

# CANNON COURIER



125th YEAR - NO. 15

TUESDAY, AUGUST 11, 2009

TWO SECTIONS - 50¢ PER

## CANNON BLAST!

**'Man of Constant Sorrow':** This Arts Center show delves into the backstage and personal life of two brothers, Ralph and Carter Stanley who loved to play the old-time Appalachian music they grew up listening to. From their humble beginnings on a church pew, the brothers were determined to remain true to their musical roots even while they struggled to bring old-time music to a rock and roll world. Shows will be presented Fridays, Saturdays, and Sundays from August 14th through 29th. Performances start at 7:30 p.m. on Fridays and Saturdays, with 2:00 p.m. matinees on Sundays. Ticket prices are \$12 for adults, and \$10 for seniors, students or groups and may be purchased by calling the Arts Center at 615-563-2787.

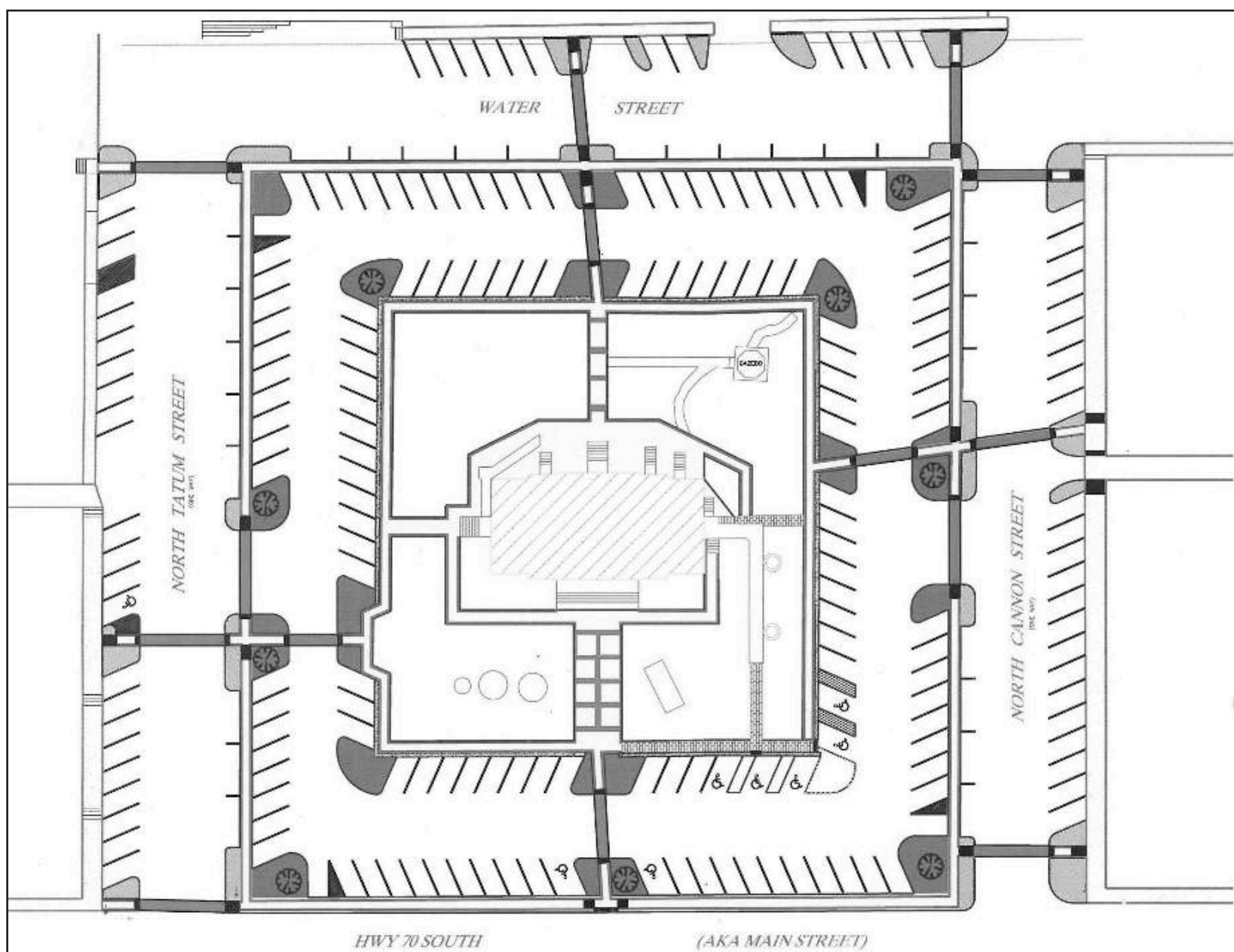
**Gospel Concert Woodbury First UMC: "The Dalton Gang"** will be in concert on Friday Aug. 21st at 7 pm, at Woodbury First United Methodist Church. This group has performed at The White House, Dollywood, The National Quartet Convention, and numerous TV appearances. The singing style of this family group has been compared to the old Happy Goodman Family. No admission will be charged, a love offering will be received. The church is located at 502 W. High Street in Woodbury. For more information call 615-563-2135.

**S.A.V.E. FEST 2009 At Dillon Park:** If you are looking for one last family summer fling before the rigors of a new school year, S.A.V.E. FEST 09 is the answer to your search. The Cannon County domestic violence program - S.A.V.E., is sponsoring a family oriented community event to raise awareness regarding domestic violence and earn money to supplement S.A.V.E. programs. S.A.V.E. FEST promises to have entertainment for all ages. Musical entertainment will show case local bands and Nashville musicians performing country, classic rock and R&B. S.A.V.E. the date: Saturday, August 15th, 12 p.m., Dillon Park, Woodbury. Tickets are \$10.00, children 12 and under free.

**Back 2 School Bash Coming August 13th:** Cannon Arts Dance is hosting a Back 2 School Bash as an opportunity for new and returning dancers to register for upcoming classes. The free event will be held from 4-6 p.m. Thursday afternoon August 13, at 119. W. Main Street (across from the former Terry's Kitchen). Ballet, tap, jazz, hip hop, cheer tumbling, ballroom and zumba will be offered beginning the week of August 17th. Cannon Arts Staff will be on hand to answer questions and familiarize students with the various classes.

**Grab Life By The Horns:** The 11th annual JMP Rodeo will be held at Justin Pemberton Memorial Arena on Aug. 21-22. The "Great Show on Dirt Tour '09" is sponsored by Beaman Dodge of Murfreesboro and is sponsored by the Southern Rough Stock Assoc. For more info call 423-745-7587.

## COURTHOUSE REVITALIZATION NEAR



by KEVIN HALPERN

Local officials hope to begin letting bids soon on a long-anticipated project to revitalize and upgrade the area around the Cannon County Courthouse.

The Courthouse Square Revitalization Project includes the construction of new sidewalks around the perimeter of the courthouse parking lot, wide enough to make them handicap accessible, and new sidewalks around the perimeter of the yard of the courthouse.

In addition, decorative lighting poles, will be placed at all four corners of the courthouse square.

Plans also call for the placement of clocks at each corner, if funding is available.

The project is expected to cost around \$800,000, the major portion of which - \$600,000 - will be paid for by a Tennessee Department of Transportation T21 Enhancement Grant. Cannon County and the City of Woodbury are each contributing \$80,000 to the cost.

Cannon County Executive Mike Gannon, who along with Woodbury town officials has been working on the project for several years, believes the revitalization will have a positive effect on the community when it is completed.

"The project will improve the image of the Square, and bring more people to town," Gannon said. "Hopefully it will also encourage businesses around the Square to fix up their buildings and therefore enhance the entire area."

