He turned down an opportunity to do tuberculosis research for the same reason, but



Country Doctor - Dr. McDonald is photographed in the rugged countryside where he spent many years caring for his patients.

after practicing several years, he began to specialize in tubercular cases and gained statewide recognition for himself.

While interning at St. Thomas Hospital in Nashville, Dr. McDonald became a Catholic, a faith to which he has clung ever since, in an area where a Catholic is a great rarity. He attends mass in Cookeville, the nearest church. He lives outside the Overton County community of Alpine in a rambling, gray farmhouse on a 150 acre farm which he works “between callers” with the aid of his son, Leeman, who volunteered in World War II in spite of being over age and who was seriously wounded. The newest equipment on his farm pertains to his profession - a highly polished sign - “J. T. McDonald, Medicine and Surgery,” and modern medical books in the dining room which is also his office.

These days, Mrs. McDonald spends much of her time in this room. She is bedridden with arthritis and her husband, to ease the tedium of her existence, has set up a bed in his office where Mrs. McDonald can rest and talk with whomever he is treating. If the doctor makes a call that takes him far from home, he won’t stay for dinner unless he knows the hostess to be a good cook. Dr. A.B. Qualls of Livingston recalled that he once went to consult with Dr. McDonald at an isolated farm. The latter met him at the gate. “They asked us to stay for dinner, but I’ve told them you’re very peculiar about not wanting to eat away from home. I said we couldn’t stay. Now you back me up.” “I had a ravenous appetite, but I backed him up,” the Livingston doctor reported. McDonald’s usual habit, if he does take dinner with a patient’s family, is to make

a simple announcement to the head of the house. “I’ll have chicken for supper tonight,” he says. Then, he walks briskly to the chicken yard, selects a likely candidate, and pointing to avoid any possible error, declares, “I’ll have that hen right there.” He has yet to make an unwise choice, say those who know him.

The Catholic doctor and the minister of the Presbyterian church of Alpine, the Rev. Bernard Taylor, have been close friends a long time. Until 1941, the minister continually beat a path over the three miles separating his home from the McDonald farm, relaying telephone messages to the doctor, who had no telephone. Late in the fall of 1941, about Thanksgiving time, a friend of Taylor’s who knew about the minister’s activities as courier, suggested that a home telephone line be strung from the Taylor house to the doctor’s. The communication link was everybody’s business. The right-of-way for the telephone poles was secured within a week. The doctor’s neighbors strung the wires. In two weeks, Dr. McDonald was within the reach of anyone who could hold a telephone receiver. The Taylors remain a vital party of the relay system, however, since they had to answer the calls initially.

Dr. McDonald inspires confidence in his patients, no less than a half century of practice makes him seem practically immortal than that he is always available. He may appear, after a hurry-up call, with his glasses stuck carelessly on his large nose and his suspenders buttoned in haste, but his step is sure and steady. Although he is reluctant to admit that chronological old age has overtaken him, he has been known to use his impressive years to discipline a frightened patient.

He told one nervous man, “Now, Ed, if we both tremble at the same time, we’ll never get anywhere.” If he feels that he cannot deal with the ramifications of a specific case, he says so. Then, he takes the patient to a medical center himself, usually to Nashville, and stands by with his moral support while better equipped doctors attend the case. Six years ago, the community found a way to repay Dr. McDonald. Until the doctor was past 50, he rode an old bay horse on his daily circuit of calls. When he abandoned his horse - or, as he says, the horse abandoned him - he either walked to a patient’s home or some relatives of the latter called for him. A broken hip in 1940 put him to bed for several months, and he never quite regained his old pace. Some time later, Taylor and Jim Allred of Livingston, another of the doctor’s cronies, began sounding out the community about giving the doctor a car. Alpine is a town of 200 souls and few of them are considered rich, but more than 1,000 persons in the community gave money to buy him a car. He was invited to choose the make and model himself in Nashville.

On a cold, blustery day in January, 1942, Dr. McDonald, Jim Allred, and the Rev. and Mrs. Bernard Taylor, got into Taylor’s car and made the trip to Nashville over roads deep in snow. Most of the display rooms in the city were closed, but the doctor went window shopping. He made his choice, a Chrysler, without even sitting the front seat of the vehicle. The salesman said he was sorry the weather was so bad, otherwise, he would be delighted to take them all for a trial drive. The doctor said the new car looked good to him, and he’s take it. Prudently, however, he took down the salesman’s address. He never learned to drive the car, somehow, he got the brake and the accelerator confused. Today, his son drives him, and before that, patients or their relatives drove. The doctor never made an acceptance speech when he got back home in the new car. He couldn’t trust himself to get through one. And he still gets a little choked up when he thinks about it.

Dr. McDonald treated many Fentress county patients, especially those who lived near the Overton-Fentress county line. I was a school mate of Dr. McDonald’s only daughter, Edith. We attended Stockton Valley Baptist Academy at Helena, Tennessee in the 1920’s. Edith and I were boarding students in the dormitory at that time. She died rather young. I was fortunate to have met, through Edith’s friendship, her father, Dr. McDonald.

Pictures From The Past



Pictures From The Past - Kenneth Stephens served as principal at Livingston Academy for many years.

Good Housekeeping

Vegetarian Bean Burritos

Serve these quick burritos with carrot salad and oranges. While tortillas warm, toss carrots in serving bowl with lime dressing. Then, slice and saute zucchini, and heat beans.

- 4 flour tortillas, 10 inches each
- 2 teaspoons vegetable oil
- 4 medium (about 5 ounces each) zucchini, each cut lengthwise in half, then sliced crosswise
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 can (15 ounces) Spanish-style red kidney beans
- 1 can (15 to 19 ounces) black beans, rinsed and drained
- 1/2 package (4 ounces or 1 cup) shredded Monterey Jack cheese
- 1/2 cup (loosely packed) fresh cilantro leaves
- 1 jar (16 ounces) chunky-style salsa
- 1. Warm tortillas as label directs; keep warm.
- 2. In nonstick 12-inch skillet, heat oil over medium-high heat. Add zucchini, salt and cinnamon, and cook until zucchini is tender-crisp, about 5 minutes.
- 3. Meanwhile, in 2-quart saucepan, heat kidney beans with their sauce and black beans just to simmering over medium heat; keep warm.
- 4. To serve, allow each person to assemble burrito as desired, using a warm flour tortilla, zucchini, bean mixture, cheese and cilantro leaves. Pass salsa to serve with burritos. Serves 4.

Each serving: About 550 calories, 17g total fat (1g saturated), 25mg cholesterol, 1,943mg sodium, 77g total carbohydrate, 29g protein.



Carrot Salad

- 2 tablespoons fresh lime juice
 - 1 tablespoon honey
 - 1 tablespoon chopped fresh cilantro leaves
 - 1/4 teaspoon salt
 - 1/8 teaspoon crushed red pepper
 - 2 packages (8 ounces each) shredded carrots
 - 1. In large bowl, with wire whisk or fork, mix lime juice, honey, cilantro, salt and crushed red pepper until blended.
 - 2. Toss carrots with lime dressing to coat.
- Each serving: About 65 calories, 0g total fat, 0g cholesterol, 175mg sodium, 17g total carbohydrate, 1g protein.
- For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/food-recipes/.