"The Square is the center of civic life in the community and we want it to really look good," Gannon said.

(Continued on Page 2)

## Barbara Parker: Back To Schools

by SEAN PARKER



Barbara Parker is back at work as Director of Cannon County Schools.

Barbara Parker has been busy the last four years. Teaching in Rutherford County and serving the state as a No Child Left Behind consultant has prepared her to again lead Cannon County's school system at a time when new curriculum and standards are being established.

The Director of Schools position is identical to that of Superintendent except that a Director is appointed rather than elected. Mrs. Parker won the Superintendent seat in 1996 and was appointed Director in 2000, 2003, and again in 2009. During her time away from the Cannon County system, she worked first as a teacher in Rutherford County and later administering the No Child Left Behind program.

Working with the NCLB program took Mrs. Parker all over Tennessee, but she is glad to be back home.

"We've got a good system here," she says. "It's a pleasure to be back."

Beginning this year, Cannon County will be adapting to new curriculum and standards. Tennessee has recently implemented the TN Diploma Project, which aims to better prepare students for college and careers by imposing stricter graduation requirements. These changes are also part of a larger national movement toward common standards.

(Continued on Page 2)



BILL LITTLE

## Little Named CEO At SRH

Stones River Hospital welcomes new Chief Executive Officer (CEO) Bill Little to its administrative team. Most recently he has served as the Chief Operating Officer at Cookeville Regional Medical Center. According to Hugh Don Cripps, MD, the Medical Chief of Staff for Stones River Hospital Little transitioned into his new position effective July 20, 2009.

Prior to his return to Middle Tennessee, Little had spent 5 years serving as Vice President of Financial Operations at Vanguard Health Systems in Arizona. While there, he also served as the Chief Financial Officer for Arrowhead Hospital and Medical Center in Glendale, AZ. Little was awarded the Western Region CFO of the Year during that time.

Little is a native of Smithville. He obtained his B.S. degree in Business Administration from Tennessee Technological University in Cookeville. Bill and his wife, Kelly, are the proud parents of three daughters, Marcey, Madalyn, and Meridith.

## Tim Knox Steps Up At CCHS

by SEAN PARKER



Tim Knox is the new Principal at CCHS.

This fall is certainly a time of transition for Cannon County Schools. Along with new curriculum and a new system Director, Cannon County High School has a new principal in Tim Knox.

Mr. Knox has worked at CCHS for 13 years, beginning in 1997 as a social studies teacher. Knox gradually assumed other administrative and athletic responsibilities including Assistant Principal and Athletic Director, positions which undoubtedly familiarized him with the inner workings of the school. With his experience and qualifications, Mr.

Knox's new position seems to fit like a glove.

After graduating Ezell-Harding High School in Nashville, Mr. Knox studied at Dave Lipscomb for his bachelor's degree and later at MTSU where he received a master's degree in education.

For two years Knox and his wife lived in nearby Murfreesboro while he worked at CCHS. They finally moved to Cannon County in 1999 after Mr. Knox became youth minister at the Woodbury Church of Christ. "We're spending so much time in Woodbury and we really loved the area," he explains.

(Continued on Page 2)

## STILL YOUR CANNON COURIER: FRYAR

Technically Ron Fryar is the new owner of the Cannon Courier, having purchased the newspaper from former longtime publisher Andy Bryson last week.

In reality, however, the Courier will continue to be "owned" by the people of Cannon County that it has been proud to serve for 125 years, Fryar said.

"Without the support of the community and its readers, no newspaper can be a success," Fryar said. "One of the reasons I purchased the Courier

is because I am aware of the tremendous relationship the paper has had with its readers during Andy's time as publisher.

Fryar said he will work hard to maintain and build upon the trust and faith the newspaper has enjoyed in the community.

"We do not plan on making any radical changes," Fryar said. "We will continue to put strong emphasis on local news, local people, local government, local schools and local business."

Fryar said he has been looking at the possibility of purchasing the Courier for several years.

"I first talked with Andy and Patricia (Bryson) in early 2006. Having had a strong relationship with Andy for nearly 20 years by printing the Courier at The Daily News Journal plant in Murfreesboro, I became familiar with Woodbury and the Cannon Courier," Fryar said.

"The Courier is a strong community newspaper dedicated to publishing local news of the happenings

(Continued on Page 2)



RON FRYAR



# CANNON OBITUARIES

## Nelson T. Denny, 80

Graveside services for Nelson T. Denny, 80, were held Sunday, August 2, 2009 at Thyatira Cemetery with Bro. Jim Terry officiating. Woodbury Funeral Home was in charge of arrangements.

Mr. Denny died Friday, July 31 at Woodbury Health Care after an extended illness. A native of Putnam County, he was a member of Lumly Stand Church of Christ, a retired school teacher and a veteran of the Korean War, serving in the Air Force. Parents were the late Toy Lee and Lena Gentry Denny.

Survivors include two sons, Tony Lee Denny of Bradyville and Nelson Heath Denny of Centertown; three grandchildren, Calvin, Alex and Mattie Denny; a sister, Era Faye Freeze of Florida and a brother, Ben Denny of Garden City, Michigan.

Cannon Courier, Aug. 11, 2009 Woodbury, TN

## Weldon C. Travis, 87

Weldon C. Travis, 87, of Nashville died Saturday, August 1, 2009. Survived by his wife of 63 years, Lorene Travis; daughter, Deborah (Jim) Teper; son, David Travis; granddaughter, Michelle (Robert) Taylor; grandson, Chris Teper; great grandchildren, Joey and Tori Taylor; 3 brothers and 2 sisters and many relatives in the Woodbury area.

Funeral services were held Wednesday, August 5 at Hermitage Funeral Home Chapel. Burial was in Hermitage Memorial Gardens. Hermitage Funeral Home was in charge of arrangements.

Cannon Courier, Aug. 11, 2009 Woodbury, TN

## Buddy Clark Cunningham, 71

Funeral services for Buddy Clark Cunningham, 71, were held Friday, August 7, 2009 at the Chapel of Woodbury Funeral Home with Brother Billy Akers officiating. Burial was in Thyatira Cemetery with Woodbury Funeral Home in charge of arrangements.

Mr. Cunningham died Tuesday, August 4 at Centennial Medical Center after a short illness. A native of Cannon County, he resided in Readyville, TN. He was preceded in death by his parents, Clark and Helen Knox Cunningham and his sister, June Jernigan. A member of the Baptist Church, he was a retired truck driver.

Survivors include his wife, Jo Ann Akers Cunningham of Readyville; children, Jonda Earls of Ashland City, Jennifer Damron of Nashville, Johnny Damron of Nashville, Jeffery Damron of Murfreesboro, and Joseph Damron of Smyrna; a brother, Kenny Cunningham of Readyville and two sisters, Glenda Valerio of Woodbury and Vicky Burns of Mt. Juliet; 9 grandchildren and 8 great grandchildren.

Cannon Courier, Aug. 11, 2009 Woodbury, TN

## James Morgan, Jr.

James Morgan, Jr., 76, died Tuesday, August 4, 2009 at Johnson Memorial Hospital in Franklin, IN. He was a resident of Franklin United Methodist Community in Franklin, IN and a former resident of Marion, IN.

James was born February 21, 1933 in Bradyville, TN, the son of the late James and Nursie (Burks) Morgan. He was a graduate of Woodbury High School, Woodbury, TN, and after graduation married Addie Grace Reed on January 19, 1952 and moved to Indiana.

God blessed our family with a good man. His gifts to others on this earth were not by words but deeds. For all those who crossed his path, knew James as a gentle accommodating person willing to help out when called upon. He was a loving Christian husband and father, who now is in God's care.