Library Closing For MLK Day

At Your Library



Upcoming Events At The Library:

1/13 Thursday-Preschool Story Time 10:30am-11:30am
1/17 Monday-Closed for MLK Day
1/18 Tuesday-Library Board Meeting 4:30pm-5:30pm
1/20 Thursday-Preschool Story Time 10:30am-11:30am
1/20 Thursday-Friends of the Library Meeting 11:30am-12:30pm
1/27 Thursday-Preschool Story Time 10:30am-11:30am

New Items Added To The Library:

Adult Fiction
Blind Tiger by Sandra Brown
We Were Strangers Once by Betsy Carter
Desolation Road by Christine Feehan

The Runaway by Hollie Overton
The Bone Code by Kathy Reichs
Silence in the Library by Katharine Schellman
A Theory of Love by Margaret Bradham Thornton
If it Rains by Jennifer L. Wright
Adult Non-Fiction
Fuel Your Fire: 200 Ways to Instantly Beat Burnout and Reignite Your Passion by Samantha Acton
The Belle and Boo Book of Crafts: 25 Enchanting Projects to Make for Children by Mandy Sutcliffe

Inspirational
The Light at Wyndcliff by Sarah E. Ladd
The Seeds of Change by Lauraine Snelling
Storing Up Trouble by Jen Turano
Adult Large Print Fiction
The Forever Girl by Jill Shalvis
Autopsy by Patricia Daniels Cornwell

Sci-Fi/Fantasy
The Becoming by Nora Roberts
Magazine
J-14 Magazine
PEOPLE Magazine
Juvenile Fiction
The Fishermen, The Horse, and The Sea by Barbara Jooesse
The Cat Man of Aleppo by Irene

Latham
Beetle McGrady Eats Bugs! by Megan McDonald
Late Lunch with Llamas by Mary Pope Osborne
Children's Fiction
The Snowiest Christmas ever! by Jane Chapman
All I Want for Christmas is Ewe by Rose Rossner
How do Dinosaurs Say Merry Christmas? by Jane Yolen
The Three Snow Bears by Jan Brett

Juvenile Non-Fiction
Climate Change and Earth's Population by Shannon H. Harts
The Eruption of Mount St. Helens by Thomas K. Adamson
Hurricane Katrina by Thomas K. Adamson
Earth's Plastic Problem by Adam Furgang
Floods by Christine Thomas Alderman

Juvenile Biography
Peyton Manning: Most Valuable Quarterback by Percy Leed
Tween Fiction
The Bad Beginning by Lemony Snicket
The Case of the Peculiar Pink Fan by Nancy Springer
Archibald Finch & The Lost Witch-

es by Michael Guyon
Juvenile Graphic
Army Rangers : D-Day rescue! by Sarah Eason
Delta Force : Hostage in Panama! by Sarah Eason
Young Adult Graphic
Stranger Things: Into the fire: The Game master by Jody Houser
Young Adult Manga
Tokyo Ghoul : re. Volume 9 & 10 by Sui Ishida
Adult Fiction Audiobooks
Never Go Back by Lee Child
The Mephisto Club by Tess Gerritsen
Quicksand by Iris Johansen
Nothing But the Truth by John T. Lescroart
Calculated in Death by J.D. Robb
DVD's
A Christmas Carol
Batman: Under the Red Hood
Joe Dirt 2: Beautiful Looser
Joe Dirt
Apocalypso
MEGA SHARK VS GIANT OCTOPUS.
All in the Family: The Complete Third Season
Rectify. The Complete Second Season
Evil Roy Slade

Grow Herbs Indoors For Year-Round Enjoyment

MELINDA MYERS
special to the *Enterprise*

Add garden fresh flavor to your meals year-round. Grow a few of your favorite herbs indoors, harvest and enjoy.

Select a variety of herbs you and your family enjoy and use for cooking, decoration, or fragrance. Basil, chives, cilantro, oregano, marjoram, mint, parsley, sage and thyme are some of the easier herbs to grow indoors. Purchase plants or seeds from your local garden center, favorite garden catalog or produce section of the grocery store.

Most herbs need six to eight hours of bright light each day. A south-facing window in winter is best but an east- or west-facing window may be sufficient. Increase success with artificial lights. Set the timer for 14 to 16 hours a day and keep lights 6 to 12" above the plants.

You will find lots of energy efficient and stylish options for just about any space. Sleeker designs like Gardener's Supply Micro Grow Light Garden can be placed on the kitchen counter or a small table. Furniture grade options like Bamboo LED Grow Light Garden (gardeners.com) make it easy to grow herbs in just about any room in the house.



Photo / Gardner's Supply Company

Growing Indoors - Artificial lights ensure herbs receive enough bright light to successfully grow indoors.

Use a variety of plants to create an attractive display in a large windowsill planter. Combine plants that have the same growing requirements to ensure success.

Or place each herb plant in its own container. A four- to seven-inch pot is a good size when starting with smaller plants. Growing individual plants in their own container allows you to provide the specific watering, care and transplanting they need.

Select containers with drainage holes or reduce maintenance and increase success with self-water-

ing containers like Viva self-watering planters. Just fill the water reservoir that gradually releases water into the soil for the plants to use. You will need to water less often.

Fill the container with a well-drained quality potting mix. Many contain a slow-release fertilizer, providing weeks or even several months of nutrients for your plants. Just check the label for details and adjust fertilization as needed.

Water the containers thoroughly whenever the top inch of soil is dry. Pour off excess water so the plant does not sit in

the excess and succumb to root rot. Or place pebbles in the tray to elevate the pot above any water that collects in the saucer or tray. This means less work for you and better growing conditions for the plant.

Incorporate a slow-release fertilizer or use a dilute solution of any indoor houseplant fertilizer once the nutrients in the potting mix are spent. Follow label directions and do not overdo as too much fertilizer can harm your plants.

Begin harvesting most herbs when they reach six to eight inches in height and as needed. Use a sharp pair of garden scissors, snips, or hand pruners. Make cuts above a set of healthy leaves so the remaining plant is neater and tidier in appearance. As the plant grows, you will be able to harvest larger quantities and more often.

Start with a few of your favorite herbs and expand your collection as you gain experience. Soon you will be confident and eager to try more challenging favorites.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. Her web site is www.MelindaMyers.com.

Scavenger Hunts Feb. 12, Mar. 12

WestSide Scavenger Hunts – a free activity presented by Cookeville Leisure Services – will be held Feb. 12 and March 12 in Cookeville's Historic WestSide Cultural District.

"I really enjoy the scavenger hunts because they offer an opportunity for participants to explore the ever-changing and growing WestSide and possibly win a big prize basket," Ashley McKee, Cookeville museums education specialist, said. "It's super easy and super fun."

Entry forms with tiny picture clues may be picked up on scavenger hunt days between 10:30 a.m. and 2:30 p.m. at the Cookeville Depot Museum, 116 W. Broad St. The goal is to find the pictured objects in and around participating WestSide businesses and replicate each image with a cell phone camera. Completed forms will be entered in a drawing for a prize basket filled with items from sponsoring businesses.

"Some people think the first person to turn in the entry form gets the prize, but that's not the case," McKee said. "I would rather participants think of it like a puzzle. I want them to search around the WestSide, enjoy lunch, grab a cup of coffee and get a gift for themselves or others from one of the great merchants. It's a day to explore on your own time."

Cookeville's WestSide includes numerous specialty shops, unique eateries, antique stores, art studios and more, all within walking distance of the Cookeville Depot Museum. Colorful murals, restored facades and signs with historic photos enhance the self-guided experience.

For more information, call the Cookeville Depot Museum at 931-528-8570.



MOST POPULAR VEGETABLES*

- | | |
|-------------|-----------------|
| 1. Potatoes | 6. Bell peppers |
| 2. Tomatoes | 7. Broccoli |
| 3. Onions | 8. Cucumbers |
| 4. Carrots | 9. Salad mix |
| 5. Lettuce | 10. Celery |

*bought in past year Source: The Packer



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Moments in time THE HISTORY CHANNEL

On Jan. 22, 1779, famed Tory outlaw Claudius Smith meets his end on the gallows in Goshen, New York. Nicknamed the "Cowboy of the Ramapos" for his use of guerrilla tactics against Patriot civilians, legend has it that Smith's skull was filled with mortar and included in the edifice of the Goshen Court House.

On Jan. 21, 1789, "The Power of Sympathy or the Triumph of Nature Founded in Truth" is printed in Boston, the first novel by an American writer to be published in America. Early editions did not carry the author's name, but a later printing credited Sarah Wentworth Apthorp Morton.