James retired in 1990 from the Marion General Motors Plant after 32 years of service as a Production & Scheduling supervisor. Additionally, James was a member of Sunnycrest Baptist Church, Marion, IN.

James was preceded in death by his parents, James and Nursie Morgan. Survivors include his wife, Addie Grace, Greenwood, IN; son, Michael (Michelle) Morgan of Marion, IN; daughters, Angela Morgan of Jupiter, FL and Judy (Bob) Lohr of Greenwood, IN; four grandchildren, Philip Morgan and Lauren Morgan, both of Marion, IN, Kim Rubush and Scott Lohr, both of Greenwood, IN; four great grandchildren, two sisters Avelene Warren and Lois Clements both residing in Nashville, TN.

The Rev. David Owens, Chaplain of Franklin United Methodist Community conducted a funeral service at 1:00 PM. on Friday at Needham-Storey-Wampner Funeral Service, North Chapel, 1341 N. Baldwin Ave., Marion. Burial was at Grant Memorial Park, Marion, IN. Memorials may be directed to the Alzheimer's Association. Online condolences may be made at [www.nswcares.com](http://www.nswcares.com).

Cannon Courier, Aug. 11, 2009 Woodbury, TN

## Buddy Clark Cunningham, 71

The obituary for Buddy Clark Cunningham had several relevant omissions. In addition to the step children listed as survivors, his biological sons and their children were omitted. Mr. Cunningham's sons are Richard Craig Cunningham of Bowling Green, KY, Christopher Lee Cunningham of Bowling Green, KY, and Charles Clark Cunningham of Bowling Green, KY. All of Mr. Cunningham's biological grandchildren were omitted as well. They are Jessica Ilene Cunningham of Bowling Green, KY, Lauren Taylor Cunningham of Bowling Green, KY, and Halie Charolene Cunningham of Bowling Green, KY. Alexandra Kyleen Vincek of Bowling Green, KY (Mr. Cunningham's step granddaughter) was also omitted.

*We as a family would like to personally apologize for the person or persons responsible of said omissions.*

Cannon Courier, Aug. 11, 2009 Woodbury, TN

## Knox

About 750 students will attend Cannon County High School this year. The school boasts an impressive 84% graduation rate, a full 14% higher than the state average and about 15% above the national average.

"We're very proud of our graduation rate," Principal Knox says "but it is tough to improve on."

Beginning with 2009's incoming freshmen, graduation requirements will become much more rigid and demanding -- hopefully to better prepare more students for college. On the day of freshman orientation, Knox and other CCHS wore t-shirts with "got credits?" printed across the back. "That's our slogan for the incoming freshmen, we want to make sure they understand the new requirements."

Knox looks forward to his first year as principal.

"Everyone is refreshed and rejuvenated after the break. It will be nice meeting all the new faces, I really think we're going to have a great school year."

After a number of in-services, orientations, and half-days CCHS will have its first regular day of instruction on Tuesday, August 11th.

# Cannon County Chamber To Make Doughnut Run!



Woodbury Mayor Harold Patrick and Cannon County Executive Mike Gannon are the first to sign up for doughnuts from Carolyn Motley of the Cannon County Chamber.

Members of the Historic Cannon County Chamber of Commerce are raising money by selling a tasty regional favorite. Fans of Krispy Kreme glazed doughnuts can buy boxes to enjoy, while helping the Chamber with the event.

Members of the Chamber's Board of Directors will have sign-up sheets for doughnut purchases at their businesses. The doughnuts will be sold in boxes of a dozen. The price for a dozen will be \$6.00, and the proceeds will assist the chamber with its projects.

Orders will be accepted until Wednesday, August 12th at 5:00 p.m. The doughnuts will be delivered direct from the assembly line to the steps of the Cannon County Courthouse on Friday, August 14th at 8:00 a.m.

Orders can be placed at several local locations, including: the Cannon County Senior Center, Cannon Courier, Chamber of Commerce, DTC Communications, First Bank, First National Bank, Jennings Jewelers, J.P.'s Fine Swine, Middle Tennessee Natural Gas, Old Feed Store Antique Mall, Stones River Hospital, Tri-Star Title, WBRY AM/FM and Woodbury Insurance Agency.

## Chamber Makes Plans For Annual Color Of Fall Car Show

Chamber president Doug Combs, left, and coordinator Carolyn Motley go over items discussed during Tuesday's Board meeting.

The Cannon County Chamber of Commerce held its regular board meeting Tuesday, Aug. 4 at Stones River Hospital. Among the first items on the agenda were the recognition of two new community business leaders, Bill Lamb, the new CEO of the hospital, and Ron Fryar, the new owner of the Cannon Courier.

The Board also welcomed two new members, Potter's Ace Hardware, owned by Jeff and Teresa Smith and Brandon Smith, and by Vivian's, located at 109 Cannon Street and owned by Vivian Bailey. A ribbon cutting ceremony will be

## Fryar

that affect the citizens of Cannon County," Fryar added. "Non-suburban/metro newspapers dedicated to covering the local news of education, government, sports, community events and features have a strong and bright future."

Fryar, who has worked with over two dozen community newspaper during his career, says the strengths of the Courier are "its dedication to local news, market coverage/penetration, location and a strong staff that sets it apart from other newspapers I've worked with."

Fryar said because of the solid foundation the Courier has built over the past 125 years, any changes to the newspaper in the future will be relatively modest in nature.

"We plan to continue to report the local community news of Cannon County and actually expand local coverage in education, sports, business and people feature news. A re-design of the paper is planned with the inclusion of process color, reduction in web width, and reorganization of the content. The Courier is an excellent example of a local community newspaper and any changes planned will be to improve on the existing content and appearance," he said.

During his career Fryar has been heavily involved in the Tennessee Press Association, the state's foremost advocate of free press, open government and the people's right to know. He is the current President/Director of the Tennessee Press Association Foundation and is Past President/Director of both the Tennessee Press Service and the

## Parker

"The bar has been raised," Mrs. Parker says. "I've worked with a lot of systems on the high priority list and it's my goal to keep Cannon County off that list."

Mrs. Parker plans to work closely with each of Cannon County's schools to achieve the transition. "There are a lot of new faces, I look forward to meeting everyone." Cannon

County schools have their first regular day of instruction Tuesday, August 11.

held at Vivian's this Saturday at 10:30 a.m.

Other items of business discussed included:

- The moving of funds from the Street Heart savings account to the Special Events account to help with expenses for the Chamber's largest annual fundraiser, the Color of Fall Car Show, which is scheduled for Sept. 26 with a rain date of Oct. 3.

- The appointment of Travis Hancock to fill the Board's vice president vacancy created when Stephanie Fuson resigned. Hancock will serve the six months remaining on Fuson's term.

- The scheduling of a Chili Cook-Off for Oct. 23 at the Senior Center. Both businesses and individuals will be allowed to enter.

Tennessee Press Association.

"A local newspaper needs to be an advocate for the community it serves," he said. "Chronicling the history of the area, reflecting the values of the citizens it serves and providing information the public needs to know. It is relatively easy if you give the people what they want and attempt to tell them what they need to know."

Currently living and having worked in Warren County for many years, and in Rutherford County, Fryar said he has well-established fondness for the Cannon County community.

"I'm impressed with the friendliness of the people of Cannon County and what I see as a very bright future. It is nestled not far removed from the geographic center of the state of Tennessee, Middle Tennessee State University. The local businesses support each other and the community and so will this newspaper," he said.

One change readers and advertisers will notice immediately, Fryar said, is the addition of a Web site for the Courier.