On Jan. 23, 1855, John Moses Browning, sometimes referred to as the "father of modern firearms," is born in Ogden, Utah. Many of the guns whose names evoke the history of the Amer-

ican West -- Winchester, Colt, Remington and Savage -- were based on Browning's designs.

On Jan. 17, 1953, a prototype Chevrolet Corvette sports car makes its debut at General Motors' Motorama auto show at the Waldorf-Astoria Hotel in New York City. The Corvette was named for a fast type of naval warship.

On Jan. 19, 1977, President Gerald Ford pardons Tokyo Rose, a Japanese-American woman named Iva Toguri, who broadcast Axis propaganda over the radio to Allied troops during World War II.

On Jan. 20, 1980, President Jimmy Carter proposes to the United States Olympic Committee that the 1980 Summer Olympics be moved from Moscow if the Soviet Union failed to withdraw its troops from Afghanistan. The USOC later voted to boycott the Moscow games.

On Jan. 18, 1996, Major League Baseball owners unanimously approve interleague play for the 1997 season. The owners' vote, which called for each team to play 15 or 16 interleague games, broke a 126-year tradition of teams playing only within their league during the regular season.

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New Lodge At Fall Creek Falls Opens

Gov. Bill Lee Tuesday led the grand opening of the highly anticipated Lodge at Fall Creek Falls, a \$40.4 million, 85-room hotel with conference space and a full-service restaurant and lounge at Fall Creek Falls State Park.

“This new lodge is an outstanding attraction at a premier state park,” Lee said. “It’s an example of why Tennessee has one of the best state parks systems in America. We are eager to welcome the many visitors who will stay at the lodge and continue to make Fall Creek Falls State Park a year-round destination.”

A limited number of rooms are currently available for reservations. The restaurant is open with limited hours and limited menu.

“We are eager for Tennesseans to stay at this lodge in one of our most popular state parks,” Commissioner David Salyers of the Tennessee Department of Environment and Conservation said. “We are grateful to Governor Lee and the Tennessee General Assembly for their leadership and commitment to making Tennessee State Parks such a great attraction year after year.”

“Our goal was to provide a space where visitors

could seamlessly transition from the beautiful outdoor scenery of the state park to modern and relaxing accommodations,” said Department of General Services Deputy Commissioner John Hull. “We hope Tennesseans and visitors from all over the country will enjoy this state-of-the-art facility for years to come.”

Fall Creek Falls is one of the true treasures of Tennessee’s state park system,” said Lt. Gov. Randy McNally, R-Oak Ridge. “This new facility will highlight the beauty of our state while attracting jobs and tourism dollars to the region. I appreciate all the work that has gone into making this day a reality, especially State Senators (Janice) Bowling and (Paul) Bailey whose advocacy was critical to bringing this project to fruition.”

“This is a great day for the City of Spencer, Van Buren County, our residents, and the millions who visit Fall Creek Falls State Park annually,” said House Speaker Cameron Sexton, R-Crossville. “This new lodge will solidify the park as a premier vacation destination and extend the length of stay for those visiting by making Fall Creek Falls a weeklong destination. The lodge will also be a



Open Lodge - Tennessee Governor Bill Lee cuts the ribbon on the new Lodge at Fall Creek Falls State Park in Van Buren County. The \$40 million lodge has been in development since 2018.

huge economic boom for our surrounding areas and a facility that would make our ancestors incredibly proud!”

“I am grateful that the long-awaited ribbon cutting for the new Fall Creek Falls lodge is now here!” said Deputy Speaker of the Senate Janice Bowling, R-Tullahoma. “My prayer is this new facility will become a meeting destination for families, clubs, church groups, weddings and reunions of all kinds. The beautiful setting in Van Buren County is the perfect backdrop for memories to last a lifetime. I am honored to serve Van Buren County in Senate District 16.”

“Fall Creek Falls is

a very unique place that has attracted visitors from all over the world,” Sen. Paul Bailey, R-Sparta, said. “For many Tennesseans, it is a place where many fond memories were made by families who have visited the park for decades. This new lodge is poised to welcome visitors with wonderful accommodations, amazing views, first-class outdoor activities and the warm Southern hospitality for which Tennessee is well known as new generations enjoy our beautiful Tennessee treasure.”

“Parks bring people together and serve as a reflection of the quality of life in our communities, Rep. Ron Travis,

R-Dayton, said. “These renovations have made Fall Creek Falls State Park a truly spectacular destination that will connect visitors to the natural world and foster a love of the outdoors for generations to come.”

The lodge is built to be an ideal destination for individuals, families, groups and conferences looking for escapes in a natural setting. The guest rooms overlook Fall Creek Falls Lake and have a variety of sizes. All rooms feature balconies with views of the lake. The restaurant has indoor and outdoor lakeside dining with a total dining capacity of 174 people. The ballroom can be divided into two

spaces and holds up to 256 people. Conference and meeting spaces are available inside the lodge and at several locations throughout the park.

The park last year opened a \$2.7 million, 4,800 sq.-ft. visitors center as part of the \$184 million in investment in capital projects in state parks across Tennessee made possible by the legislature.

Fall Creek Falls State Park is one of Tennessee’s largest and most visited state parks with its towering waterfalls and spectacular overlooks. The park, one hour from Chattanooga and less than two hours from Nashville and Knoxville, encompasses more than 29,800 acres on the Cumberland Plateau. It features 30 cabins and 222 campsites, as well as backcountry camping. More than 56 miles of trails can be explored.

The Nature Center at Fall Creek Falls offers hands-on environmental education through a variety of naturalist-led programs. The park also features the Fall Creek Falls Golf Course and the adventurous Canopy Challenge Course including wobbly bridges, rope swings and zip lines. The park has four playgrounds and five covered picnic pavilions.

Make New Year’s Resolutions Healthy

It’s a new year and time for a new start.

Many new year’s resolutions often involve healthy initiatives, such as exercising more, quitting smoking and eating healthy.

But a lot of those are unsustainable and are broken within a few weeks.

“It does take dedication and persistence, but healthy resolutions can be sustainable,” said Dr. Carol Berg, family practice physician at Cookeville Regional Medical Center. “Some people may have to have a support system and that’s okay.”

A support system is helpful in accountability, whether it’s time to quit smoking, exercising more or eating healthy.

What should be at the top of your list is a visit to your doctor for all the necessary check-ups.

Getting regular blood work and necessary screenings can help spot potential problems before they turn into something more serious.

To help you make resolutions more sustainable,

here are a few tips:

Eat More Whole Foods

Whole foods include vegetables, fruits, nuts, seeds, whole grains and fish. This type of diet could reduce heart disease risk factors, body weight and blood sugar levels, as well as decrease your risk of certain diseases, such as type 2 diabetes.

Sit Less And Move More

Sitting too much can have a significant impact on your overall health. It could even be linked to an increased risk of overall mortality.

If you have a desk job that requires long periods of sitting, make a resolution to go for a 15-minute walk at lunch or get up and walk for five minutes each hour.

Cut Back On Soft Drinks, Other Sweetened Beverages

Sugary drinks are linked to an increased risk of obesity, fatty liver, heart disease, insulin resistance and cavities in both children and adults. Gradually minimizing intake of sugary drinks



may help you kick that habit for good.

Get Quality Sleep

Sleep deprivation can have serious consequences. It could increase your risk of weight gain, heart disease and depression.

Some simple ways of improving your sleep hygiene is to decrease screen time before bed, reducing light pollution in your bedroom, cutting back on caffeine and getting to bed at a reasonable hour.

Find Physical Activity You Enjoy

Make exercise fun. Look at what activities make you feel productive and fit it into your schedule.

You could take a half-hour walk, jog or bike ride before work or swim at a local gym on your way home. Then set an attainable goal, like walking so many miles a week or month.