"The Courier will definitely have a strong presence on the World Wide Web and the internet site will be used to update information and news that happens between issues of the paper. It will be a very complimentary site to the Courier," he said.

Fryar said he is looking forward with great anticipation to his new role as publisher of the Courier.

"Introducing myself and meeting with the merchants and leaders of Cannon County as soon as possible will be my first priority," he said. "Pacing myself to not try to do too much to quickly has always been a challenge for me and I don't see it being any different now."

In addition to serving as publisher of several area newspapers, including The Southern Standard of McMinnville and The Daily News Journal of Murfreesboro, Fryar has been Vice President of Operations for American Hometown Publishing and Regional vice president,

Tennessee Morris Multi-Media Inc. He is a 1973 graduate of Middle Tennessee State University.

- Connie Rigsby announced that U.S. Senator Bob Corker will conduct a town hall meeting at the Senior Center on Aug. 25.

\* Preliminary planning for a business expo sometime in October were discussed by Board President Doug Combs and Cliff Swoape.

The next meeting of the board is scheduled for Oct. 6.

## Bailey Awarded MTNG Scholarship

Tennessee Gas Association has announced its 2009/10 Scholarship recipients. The TGA Scholarship Program provides scholarships to children of member company employees. Funds are raised throughout the year at the annual TGA Scholarship Golf/Tennis/Fishing Tournament, Silent Auctions, and other association events as well as individual donations.

Two scholarships were named in honor of distinguished TGA members who have gone above and beyond in supporting this scholarship program. The John Ward Scholarship in honor of John Ward of Award Productions in Knoxville, Tennessee and the Leslie B. Enoch,

II Scholarship in honor of Leslie B. Enoch, II, CEO of Middle Tennessee Natural Gas Utility District in Smithville, Tennessee were named in honor of these men for their sacrificial giving and support. Both of these scholarships are \$2,000 each. The remaining ten scholarships are \$1,000 each.

Cameron Kell Bailey of Woodbury, TN and son of Mark and Kim Bailey was awarded a \$1,000 scholarship. Kim is a Customer Service Representative for Middle TN Natural Gas Utility District.

Cameron will be attending Middle Tennessee State University majoring in Business and Marketing

## Courthouse

"It would have been much more expensive without the grant money, and we want to get it bid now because of the economy," Gannon said.

In addition to making the courthouse handicap accessible, another benefit of the project is repairs and improvements will be made to the area's drainage system.

"What took so long in getting the funding for the project is that we had a drainage issue," Gannon said. "We have to fix the drainage problem before we do anything regarding beautification."

Randy Williams of the Upper Cumberland Development District wrote the grant application which was instrumental in securing the grant.

"The project will really improve the look of the area around the courthouse and make traffic run more smoothly," Williams said.

Williams said several hurdles had to be cleared before the project could get past the planning stages.

"When you are dealing with TDOT, engineering firms and environmental issues, it takes time for everything to come together."

Another benefit of the project is all overhead wiring now going into the courthouse will be moved underground.

"I hope that by fall work can be started," Williams said, "I do not know how long it will take to complete, but it won't be years, only a matter of months."

The Tennessee Department of Transportation is in the process of giving its final approval to the revitalization plans, which could come as early as this week.

The plans have been sent to the state for their approval, according to James Garrett of James C. Hailey and Company, a Nashville engineering firm hired for the project.

"We had to cut down of some of the pretty stuff, the things people will actually see, because about \$100,000 has to be spent to shore up some of the area that has sunken in over time due to the fact that when the work was originally done in hand laid stone instead of concrete," Garrett said.

The sidewalk around the inner and outer perimeters of the parking lot will be brick-stamped concrete to make them look more attractive. Trees will be planted at several locations to spruce up the area, and benches will be placed near the Main Street entrance.

The project also includes the extending of walkways from the courthouse across North Tatum, Water, North Cannon and Main streets.





# Senior Citizens Center To Build Temporary Memorial

September 5-11, 2009, Woodbury, TN will be transformed into a temporary Memorial to honor veterans, active military, police officers, firefighters, emergency medical personal, homeland security, their families, and celebrate our freedom.

United States Flags will stand in perfect rows to remind us of those who put themselves in harms way for our nation's freedom. Please join us for this patriotic tribute of honor, respect and unity for our community. Individual flags and sponsorships are available.

This living display of heroism will

fly as a temporary patriotic tribute to the strength and unity of Americans and will honor all the men and women who have made the supreme sacrifice for our nation's security and freedom.

Please join us and walk through this awe inspiring flag display. This is the perfect opportunity for all of us to unite as a community to remember and honor our heroes.

Flags will be set out for display on September 5, 2009 and will remain up for viewing through September 11th. The flags will be placed in alphabetical order by last name of the Honoree, on the Memorial Field.

On September 11th, Cannon County Week of Remembrance Committee will host a Closing Ceremony at sunset. After the Closing Ceremony all of those who

purchased flag/flags will be responsible for collecting their flag



## Grammar Schools

**MONDAY, AUGUST 17**

*Breakfast:* Waffles and syrup, cereals, juice, milk. *Lunch:* Pork rib pattie, chicken nuggets, mashed potatoes, small salad with dressing, wheat roll, chilled fruit, choice of milk

**TUESDAY, AUGUST 18**

*Breakfast:* Chicken and biscuit, cereals, juice, milk. *Lunch:* Ravioli, whole kernel corn, steamed broccoli, french bread, chilled peach cup, milk

**WEDNESDAY, AUGUST 19**

*Breakfast:* Muffin, cereals, juice, milk. *Lunch:* Cheeseburger with trimmings, savory potatoes, baked beans, fruit, milk, beans, sherbet,

**THURSDAY, AUGUST 20**

*Breakfast:* Breakfast pizza, cereals, juice, milk. *Lunch:* Hawaiian chicken rice, green beans, fruit, milk, wheat rolls, fruit, milk

**FRIDAY, AUGUST 21**

*Breakfast:* Gravy and biscuit, cereal, juice, milk. *Lunch:* Turkey deli sandwich, ham and cheese roll, tri-taters, broccoli and cucumber with ranch dip, sliced oranges, milk

## High School

**MONDAY, AUGUST 17**

Steak fingers with gravy, creamed potatoes, green peas, wheat rolls, fruit, box salad with chicken nuggets, hamburgers, french fries, homemade desserts, ice cream, ice tea and drinks

**TUESDAY, AUGUST 18**

Chicken nuggets, BBQ, creamed potatoes, green beans, wheat rolls, fresh grapes, french fries, hamburgers, homemade desserts, ice cream, ice tea and drinks

**WEDNESDAY, AUGUST 19**

Spaghetti, corn dogs, tossed salad, whole kernel corn, french bread, fresh waermelon slices, deli sandwich, french fries, homemade desserts, ice cream, ice tea and drinks

**THURSDAY, AUGUST 20**

Taco salad, fruit, hamburger with trimmings, french fries, potato bar, homemade desserts, ice cream, ice tea and drinks

**FRIDAY, AUGUST 21**

Pizza, tossed salad, fruit, hamburger with trimmings, homemade desserts, ice cream, ice tea and drinks

*Lowfat, skim unflavored and chocolate milk offered daily  
Salad or potato bar offered daily*



off of Memorial Field.

All flags are 3 x 5 ft, and will be sold for \$30.00. Individuals, who would like to provide a lamented 3 x 5 photo of Honoree, will have it attached to their flag. Please come by the Cannon Co. Senior Center to place your order. Questions please call Ashley or Jacque at 563-5304.