Practice ‘Self-Care’

Self-care doesn’t have to be elaborate, just a little time out for yourself. It’s well worth the investment.

Cook More Home Meals

A study of 11,396 adults found that those who ate five or more home-cooked meals per week were 28 percent less likely to be overweight, compared with those who ate fewer than three home cooked meals per week.

Start slow. Make one meal a day, then increase the frequency over time until you’re making the majority of your meals and snacks at home.

Spend More Time Outside

Spending time outside can improve health by relieving stress, elevating mood and even lowering blood pressure. It’s a sustainable and healthy goal.

Limit Screen Time
Spending too much

time on electronic devices has been linked to depression, anxiety and loneliness. Set a resolution to cut back on the time you spend on your computer, tablet or phone.

Try Meditation

This may be particularly helpful for people who have anxiety or depression. There are many books, podcasts and apps that teach you how to start a meditation practice.

Rethink Dieting

Most people who lose weight through restrictive dieting regain up to two-thirds of the weight lost within one year.

Try a more sustainable method of weight loss by focusing on increasing physical activity and eating healthier foods.

Go Grocery Shopping Regularly

Make a new year’s resolution to visit the supermarket or farmer’s market more frequently to stock up on nutritious ingredients.

Add More Produce To Your Diet

Studies have shown that eating a diet rich in produce helps protect against various illnesses, such as diabetes, heart diseases, certain cancers and obesity.

Cut Back On Alcohol

Set a reasonable goal to keep yourself on track, such as limiting drinking to weekend nights or setting a drink limit for the week. Try substituting a non-alcoholic drink, such as fruit-infused sparkling water or kombucha.

Try A New Hobby

Research shows that partaking in a hobby that you love can help you live a longer, healthier life.

Try a hobby that you’ve always been interested in – or re-visit an old hobby.

Dr. Berg will be giving more tips during the next Health Talks, set for Tuesday, Jan. 25, from noon-1 p.m.

Book your spot at <https://tinyurl.com/mx68mefc>. Once you book a spot, the Zoom meeting information will be available.

TANF Opportunity Kickoff Meeting Held

In order to move the needle and move clients out of poverty, it will take all of us working together.

That’s the message from Mark Farley, UCHRA Executive Director to community partners in attendance for the TANF Opportunity Act collaboration kickoff meeting held Jan. 5.

In December 2021, the Upper Cumberland received word that it had received a \$445,000 TANF, or Temporary Assistance for Needy Families, planning grant to work with state leadership, the Families First Community Advisory Board, the Tennessee Department of Human Services, research partners and professionals, and collaborations of community partners that see firsthand the challenges that vulnerable Tennesseans face.

“I’m excited for us to forge new partnerships and have the opportunity to work with folks and organizations to bring children and families out of poverty,” Farley said. Farley estimates the Upper Cumberland region received one of the highest award amounts distributed during the initial round of disbursements.

The Upper Cumberland Human Resource Agency (UCHRA) will serve as the backbone entity for grant administration; working with workforce develop-

ment, employers, nonprofit organizations, and the faith community to establish best practices and analyze system gaps and barriers.

The TANF Opportunity Act grant allocates approximately \$180 million in TANF funds for innovative pilot programs aimed at transforming the lives of Tennesseans living in poverty. The Upper Cumberland collaboration, which includes Cookeville Regional Foundation, Highlands Economic Partnership, Tennessee Tech University, Upper Cumberland Development District, UCHRA, Upper Cumberland Local Workforce Development Board, and area Tennessee Colleges of Applied Technology, was one of 17 collaborations selected across the state; allowing the Upper Cumberland to go after a three-year, \$25 million implementation grant.

Upper Cumberland’s collaborative team will have approximately three months to plan a poverty alleviation system that will move away from the traditional poverty management model toward a poverty alleviation approach; seeking to lift 500 children out of poverty rather than treating the symptoms of poverty in the current poverty management system. .

At the end of the three-month planning period, the team will have the opportunity to pitch the proposal to the selection committee that the Upper Cumberland’s collaborative effort is ready for the challenge to bring approximately 500 children out of poverty during the three-year pilot grant period. It is estimated that over 16,000 children in the Upper Cumberland live in poverty.

To learn more about getting involved with the planning effort, emails may be sent to TOA@uchra.com.



High School Basketball
Livingston Academy Girls

Last Week's Games

Livingston Academy	54
Dekalb County High School	45

Livingston Academy	Postponed
Cumberland County High School	(Weather)

District 7-4AAA Standings

	District	Overall
Cumberland County	2-0	8-7
White County	2-0	12-3
Livingston Academy	1-0	13-2
Stone Memorial	1-1	6-7
Upperman	0-1	13-2
Dekalb County	0-2	9-6
Macon County	0-2	3-11

Livingston Academy Boys

Last Week's Games

Livingston Academy	63
Dekalb County High School	61

Livingston Academy	Postponed
Cumberland County High School	(Weather)

District 7-4AAA Standings

	District	Overall
White County	2-0	9-4
Livingston Academy	1-0	7-7
Cumberland County	1-1	5-10
Dekalb County	1-1	8-5
Stone Memorial	1-1	7-7
Upperman	0-1	5-6
Macon County	0-2	3-8

Coming Up

Livingston Academy at White Co. Jan. 11
Upperman at Livingston Academy Jan. 14
Stone Memorial at Livingston Academy Jan. 18

Register Now For
Archery Tourney

The Annual Tennessee National Archery in the Schools Program (NASP) State Championships will be held March 31-April 1 at the Tennessee Miller Coliseum in Murfreesboro. The Tennessee Wildlife Resources Agency hosts the event.

Pre-registration is underway and runs through Feb. 28. Normal registration with flight selection will begin on March 1 and will end midnight (EDT) March 21. The link to register is: <https://nasptournaments.org/TournamentDetail.aspx?tid=7897>

The NASP State Championships will return to the Miller Coliseum after a two-year absence. The tournament will be limited to participants and coaches with no spectators, concessions, or vendors present due to COVID-19 concerns.

There will be three divisions. Schools will compete in the elementary, middle school and high school divisions. Awards will be presented to the top team and individual finishers in each division.

Deadline Nears For
Turkey Hunts

The application period deadline is nearing for the Tennessee Wildlife Resources Agency 2022 Spring Turkey Quota Hunts. Applications will be accepted until 11:59 p.m. on Jan. 12.

Applications can be made online at gooutdoorstennessee.com, or at a TWRA license agent, or TWRA regional office.

Hunters have up to 13 choices but will be drawn for only one. Applicants may not use the same hunt code more than once. There are a total of 13 hunts listed and five youth-only hunts. No person may apply more than once. A computer

drawing will be held to determine the successful applications based on the priority drawing system.

Youth hunters (ages 6-16 by the date of the hunt) may submit one application for the regular quota hunt and one application for the youth-only quota hunt.

A permit fee will not be charged to Annual Sportsman (Type 004) license holders, Lifetime Sportsman (Types 402-405) license holders, or seniors with an Annual Senior Sportsman License (Type 167). For all other license holders, the cost is \$12 per permit plus any additional fees.

Murray State Tops Golden
Eagles In Rematch

THOMAS CORHERN
TTU Sports Information

It was a tough day for the Tennessee Tech women's basketball team on Saturday as Murray State came into Cookeville on short notice after both the Golden Eagles and Racers' opponents had to postpone.

After Tech came away from Murray State last weekend with a victory, the Racers learned from that contest and found ways to slow down the Golden Eagles as Murray ran away with a 70-45 victory on Saturday afternoon at the Eblen Center.

The loss put Tech back down to .500 on the season and in the OVC, 7-7 overall and 2-2 in the league.

A slow start saw Murray State (10-4, 2-1 OVC) up early as the Racers were on fire, shooting 8-for-11 in the quarter and hitting their first four field goal attempts. Tech, meanwhile, hit four of its 17 tries, ended the first period trailing 16-10.