TO REPORT NEWS AND EVENTS, EMAIL:

[News@CannonCourier.com](mailto:News@CannonCourier.com)

## HELP NUMBERS

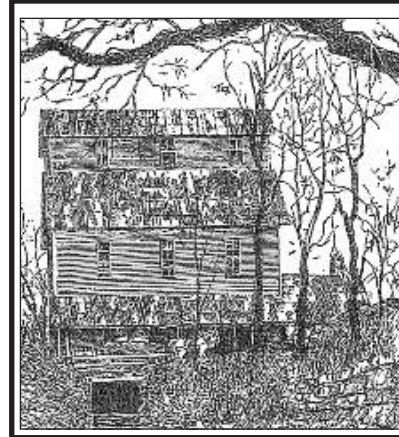
Domestic Violence  
**563-6690**

Child Advocacy Center  
**563-9915**

Murfreesboro Office  
**867-9000**

Jail 563-1000  
Emergency Help - 911

Cannon County  
Convenience Center  
**563-4922**



Entertain at  
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4t-thru Aug. 18-P

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## Gospel Meeting at WOOD CHURCH OF CHRIST

99 Sally Parton Road Woodbury  
(Short Mountain Community)

**AUGUST 23-26**

Speaker

**BRO. CHARLES WILLIAMS**

of New Union Church of Christ, Manchester, TN

**SONG LEADER: BRO. DAVID PARTON**

SUNDAY BIBLE STUDY 10:00 A.M.

SUNDAY WORSHIP 11:00 A.M.

SUNDAY THRU WEDNESDAY 7:00 P.M.

Fellowship Meal Following Sunday Morning Service

**EVERYONE WELCOME**

2t-Aug. 11, 18

## SLOAN'S ELECTRICAL SERVICE

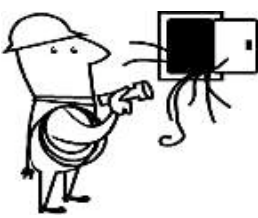
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4t-thru Aug. 11



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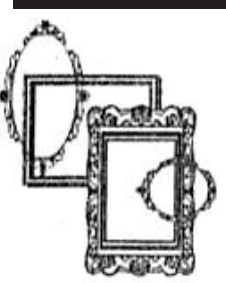
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MIKE & TERESA FRANCIS, Owners

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**Mitch Wilson, Agent**  
313 W Main Street  
Woodbury, TN 37190  
Bus: 615-563-2304  
[mitch.wilson.b14b@statefarm.com](mailto:mitch.wilson.b14b@statefarm.com)

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P02640

11/04

## Gospel Meeting -- at -- CURLEE CHURCH OF CHRIST

251 Curlee Church Road - Readyville

**Sunday, August 9th thru**  
**Wednesday, August 12th**

GUEST SPEAKER

**JASON GANN**

TIME OF SERVICES

Sunday Morning Bible Study 10:00 A.M.

Sunday Morning Worship 10:40 A.M.

All Evening Services 7:00 P.M.

Fellowship meal immediately following Sunday Morning Services at the Church.

**Everyone Is Invited To Attend!!**

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# OPINIONS

## Andy Bryson - Truly Remarkable

How many people do you know who have devoted 50 years or so of their lives to one cause, one mission, one passion?

We would guess your answer would be not many, or only a few. Few marriages last that long. Far too many people pass away before they reach the age of 50.

In a world which seems to be changing faster by the day, people change jobs on average of seven to 10 times during their working days.

Then there is Andy Bryson, a

person who can be described as truly remarkable.

The Cannon Courier is celebrating its 125th anniversary this year. For 50 of those years - a half century - Andy has been involved in every aspect of the production and delivery of The Courier.

At one time or the other - sometimes seemingly all at once - Andy has written stories, taken pictures, covered meetings, events and ballgames, put the paper together, sold advertisements, built

advertisements, and delivered the paper.

He's hired people, trained people, and above all he's helped people.

He's swept floors, taken out the trash and cleaned the toilets.

He's tirelessly worked to serve the Courier's readers and people of Cannon County for days, weeks, months and years on end, taking little time off, but never complaining.

With his recent sale of the newspaper that he loved and labored

over for nearly all of his life, an era has ended at the Courier and in Cannon County.

We are happy to know that Andy is not going anywhere, and will be around to help out during what we know will be the many times we will need to call on him for advice, counsel and assistance.

Andy has been a treasured asset to not only the Courier, but the community as well, and we hope he will always consider the Courier as his second home.

## THP GEARS UP FOR BACK TO SCHOOL ENFORCEMENT

The Tennessee Highway Patrol is working to make sure that school children are safe in the school zone. As thousands of students of all ages return to the classroom on foot and in school buses, motorists need to be extra cautious in and around schools zones.

"One of the first lessons a child learns as they begin their formal education is how to be safe going to and from school," stated Department of Safety Commissioner Dave Mitchell. "The goal of the Tennessee Highway Patrol is to help local law enforcement and schools protect children from drivers who may be distracted, impatient or careless."

Motorists and children should heed State Troopers' message to "Be alert! Slow down! Be safe in the school zone!" THP's back to school enforcement effort includes cracking down on motorists who disregard laws designed to protect

children, and monitoring schools zones and bus stops to help keep children safe as they travel to and from school. Remember, the speed limit is 15 mph in school zones and the fine for speeding in a school zone is up to \$500.00 dollars. It's also against the law to pass a school bus when stopped and receiving or discharging passengers and the driver can be fined not less than \$250.00 and up to \$1,000.00.

Since 2006, there has been an 11.5 percent decrease in the number of crashes occurring in school zones between the hours of 6a.m. and 9 a.m. and the hours of 2 p.m. to 5pm. There was also a 17.4 percent decline in the number of school bus-related crashes between those same hours.

"Motorists need to remember that a school zone is more than just the 15-mile per-hour-zone around a school. It's anywhere our children travel," stated Tennessee Highway

Patrol Colonel Mike Walker. "Children riding with parents or friends need to remember to buckle up properly. That means kids in seats belts, young kids in booster seats and little kids in a child safety seats."

Each day, 25 million children in the United States ride school buses, including 600,000 in Tennessee, according to the National Highway Traffic Safety Administration (NHTSA). The National Safety Council (NSC) reports approximately 29 students were killed while they were entering or exiting a bus in the U.S. last year. Close to 800 children are killed annually and many more injured going to and from school in a

vehicle other than a school bus, according to the NSC.

For more facts, figures & safety tips, please see the attached Safety Tips and visit our Web site: [www.TN.Gov/Safety](http://www.TN.Gov/Safety).

The Tennessee Department of Safety's mission is (www.TN.Gov/safety) to ensure the safety and general welfare of the public. The department encompasses the Tennessee Highway Patrol, Office of Homeland Security and Driver License Services. General areas of responsibility include law enforcement, safety education, motorist services and terrorism prevention.

## LETTERS TO THE EDITOR

*DAYS GONE BY: I Miss The Town Woodbury Used To Be*

I miss the town Woodbury used to be, back when there were three grocery stores around the square and shops where you could buy anything you wanted without having to drive elsewhere. When you had to drive around to get a parking place and you could park between the courthouse and the store fronts "just to watch the traffic go by".

I miss going to the window at Vernie Burks poolroom and ordering a sandwich because women weren't allowed inside.

I miss riding Jesse Alexander's bus from the shirt factory uptown every day at lunch just so I could go to Webb's grocery store and have Pete and Roy make me a Bologna and Cheese Sandwich with shredded lettuce.

I miss being a parent of a Woodland School and Cannon County High School Student.

I miss the heated basketball games at both Woodland and Cannon County High School and the hundreds of miles I traveled going to away games and tournaments.

I miss the summers with softball games and traveling around with my son and daughter's teams.

I miss "the shirt factory" and all the friends made there. I miss seeing Harold Vinson there every day and his reply of "Finer than Frog Hair" when you ask him how he was.

I miss The Bank of Commerce! It was a sad day for Cannon County when it sold.

I miss all the people I loved who have gone on to a better place.

I know you can't go back, but it sure is nice to think about what once was ever now and then and thank God that I was able to enjoy every minute of it.

By: FAYE CUNNINGHAM

(This article was submitted by CannonCourier.com site member "busylady")

Dear Editor:

As our nation's leaders grapple with health care reform, the public is closely scrutinizing changes that have been proposed. That's just as it should be. Health care affects us all in the most fundamental way, and Americans have the right to know what they're paying for - and what's available to them.

As the debate continues, there is bound to be confusion. I'd like to clear up confusion over one proposal that is drawing attention. The House version of health care reform legislation includes a provision for Medicare-covered consultations with medical professionals so that patients will have helpful information about care options. The confusion lies in whether or not these consultations would be mandatory for Medicare beneficiaries.

They would not. The National Hospice and Palliative Care Organization has examined the legislation closely and has concluded that participating in these consultations would be voluntary. In other words, the ball would be in the patient's court. Good information is a critical part of decision-making, and I applaud our lawmakers for helping Americans get the information they need to make well-informed choices.

JANET L. JONES

President and CEO, Alive Hospice

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## Free Hunter Safety Education Class

The annual Hunter Safety Education Class will be held Monday, Tuesday, Thursday, and Friday, August 24, 25, 27 and 28 at the Auburntown Community Center from 6:00 p.m. until 9:00 p.m.

This class is for youth ages 9 and older. Bring your social security number to class. This is a free class.

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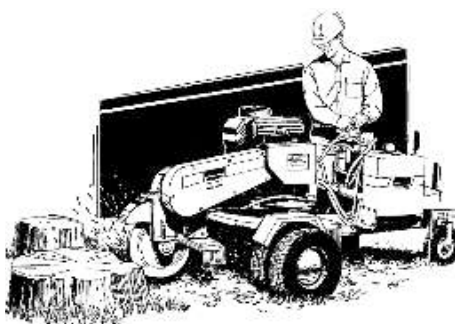
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The Cannon Courier welcomes **Letters To The Editor**. We do, however, ask readers to limit their remarks to 400 words or less. All letters must include a name, address and phone number for verification purposes. The Courier reserves the right to edit for grammar, length and libel or refuse the letter entirely.



# Millions of U.S. Children Low in Vitamin D

Seven out of ten U.S. children have low levels of vitamin D, raising their risk of bone and heart disease, according to a study of over 6,000 children by researchers at Albert Einstein College of Medicine of Yeshiva University. The striking findings suggest that vitamin D deficiency could place millions of children at risk for high blood pressure and other risk factors for heart disease. The study is published today in the online version of Pediatrics.

Vitamin D deficiency was thought to be relatively rare in the U.S. However, recent studies have documented this growing problem in adults. With cases of rickets (a bone disease in infants caused by

low vitamin D levels) on the rise, it became clear that many children were also not getting enough of this essential vitamin, which is needed for healthy bone growth, among other biological processes.

"Several small studies had found a high prevalence of vitamin D deficiency in specific populations of children, but no one had examined this issue nationwide," says study leader Michal L. Melamed, M.D., assistant professor of medicine and of epidemiology & population health at Einstein. Dr. Melamed has published extensively on the importance of vitamin D.

To learn more about the prevalence of vitamin D deficiency (defined as less than 15 ng/mL of

blood) and vitamin D insufficiency (15 to 29 ng/mL), the researchers analyzed data on more than 6,000 children, ages one to 21, collected by the National Health and Nutrition Examination Survey (NHANES) 2001-2004.

The researchers found that 9 percent of the study sample, equivalent to 7.6 million children across the U.S., was vitamin D deficient, while another 61 percent, or 50.8 million, was vitamin D insufficient. Low vitamin D levels were especially common in children who were older, female, African-American, Mexican-American, obese, drank milk less than once a week, or spent more than four hours a day watching TV, playing videogames, or using computers.

The researchers also found that low levels of vitamin D deficiency were associated with higher parathyroid hormone levels, a marker of bone health, higher systolic blood pressure, and lower serum calcium and HDL (good) cholesterol levels, which are key risk factors for heart disease.

"We expected the prevalence of vitamin D deficiency would be high, but the magnitude of the problem nationwide was shocking," says lead author Juhi Kumar, M.D., M.P.H., a fellow in pediatrics at Children's Hospital at Montefiore Medical Center, The University Hospital and Academic Medical Center for Albert Einstein College of Medicine. Dr. Kumar will become an assistant professor of pediatrics at Weill Cornell Medical College in August, 2009.

"We know from earlier NHANES data that vitamin D levels have declined over the last 20 years," says Dr. Melamed. "Kids have more sedentary lifestyles today and are not spending as much time outdoors. The widespread use of sunscreens, which block UV-B rays, has only compounded the problem." The body uses UV-B sunlight to convert a form of cholesterol in the skin into vitamin D.

Dr. Melamed recommends that children should consume more foods rich in vitamin D, such as milk and fish. "But it's very hard to get enough vitamin D from dietary sources alone," she says.

Vitamin D supplementation can help. In the study, children who took vitamin D supplements (400 IU/day) were less likely to be deficient in the vitamin. However, only four percent of the study population actually used supplements. The American Academy of Pediatrics, which recently updated its vitamin D guidelines, now recommends that infants, children, and teens should take 400 IU per day in supplement form.

Supplements are especially important for those living in the country's northern regions where the sun may be too weak to maintain healthy vitamin D levels. Supplements are also critical for infants who are breast-fed, say the researchers. Breast milk contains relatively little vitamin D, while formula is fortified with the vitamin.

The authors recommend that pediatricians should routinely screen high-risk children for vitamin D deficiency, and that parents should ensure that their kids get adequate amounts of the vitamin through a combination of diet, supplements, and exposure to sunlight.

"The message for pediatricians is that vitamin D deficiency is a real problem with consequences not only for bone health but also potentially for long-term cardiovascular health. Pediatricians should be screening children for vitamin D levels, especially in the high-risk populations," says Dr. Kumar. A study co-led by Dr. Melamed and published in the Archives of Internal Medicine in August 2008 reported that individuals with low levels of vitamin D may have an increased risk of death from all causes.

As for parents, says Dr. Melamed, "It would good for them to turn off the TV and send their kids outside. Just 15 to 20 minutes a day should be enough. And unless they burn easily, don't put sunscreen on them until they've been out in the sun for 10 minutes, so they get the good stuff but not sun damage."

The study, "Prevalence and Associations of 25-Hydroxyvitamin D Deficiency in Children and Adolescents in the United States: Results from NHANES 2001-2004," is published today in the online version of Pediatrics. Dr. Melamed and Dr. Kumar's co-authors include Paul Muntner, Ph.D., University of Alabama at Birmingham; Frederick J. Kaskel, M.D., Ph.D., Montefiore Children's Hospital; and Susan M. Hailpern, Dr.P.H., M.S., Northrop Grumman and Centers for Disease Control and Prevention.

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## PARQ To Meet

PARQ (Preserve our Area's Rural Qualities) will be holding the quarterly meeting Tuesday, August 11 at 7:00 p.m. at the Rust home located at 373 Old Woodbury Pike, Readyville.

Everyone is welcome and refreshments will be served! Come and hear what is going on in your community or inform us of one of your interests.

Please call to confirm time, place and possible weather challenges! 563-2200, 409-6009 or 563-8088.