The second quarter was even tougher to overcome as Tech went scoreless for nearly six minutes to close out the period, shooting 1-for-13 from the field for just three points, including 0-for-5 from 3-point range. Murray State outscored the Golden Eagles 18-3 to take a 34-13 advantage at halftime.

The Racers extended their lead in the third, outscoring Tech 18-13, but the Golden Eagles were able to get something going in the fourth quarter after

MSU replaced its starters.

Anna Walker ended the game as Tech's only double-digit scorer with 16 points on 6-of-13 shooting as she knocked down two 3-point tries and two shots at the free-throw line. Anna Jones had nine points and Kesha Brady had seven to round out Tech's top scorers.

The Golden Eagles ended the game 16-of-54 from the field, 6-of-20 from 3-point range.

Murray State had three double-digit scorers as Katelyn Young led the way with 19 points on 7-of-9 shooting and 5-for-7 at the line, while narrowly missing a double-double with eight rebounds. She also had four assists, three steals and a block.

Hannah McKay had 16 points on 7-of-9 shooting with five boards, while Alexis Burpo had 13 points on 6-for-8 shooting with four rebounds and five assists. Macey Turley ended the game with seven assists to go with her nine points.

The Racers ended the game shooting 29-of-50 from the field, including 3-for-6 from long range and 9-for-11 at the free-throw line. Murray State also out-rebounded Tech 36-25, had 24 assists on 29 baskets and scored 52 points in the paint.

The Golden Eagles return to action on Thursday as they travel to Cape Girardeau, Mo., to take on Southeast Missouri.

Sandhill Crane Festival
Jan. 15-16

The 31st edition of the annual Tennessee Sandhill Crane Festival is set for Jan. 15-16 (Saturday-Sunday) at the Hiwassee Refuge and Birchwood Community Center.

Due to COVID-19 concerns, extra precautions have been made resulting in reduced indoor functions.

There will be two short presentations by the American Eagle Foundation each day at the community center. There will be no other entertainment or presentations as in past years. There will be limited vendors and food service will be available each day beginning at 7 a.m.

The main focus of this year's festival is simply enjoying the sandhill cranes and spending time outdoors.

Olin Chlor Alkali is the primary sponsor of the festival. The Tennessee Wildlife Resources



Festival - Onlookers enjoy a past edition of the Sandhill Crane Festival. This year's event will be Jan. 15-16 at Hiwassee Refuge.

Agency is once again partnering with the Cherokee Removal Memorial and the Birchwood Area Society Improvement Council to host the festival. There will be an increase in the number of shuttles to the Cherokee Removal Memorial and the Hiwassee Refuge.

The festival is a celebration of the thousands of sandhill cranes that migrate through or spend the winter on and around the Hiwassee

Refuge in Birchwood, as well as an opportunity to focus attention on the rich wildlife heritage of the state and the Native American history of the area.

The nearby Cherokee Removal Memorial will feature Native American folklore specialists. They will present artifacts and objects used in everyday life by Native American inhabitants in the Hiwassee River area.

Along with the wildlife viewing at the refuge, wildlife and birding experts will be on site. They will provide visitors with a unique educational experience by sharing information and viewing scopes. The festival will conclude by 4 p.m. Sunday. For more information, visit <https://www.tn.gov/twra/wildlife/birds/sandhill-crane-festival.html>

The Hiwassee Refuge comprises about 6,000 acres. The Birchwood Community Center is only three miles from the wildlife-viewing site at the Hiwassee Wildlife Refuge. The Cherokee Removal Memorial is adjacent to the refuge near the Tennessee River. The Hiwassee Refuge and Cherokee Removal Memorial are open to the public year-round and visitors are welcome during normal operating hours.



1. What U.S. track and field star, a winner of nine Olympic gold medals, recorded songs "Break It Up" and "Lovers Don't Talk" for his 1987 album "Modern Man"?
2. Name the Base-

ball Hall of Famer who in 1984 became the first manager to win the World Series in both the AL and the NL.

3. What member of the World Golf Hall of Fame is No. 1 on the LPGA Tour career wins list with 88?

4. A January 2018 high-speed car crash in Los Angeles claimed the life of what 2002 NBA Draft pick from La Salle University?

5. The KFC Yum! Center is a college bas-

ketball arena located in what U.S. city?

6. The Ashes is the name of a Test cricket series contested between what two countries?

7. An anthropomorphic pepper named Cayenne was the unofficial mascot of what Sun Belt Conference university's athletic teams from 2000-2010?

Answers
1. Carl Lewis.
2. Sparky Anderson (1975-6 Cincinnati

Reds, 1984 Detroit Tigers).

3. Kathy Whitworth.

4. Rasual Butler.

5. Louisville, Kentucky.

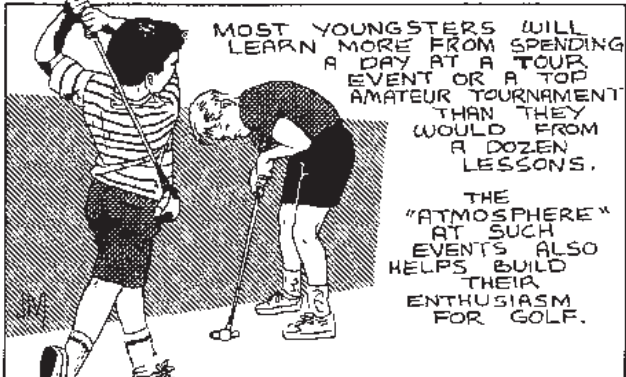
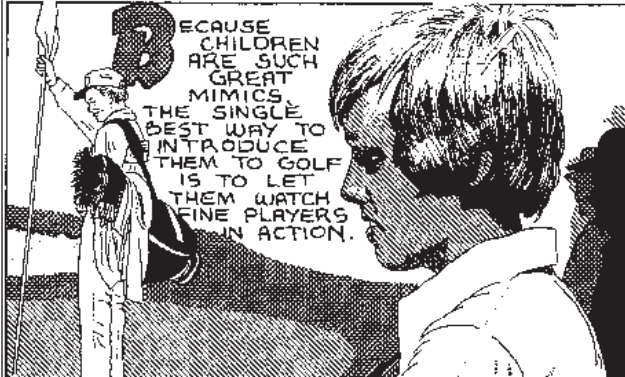
6. England and Australia.

7. The Louisiana Ragin' Cajuns.

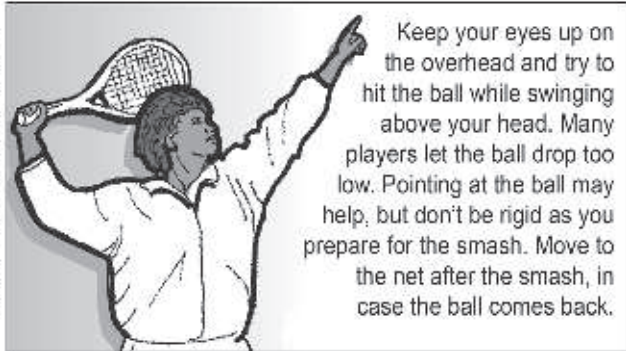
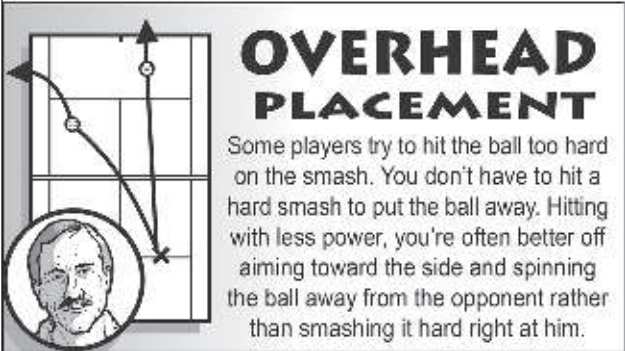
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Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



Go Wildcats!



The Livingston Academy Basketball Teams are scheduled for doubleheaders at White County and at home against Upperman this week.

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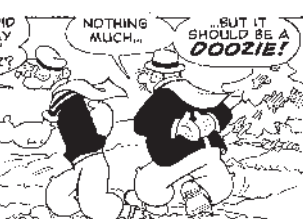
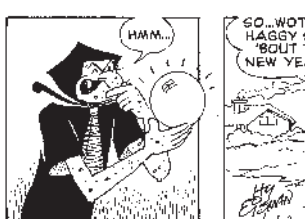
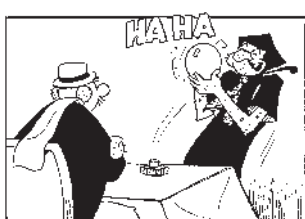
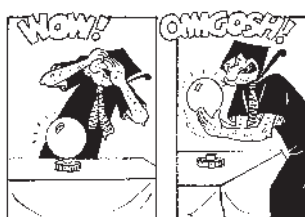
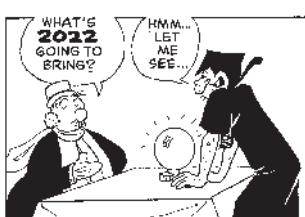
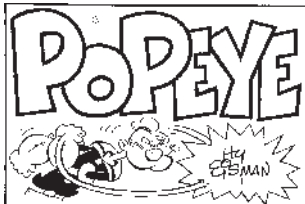
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ARIES
Mar 21/Apr 20
Aries, you are self-confident and know who you are, which helps you take charge of situations. Many people rely on you, and you feed off that accountability.

TAURUS
Apr 21/May 21
Taurus, you may feel like you have to be a mediator between two sides, and that only adds to tension you have been feeling recently. Take a deep breath and a step back.

GEMINI
May 22/Jun 21
Gemini, perceptions can be misleading. Look at a confounding situation from another angle. A new perspective may be all you need to see things more clearly.

CANCER
Jun 22/Jul 22
Cancer, a get-together with loved ones could do everybody some good. You may need to find the secret that can pull them everyone together, even if it's only for a day.

LEO
Jul 23/Aug 23
Leo, a friend of yours may be feeling like a third wheel on group outings. Consider playing matchmaker, or make plans for a get-together with just this individual.

VIRGO
Aug 24/Sept 22
Virgo, someone may try to burst your bubble in the next few days, but you won't let it get in the way of your lively, imaginative nature. As time goes by, others will come around.

LIBRA
Sept 23/Oct 23
Libra, the last thing you want to do lately is slow down, but you may have to do just that or special moments may pass you by. Carve out time to spend with loved ones.

SCORPIO
Oct 24/Nov 22
Scorpio, someone is trying to stay on task this week but you are all about a less serious approach. Let others focus on the tasks at hand,

even if you can't.
SAGITTARIUS
Nov 23/Dec 21
Sagittarius, technology is designed to make processes easier, but you may find you get fouled up by devices this week. Try doing things the old fashioned way for a bit.

CAPRICORN
Dec 22/Jan 20
Capricorn, others may not share your sense of humor. Play to your audience and don't get too down if some jokes don't go over well. Consider toning it down for a bit.

AQUARIUS
Jan 21/Feb 18
Aquarius, what you see in the mirror just isn't matching up to what you're thinking in your head. Look to wise friends for answers as to why this is.

PISCES
Feb 19/Mar 20
Pisces, if you are finding difficulty finding satisfaction at work, it may be time to start looking for something new to do. Put out some feelers.

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. A dozen dozen | ___ O ___ | Mower's target | ___ A ___ |
| 2. Basement | ___ E ___ | Arrest | ___ O ___ |
| 3. Window sealer | ___ U ___ | Burger portion | ___ A ___ |
| 4. Exhilarate | ___ A ___ | The upper crust | ___ I ___ |
| 5. Lone Star capital | A ___ | Actor Hoffman | D ___ |
| 6. Hooray, well done | ___ O ___ | Heroic | ___ E ___ |
| 7. Peril | ___ N ___ | Cloak and | ___ G ___ |
| 8. British drummer | ___ R ___ | Turn on the engine | ___ T ___ |
| 9. Little meower | K ___ | Hand warmer | M ___ |
| 10. Rabbit cage | ___ T ___ | Gut feeling | ___ N ___ |

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Weekly SUDOKU

by Linda Thistle

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

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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CryptoQuip

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

Clue: L equals R

DZQLQ YOHD AQ N FNBUCLQNHSK
U NY XNUDUKT NLSOKC EOLDUFQBP,
AOD U LQNBBP CSK'D MKSX XZND
U'Y BOLMUKT ESL.

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

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

Answer

Weekly SUDOKU

B	A	R	R	C	R	B	S	W	I	N
O	L	A	V	C	O	E	N	A	M	I
W	A	G	E	C	O	W	L	C	A	N
S	N	U	R	U	T	A	I	O	C	O
-	Y	U	L	-	R	E	O	-	-	-
-	A	M	E	-	E	L	V	I	R	A
A	D	U	L	T	-	V	E	N	O	M
M	E	M	O	I	R	-	I	S	A	N
-	-	V	E	E	-	E	S	C	-	-
-	A	D	E	-	V	C	R	-	E	R
A	G	A	-	N	E	A	R	-	N	A
D	C	-	B	A	R	I	-	C	V	A
S	S	T	-	C	L	E	F	-	S	E

10. Merge, Merge	9. Sawyer, Lawyer	8. Health, Health	7. Write, Write	6. Diner, Diner	5. Bitter, Butler
4. After, After	3. Health, Health	2. Write, Write	1. Bitter, Butler		

Even Exchange

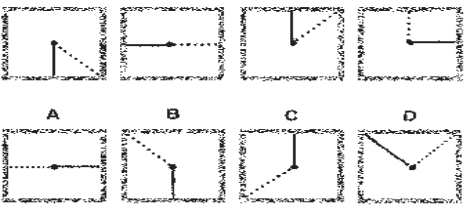
ACROSS

- Biting remark
- Spheres
- Victory
- Skin care brand
- Joel or Ethan of Hollywood
- Parisian pal
- Hourly pay
- Batman's hood
- Beer container
- Rebuff
- Acting coach Hagen
- Crazy
- Actor Brynner
- Old Olds
- Mourn
- Hit song by the Oak Ridge Boys
- Grown-up
- Snake poison
- Autobiography
- Herbal tea
- Geese formation
- Computer key
- Lose color
- TiVo precursor
- Idle or Clapton
- Khan title
- Close
- Handle
- Dict. info

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
32						33				
34				35		36				
			37			38				
39	40	41		42	43			44	45	46
48				49				50		
51				52				53		
54				55				56		

STICKELERS

Which box comes next in the following sequence?



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DOWN

- Fiddle sticks
- Arkin of "Argo"
- Prego rival
- 1957 Everly Brothers song
- Supernatural
- Cheer (for)
- Caveat word
- NBC sketch show
- Texas city
- Apple computer
- Boy, in Barcelona
- Features of romantic comedies
- Loosen
- Graceland idol
- Felon's flight
- Citric beverage
- Silent
- Pig-poke link
- Director Howard
- Soul, to Sartre
- Disclose
- "Fab!"
- Crazes
- Mellows
- Loony
- Give a darn
- Carry on
- One-named supermodel
- Penny
- "The Voice" network

SCRAMBLERS

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

Pang	WETING				
Wander	WAKES				
Joyful	DETALE				
Haven	FIGURE				

TODAY'S WORD



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Sticklers Answer
shark SKIN tight
tree LOAD stone
ring MASTER fully

SCRAMBLERS
Today's Word
1. Guard 2. Ambler
3. Power 4. Groan
solution

BORROW
Today's Word
1. Guard 2. Ambler
3. Power 4. Groan
solution

Agriculture

National Radon Awareness Month

What is radon? Radon is an invisible, odorless, colorless, tasteless radioactive gas produced by the natural breakdown of uranium in soil. It has been found in every state in the U.S. and can build up to dangerous levels inside any home; this means new and old homes, well-sealed and drafty homes and homes with or without a basement. It typically moves up through the ground to the air and enters your home through cracks and other holes in the foundation. It can enter through cracks in solid floors and cracks in walls,

construction joints, gaps in suspended floors, gaps around service pipes, cavities inside walls, and the water supply. The only way to know if your home has radon is to test it.