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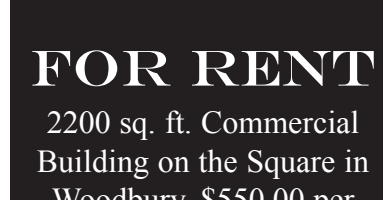
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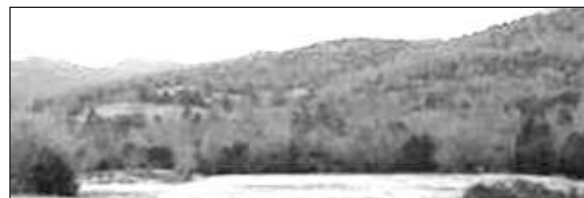
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# READ ALL ABOUT IT

by **PETTUS READ**

Guest Columnist, Tennessee Farm Bureau



## Let's Eat Somewhere New...Like Our Homes

While reading during lunch one day and eating a not-so-good-for-me meal, I came upon a very interesting article on nutrition in a magazine. As I finished my "too much for a man and not hardly enough for a bear" burger and placed a super-curl fry in my mouth, the article just seemed to be calling my name. No, it was not calling out the names that describe me like, "Husky boy or wide load," but the information it contained did get my attention.

The article was from a Nutrition Close-Up, which is a publication of the American Egg Board. It was several months old, but so are many

of the publications that end up remaining on my desk. Being a part of the media (I'm a good media, not a bad media), I received a copy in an information package back during a previous national egg month

People" and dealt with today's prevalence of obesity being in epidemic proportions here in the United States. We have increased the size of our homes, our automobiles, and now we are becoming larger in body stature because of the way we eat.

The article stated that one of the major causes for our problem of being too big for our britches is the colossal portion of food we eat away from home. They say it continues to be a problem that is growing as more of us eat from a sack rather than sitting down to the dinner table back at the house. In the 1970s 34 percent of all food budgets were spent on foods eaten away from home. As we moved into the 2000s it was estimated that almost half of all food budgets was spent on food eaten away from home. With these kinds of statistics, it won't be very long before the kitchen range will become a thing of the past.

Just drive by any food establishment these days and notice the number of cars in the parking lot. We no longer say, "What's for dinner?" Instead, we ask the question, "Where do you want to eat?" That was the question asked recently following church services at my church by a group of senior citizens who eat out together each Sunday for lunch. Someone suggested that they should eat somewhere they haven't eaten in a long time. One of the older men answered, "Great! Let's go home."

The study went on to say that portion sizes also began to change as people increased their number of visits to the golden French fry eateries. Portion sizes increased in the 1970s, but the rate accelerated during the 80s and 90s. The report used comparisons from USDA and FDA food label portion sizes and the numbers were significantly larger from year to year. Compared to the USDA's standard portion size, some cookie products measured in the study were 700 percent larger. Now that is one big cookie and I probably ate a few of those in the study.

Proportions of steaks were 224 percent over the recommended amount, with cooked pastas at 480 percent and muffins at 333 percent. It seems the researchers even found that recipes in old cookbook editions had been changed in new editions to yield less servings, indicating larger portions.

Ever wonder why we are asked to increase the size of our orders now a days? These same researchers discovered that the main reason is that the food chains "can retain and expand market share" as profits for most food items rose when manufacturers increased product size. This also caused us to think we also were getting a real bargain because of the size of those huge cups. It also means all that extra food has extra calories, which makes our waistlines "supersize" as well.

Society has accepted and expects large portions as the standard. Ever wonder why only a few years ago our thirst could be satisfied with an eight-ounce cold drink, where today it takes at least thirty-two ounces to take care of a parched mouth? The report also used the example of larger cup holders in newer cars as society's acceptance to large portions.

The reported results from the study did show that large food portions are one cause for our obesity problems. The article did go on to say there are multi-factorial problems, but the amount we eat is a major factor.

So, the next time your waiter brings you a plate that could feed the entire UT football team, eat what takes care of your appetite and ask for a take-home box for what is left. Those new trousers will be glad you did.

- Pettus L. Read is editor of the Tennessee Farm Bureau News and Director of Communications for the Tennessee Farm Bureau Federation. He may be contacted by e-mail at [pread@tjfb.com](mailto:pread@tjfb.com)



# SHORT MOUNTAIN OBSERVATIONS

by **KEN GARRETT**

Ruth Barrett celebrated her 87th birthday in Stones River Hospital on Friday, July 31st.

Frank, Melanie and Tylee Nistad spent this past weekend in Louisville, Ky taking in the National Street Rod Association Car Show.

Mr. Frank (Jr.) Bryant was taken by ambulance to Skyline Medical Center in Nashville on Monday. He was admitted for tests and possibly had a light stroke. Our prayers and best wishes for him

Ms. Macon Wade has returned home after spending a few weeks in Michigan with daughter Brenda Queen and family. On Monday

Macon and Debbie Hillis visited Alene Ferrell and Rev. and Mrs. Frank Palermo.

Tanya Locke from San Jose, Calif. is here for a visit with her father Joe Underwood and other relatives

Several from here attended the Daniel family reunion at the Lions Club Building in Woodbury on Saturday.

Steve and Vanessa Murphy and children are planning a move soon from their Blanton School Rd. residence to the Half Acre community

Ms. Irene Hibdon was Sunday guest of her sister, Chloe Evelyn Bogle. They attended services at The Short Mt. Church of God. Everyone

was happy to see Irene at her old home church.

Kevin Hale and children from Texas have been visiting relatives here.

Grandparents Ronald and Dora Lawson entertained with a 4th birthday party for Cora at their home with several family members joining in.

Belated birthday wishes to Tammy Copping on Aug. 3, Jennifer Pack Aug. 5 and Mrs. Joe D. (Sue) Davenport on July 31. She was the winner of two tickets to The Arts Center Cafe on the WBRY Birthday party drawing on Friday.....Congratulations!

# S.A.V.E. Fest '09 Saturday In Dillon Park

If you are looking for one last family summer fling before the rigors of a new school year, S.A.V.E. Fest 09 is the answer to your search. The Cannon County domestic violence programs-S.A.V.E. is sponsoring a family oriented community event to raise awareness regarding domestic violence and earn money to supplement S.A.V.E. programs.

S.A.V.E. Fest promises to have entertainment for all ages. Musical entertainment will show case local bands and Nashville musicians performing country, classic rock and r&b. Artists scheduled to appear include River Town, 61 Seconds, Buckshot and the JRB Band. Several varieties of vendors will be on hand offering food and wares. A carnival atmosphere will be in full swing for the children as they can choose from several activities: dunking booth, face painting, moon jump, cake walk, balloon art and other surprises. If you are an early Christmas shopper, what better way to begin then with an auction: Do you know anyone who has always

wanted an autographed guitar from Reba? You can bid on the guitar and other specialty items donated from local businesses.

S.A.V.E. invites you and your family to come out and enjoy a day of old fashion fun, spend time with your family, meet your neighbors and support a worthwhile program. Don't forget your blankets, lawn chairs and sunscreen. All proceeds will benefit the Cannon County domestic violence program S.A.V.E. S.A.V.E. the date: Saturday, August 15, 12:00 p.m. at Dillon

Park, Woodbury. Tickets are \$10.00, children 12 and under are free. For more information or donations, please contact Lisa Baird at 615-563-6690.

S.A.V.E. is a nonprofit organization. In less than a year's time 130 clients have called on the services of S.A.V.E.

If you or anyone you know is the victim of abuse, please call 615-563-6690. The S.A.V.E. offices are located at 301 West Main Street, Woodbury, TN 37190.