According to the Environmental Protection Agency, radon is the number one cause of lung cancer among people who do not smoke. It is the second leading cause of lung cancer for people who do. EPA estimates that radon causes more than 20,000 deaths from lung cancer each year in the U.S. If you smoke and your home has a high

radon level, your risk of lung cancer can increase even more.

Testing your home for radon is easy. If your house has a radon problem, it can be fixed. A simple test will tell you if your home has a high radon level. Most radon tests last between 2 and 7 days. It's easy as opening a package and putting the test kit in the right place. After sending the test kit back to the address in the package, the company will send your radon test results in about 2 weeks.

Radon test kits are usually available at most

hardware stores.

For more information contact, Rebekah Melton, FCS Extension Agent at UT Extension 931-268-9437 or go to epa.gov/radon

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments co-operating. UT Extension provides equal opportunities in programs and employment.

USDA NRCS in Tennessee Announces Application Deadline

The United States Department of Agriculture Natural Resources Conservation Service (NRCS) strongly encourages Tennessee agricultural producers who want to enhance their current conservation effort to apply for the Conservation Stewardship Program (CSP)-Classic, formerly known as CSP-General. The deadline to apply is February 4, 2022.

"The Conservation Stewardship Program is a great opportunity for Tennessee producers and foresters to maintain and

build on their existing conservation efforts while strengthening their operation," said Sheldon Hightower, Tennessee NRCS State Conservationist.

CSP offers additional opportunities to expand on existing conservation efforts by offering conservation practices, enhancements, bundles, and other conservation activities.

Producers who decide to enroll in CSP will have a consultation with their local NRCS conservation planner to evaluate their current management system and the natural re-

sources on their land. The NRCS conservation planner will then present a variety of CSP conservation activities for the producer to consider implementing in order to address additional natural resource concerns.

While applications are accepted on a continuous basis, applications must be submitted by February 4, 2022 to be considered for fiscal year 2022 funding.

Through CSP, agricultural producers and forest landowners earn payments for:

actively maintaining

the existing level of conservation based on the land uses included in the contract and NRCS assessment of existing stewardship at the time of enrollment, and implementing additional conservation activities.

Producers interested in CSP are encouraged to contact their local USDA Service Center or visit www.nrcs.usda.gov/GetStarted. For more information about the CSP program, contact Jamie Carpenter at jamie.carpenter@usda.gov or 615-277-2576.

Nineteen In-person and Online Events Showcase Diversity of AgResearch's Work

University of Tennessee AgResearch plans to host nineteen in-person and online field days in 2022. Most of the events will take place on AgResearch campuses across the state. One event will be held weekly and online.

Field days are traditional events for the AgResearch and Education centers, dating back to their inception. It's a time for producers, members of the public, and other researchers to see research and education in action. Attendance at these events can range from several dozen people to thousands.

Topics in 2022 will include turf and ornamental crops, row crops, cow production, vegetable crops, and forestry, just some of the diverse topics AgResearch works on every year.

The field days will begin in February and continue through October, as listed below. Times are subject to change and will be posted on utia.tennessee.edu accordingly.

Horse Management – February 8, 5 p.m. EST, Brehm Animal Science Arena, UTIA Campus at Knoxville

Horse Management – February 14, 5 p.m. CST, Western Region location TBD

Horse Management – February 15, 5 p.m. CST, Middle Tennessee AgResearch and Education Center at Spring Hill

Organic Farming and Gardening – April 28, 9 a.m. EDT, East Tennessee AgResearch and Education Center – Organic Crops Unit

Tennessee Healthy Hardwood – April 30, 7 a.m. CDT, Forest Resources AgResearch and Education Center at Highland Rim

Fruits of the Backyard – June 14, 8 a.m. CDT, Middle Tennessee AgResearch and Education Center at Spring Hill

Weed Tour – June 15, 8:30 a.m. CDT, West Tennessee AgResearch and Education Center at Jackson

Tobacco Beef & More – June 30, 8 a.m. CDT, Highland Rim AgResearch and Education Center at Springfield

Summer Celebration – July 14, 8 a.m. CDT, West Tennessee AgResearch and Education Center at Jackson

Milan No-Till – July 28, 7:30 a.m. CDT, Milan AgResearch and Education Center

Steak and Potatoes – August 26, 8 a.m. CDT, Plateau AgResearch and Education Center at Crossville

Fall Gardener's Festival – August 30, 8 a.m. CDT, Plateau AgResearch and Education Center at Crossville

UT Arboretum Butterfly Festival – September 17, Forest Resources AgResearch and Education Center – UT Arboretum Auditorium at Oak Ridge

Cotton Tour – September 21, 8 a.m. CDT, West Tennessee AgResearch and Education Center at Jackson

Beef Cattle and Forage Crops Field Day – September 23, 8:30 a.m. CDT, Middle Tennessee AgResearch and Educa-

tion Center at Spring Hill

Northeast Tennessee Beef Expo – October 13-14, 7:30 a.m. EDT, Northeast Tennessee AgResearch and Education Center at Greeneville

Woods and Wildlife – October 20, 7 a.m. EDT, Forest Resources AgResearch and Education Center – UT Cumberland Forest location at Oliver Springs

Beef Heifer Development School – October 21, 8:30 a.m. CDT, Middle

Tennessee AgResearch and Education Center at Springfield

Two of the field days are virtual in 2022.

Turf Tuesdays will take place every Tuesday online. You can find more information at tiny.utk.edu/TurfTuesday.

Green Industry Day will be Tuesday, June 28. A time has not been scheduled at this point, but more information will be made available closer to the event.



2022 Field Day -- A group of attendees at the 2021 Cotton Tour at the West Tennessee AgResearch and Education Center listens to a presentation made by an AgResearch scientist.

Cattle Report

Smith County Commission Livestock Weighted Average Report for 11/19/2021 - Final AUCTION			
	This Week	Last Reported	Last Year
	11/19/2021		
Total Receipts:	526	643	1,011

Feeder Cattle: 398 (74.3%) 478(78.8%) 793(79.5.7%)
Slaughter Cattle:103(14.6%) 94(13.6%) 151(12.2%)
Replacement Cattle: 25(11.0%) 71(6.6%) 67(8.4%)

Compared to last week, Feeder Steers/Bulls 2.00-5.00 higher; Feeder Heifers 4.00-10.00 higher; Slaughter Cows steady to 2.00 higher; Slaughter Bulls mostly steady. Supply included: 76% Feeder Cattle (20% Steers, 43% Heifers, 37% Bulls); 20% Slaughter Cattle (83% Cows, 17% Bulls); 5% Replacement Cattle (100% Bred Cows). Feeder cattle supply over 600 lbs was 32%.

STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt)					
Head	Wt Range	Avg Wt	Price Range	Avg Price	
1	235	235	165.00	165.00	
7	300	300	150-159.00	156.46	
9	420-445	423	146-154.00	146.94	
1	475	475	146.00	146.00	
26	500-525	519	145-155.00	152.18	
38	570-598	587	136-143.00	140.86	
4	649	649	133.00	133.00	
45	660-698	671	135-142.25	140.47	
13	720-736	729	129-140.00	134.02	
6	770-785	778	131-137.00	133.97	
1	820	820	120.00	120.00	
3	840	840	128.00	128.00	
4	856	856	128.00	128.00	

STEERS - Medium and Large 2-3 (Per Cwt / Actual Wt)					
Head	Wt Range	Avg Wt	Price Range	Avg Price	
1	420	420	133.00	133.00	
2	635	635	121-124.00	122.50	

HEIFERS - Medium and Large 1-2 (Per Cwt / Actual Wt)					
Head	Wt Range	Avg Wt	Price Range	Avg Price	
1	245	245	133.00	133.00	
7	314	314	141.00	141.00	
23	350-376	369	125-137.00	135.13	
70	450-493	466	128-140.00	134.42	
4	454	454	141.00	141.00	
53	524-532	527	125-133.00	129.83	
80	559-592	583	126.50-133.00	128.93	
13	624-633	627	120-129.00	126.20	
10	615	615	131.00	131.00	
35	650-686	666	115-127.00	125.02	
4	730-740	733	115.00	115.00	
7	716	716	124.00	124.00	
1	760	760	115.00	115.00	
12	795	795	122.50	122.50	
3	862	862	105.00	105.00	

HEIFERS - Medium and Large 2-3 (Per Cwt / Actual Wt)					
Head	Wt Range	Avg Wt	Price Range	Avg Price	
3	605-610	607	115.00	115.00	

BULLS - Medium and Large 1-2 (Per Cwt / Actual Wt)					
Head	Wt Range	Avg Wt	Price Range	Avg Price	
17	375-378	376	145-156.00	153.40	
36	458-473	461	140-149.00	146.95	
42	513-525	524	134-146.50	145.92	
28	576-590	579	129-137.00	135.25	
28	655-665	663	127-130.50	129.88	
23	753-764	763	106-112.00	111.23	
6	863	863	91.00	91.00	

BULLS - Medium and Large 2-3 (Per Cwt / Actual Wt)					
Head	Wt Range	Avg Wt	Price Range	Avg Price	
8	443	443	133.00	133.00	
2	470	470	125.00	125.00	
7	500-510	501	120.00	120.00	
10	561-563	561	113-114.00	113.80	
6	650-680	660	108-113.00	111.28	

SLAUGHTER CATTLE

COWS - Breaker 75-80% (Per Cwt / Actual Wt)						
Head	Wt Range	Avg Wt	Price Range	Avg Price	Dressing	
21	1185-1680	1404	64.00-75.00	69.94	Average	
1	1305	1305	77.00	77.00	High	

COWS - Boner 80-85% (Per Cwt / Actual Wt)						
Head	Wt Range	Avg Wt	Price Range	Avg Price	Dressing	
39	940-1400	1145	62.00-73.00	66.94	Average	
2	1270-1285	1278	76.00-79.00	77.49	High	
1	1305	1305	61.00	61.00	Low	

COWS - Lean 85-90% (Per Cwt / Actual Wt)						
Head	Wt Range	Avg Wt	Price Range	Avg Price	Dressing	
35	825-1335	1035	54.00-65.00	59.54	Average	
4	865-1085	1000	67.00-69.00	68.25	High	
4	790-1015	901	50.00-53.00	51.45	Low	

Please Note:

The above USDA LPGMN price report is reflective of the majority of classes and grades of livestock offered for sale. There may be instances where some sales do not fit within reporting guidelines and therefore will not be included in the report. Prices are reported on an FOB basis, unless otherwise noted.

Community Calendar

Narcotics Anonymous Meetings
Every Friday beginning at 7 p.m.; every Sunday at 5 p.m.; second Tuesday of every month at 7 p.m. All held at the Overton County Library. The program is not sponsored by the library. For more information call

(931) 303-2132.
Relative Caregiver Program Support Group Meeting
Are you raising a relative child or need housing assistance? For more information on assistance and support, please contact Melissa Allison at the Upper Cumberland

Development District toll-free at 1-877-275-8233. A support group meeting will be held for relatives that are caring for relative children during this month. Please contact Melissa Allison at (931) 476-4127 if you are interested in attending this meeting. For housing as-

sistance, while caring for minor child contact Myra Walker at 931-432-4111.
Homeless Advocacy
Homeless Advocacy for Rural TN (HART) has a homeless/homeless prevention referral line for 18 counties that include the Upper Cumberland. HART has funding avail-

able to help with rent and utilities for the homeless people/families and those at risk of losing their housing. They also have COVID-19 funds for people struggling with rent and utilities due to loss of income because of COVID. Anyone in need of assistance is encouraged

to call the referral line at 844-556-7626 to determine eligibility.
Convenience Centers
All Overton County Convenience Centers will be closed Monday, Jan. 17 for the Martin Luther King, Jr., holiday. Normal hours will resume on Tuesday, Jan. 18.

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LEGAL LEGAL LEGAL LEGAL LEGAL LEGAL

OVERTON COUNTY CHANCERY COURT, PROBATE DIVISION NOTICE TO CREDITORS
ESTATE OF: Ricky Allen Sells (deceased) CASE NO. 21-PR-107
Notice is hereby given that on the 28th day of December, 2021, Letters Of Administration, in respect to the estate Ricky

Allen Sells, deceased who died on December 11, 2021, were issued to the undersigned Shannon Lee Winters by the Chancery Court/Probate Division of Overton County, Tennessee.
All persons, resident and non-resident, having claims, matured or not, against the estate are required to file same with

the Clerk and Master of the above named Court on or before the earlier date prescribed in (1) or (2), otherwise their claims will be forever barred:
(1) (a.) Four (4) months from the date of the first publication (or posting, as the case may be) of this notice if he creditor received an actual copy of this notice to creditors at least

sixty (60) days before the date that is four (4) months from the date of the first publication (or posting);
(b.) Sixty (60) days from the date the creditor received an actual copy of this notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first pub-

lication (or posting) as described in (1) (a); or
(2) Twelve (12) months from the decedent's date of death.
This the 29th day of December, 2021.
Shannon Lee Winters
Executrix for said Estate of: Ricky Allen Sells
Dorothy B. Stanton,
Clerk & Master

Chancery Court/ Probate Division
Post Office Box 127
Livingston, Tennessee 38570
(931) 823-2536
Lynda W. Patterson
Attorney for the Estate
209A West Main Street
Livingston, Tennessee 38570
(931) 823-8487
1-4, 1-11 2TP

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UPPER CUMBERLAND ELECTRIC MEMBERSHIP CORPORATION
NOTICE OF POSITION OPENING
The Upper Cumberland Electric Membership Corporation (UCEMC) has an opening for an **Administrative Assistant**. The successful applicant for the position will be assigned to **UCEMC's Corporate Office**. UCEMC offers a competitive salary and benefits package together with a working environment conducive to personal and professional growth. UCEMC is a Tennessee Drug-Free Workplace and an Equal Opportunity Employer. Applicants must be presently legally authorized to work in the United States. UCEMC will exercise its right to select an applicant for hire. Persons interested in applying for the position may read the Notice of Position Open and the position's description at www.ucemc.com; www.JOBS4TN.GOV; or the local Tennessee Department of Labor & Workforce Development Office. **Application forms must be obtained from UCEMC's website www.ucemc.com through Friday, January 14, 2022. No application will be accepted after 4:00 p.m. Friday, January 14, 2022.** For more information on this position contact UCEMC's Human Resources Department at 800-261-2940 ext. 123.
EEO Employer/Vet/Disability

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1 LB.

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1 LB.

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1 LB.

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LB.

ECKRICH SLICED BOLOGNA OR HOT DOGS

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\$3.59

SEABEST COD FILLETS

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5 PK.

\$4.99

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16 OZ.

99¢

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9-10 OZ.

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1 LB.

\$2.99

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14 OZ.

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DOZEN

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52 OZ.

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2-4 CT.

2/\$4

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2 CT.

\$2.99

BEST CHOICE YOGURT

6 OZ.

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1 LB.

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FRESH BANANAS

1 LB.

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8-9 OZ.

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\$6.29

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2/\$5

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1.25 LB.

\$12.99