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# Insufficient Sleep May Be Linked To Increased Diabetes Risk

Short sleep times, experienced by many individuals in Westernized societies, may contribute to the development of insulin resistance and reduced glucose tolerance,

which in turn may increase the long-term risk of diabetes, according to a new study accepted for publication in The Endocrine Society's Journal of Clinical Endocrinology & Metabolism (JCEM).

Sleep curtailment is an increasingly common aspect of the Western lifestyle, which is characterized by physical inactivity and overeating. Today, many Americans sleep fewer than six hours each night and individuals who report such short sleep times have in previous studies demonstrated an increased risk of developing diabetes. This new study examined whether reduced sleep duration itself may increase the risk of developing diabetes when combined with physical inactivity and overeating.

Researchers in this study subjected a group of healthy middle-aged men and women to two controlled 14-

day periods of sedentary living with free access to food and 5.5 or 8.5 hour bedtimes. When the subjects had their bedtimes decreased from 8.5 hours to 5.5 hours they showed changes in their response to two common sugar tests, which were similar to those seen in people with an increased risk of developing diabetes.

"Our findings raise the possibility that when the unhealthy aspects of the Westernized lifestyle are combined with reduced sleep duration, this might contribute to the increased risk of many overweight and sedentary individuals developing diabetes," said Plamen Penev, MD, PhD, of the University of Chicago and a senior author of the study. "If confirmed by future larger studies, these results would indicate that a healthy lifestyle should include not only healthy eating habits and adequate amounts of physical activity, but also obtaining a sufficient amount of sleep."

Since the conclusions of this study are based on the detailed evaluation of a small group of subjects over a limited period of time under carefully controlled laboratory conditions, Dr. Penev emphasizes that additional intervention studies

will be needed to examine the impact of habitual sleep curtailment on human glucose metabolism.

Other researchers working on the study include Arlet Nedeltcheva, Lynn Kessler and Jacqueline Imperial of the University of Chicago. The study was supported by NIH grants.

The article, "Exposure to recurrent sleep restriction in the setting of high caloric intake and physical inactivity results in increased insulin resistance and reduced glucose tolerance," will appear in the September 2009 issue of JCEM. Founded in 1916, The Endocrine Society is the world's oldest, largest and most active organization devoted to research on hormones and the clinical practice of endocrinology. Today, The Endocrine Society's membership consists of over 14,000 scientists, physicians, educators, nurses and students in more than 100 countries. Society members represent all basic, applied, and clinical interests in endocrinology. The Endocrine Society is based in Chevy Chase, Maryland. To learn more about the Society and the field of endocrinology, visit our site at [www.endo-society.org](http://www.endo-society.org).

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## Tennessee's Big Peach Crop Taking Its Time This Summer

Tennessee's summer has been refreshingly mild so far, making it easy just to hang around outdoors, lingering, enjoying the season. Apparently, the weather has the same effect on one of the state's favorite crops, too: Tennessee peaches are also just hanging around, lingering on their trees longer than usual.

"We have a fantastic peach crop this year," says Pamela Bartholomew, agritourism coordinator for the Tennessee Department of Agriculture, "but all the varieties are ripening more slowly than usual because of the relatively cool summer."

"Peaches need a certain amount of sun and heat to ripen and get sweet, and it's just taking a little longer this year for that process to complete itself," says Bartholomew. "In the meantime, all these timely rains have continued to fall over much of the state, and those peaches just keep getting bigger."

"What this means for all of us is that we have more time to go out to some peach orchards and take advantage of more varieties, for a longer season, than anybody would have anticipated," says Bartholomew. "Peaches that ordinarily would be past their season

are still available. Should the weather turn hot this month, as it usually does, the peach crop will respond and the later varieties will be literally pulling tree branches to the ground with their weight."

Peach varieties blossom, grow and ripen on different timetables. Early peaches are typically available in late June, and other varieties follow throughout the summer right through August. Because of Tennessee's wide ranging topography and temperatures, West Tennessee peaches tend to ripen first and East Tennessee peaches ripen last.

The peach crop in Tennessee depends in large part on the timing of spring frosts. If a heavy killing frost falls on peach trees in bloom or with tiny peaches just beginning to show, the crop is decimated. Bartholomew says this risk is part of what makes local peaches so highly anticipated and prized.



## SPECIAL THANKS

I, Johnny L. Gannon, would like to say a special thanks to the Honorable Judge Susan Melton and Attorney Bill Bryson for the home and unsupervised visits with my son, Hagen Braxten Fann. He is a wonderful little boy and I am proud to call him my son. He is a bright and loving child. No one knows how proud I am to have a son like Hagen.

Johnny and Dianne Gannon would like to say a special thanks to Donna R. Fann for allowing Hagen to call me to say "good night" every once in a while. My wife and I and all the Gannon family is looking forward to having Hagen over again.

Thank You...

JOHNNY L. GANNON AND FAMILY

## Where In The Bible Will I Find?

That Christians Are To Live A Pure Life In An Impure World?

Christians face an increasingly immoral world. Each week seems to announce a new low for the nation's moral standards. Movie producers vie with each other to see who can have the most risqué films. Television brings intimate bedroom scenes into the nation's homes. Divorce, adultery and homosexuality is portrayed as a warm, loving, caring way, to gain further acceptance. Society general acceptance of all sins is obvious on every hand. How can a Christian keep himself pure in such an impure hostile environment?

Six Suggestions To Help Keep Yourself Morally Pure

1. Recognize the power of sex. Do not assume that you can handle or control it. It is like dynamite. God has provided that sexual fulfillment is to take place in marriage. The Bible states, "Marriage is honorable in all, and the bed undefiled: but whoremongers and adulterers God will judge" (Hebrews 13: 4).

2. Look Ahead. The long term disadvantages of immorality outweighs what seems like desirous reasons of the moment. Think of your whole life when you are tempted to indulge in unlawful sex or immorality.

3. Be honest with yourself. Are you living up to the standards you have been taught? Are you looking for an excuse to indulge? Are you proud of the kind of person that you are? Some immoral people have convinced themselves that they are really living it up. The Biblical warning is, "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting." (Galatians 6: 7-8).

4. Make a commitment to yourself and to God that you are going to live a virtuous life. Present your body as a living sacrifice unto God (Romans 12: 1-2).

5. Make the commitment ahead of time. Do not wait until you are confronted with the choice. Have the will-power to keep passions under control. Talk about your commitment, pray, and think about it.

6. Respect the established moral code. For the Christian that is the Bible. These moral guidelines are time tested. Remember that the same God who created us and gave us our sexuality gave us the Bible for a code of conduct. He knew what would bring us the greatest happiness.

Remember that one of the best reasons for morality is simply that immorality does not work. It does not pay off. It does not lighten the burden of living. There will be times when the way of righteousness will seem the loneliest place in the world. Be a regular reader of God's word. "Thy word have I hid in mine heart, that I might not sin against thee" (Psalm 119: 11). It is harder to do wrong when you are in contact with God. Associate with Christians at every opportunity. As evil companions corrupt good morals (1 Cor. 15: 33), right companions will strengthen our morals. Remember, no one ever regretted being decent, but thousands have hated the day they fell into immorality. "Keep thyself pure" (1 Tim. 5: 22).

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## IVY BLUFF NEWS

by BONNIE STACY

Joy and Kathleen Bean and boys spent their vacation at Gulf Shores, Alabama.

Elizabeth Hartsfield visited her sister, Christine Floyd on Sunday. Mr. and Mrs. Kenny Sissom and her daughter from La Vegas, Nevada are spending a few days with Mr. and Mrs. Eugene Sissom. They are on their way to Chicago to visit Mrs. Sissom's son.

Geneva Gentry from McMinnville is spending a few days with her daughter and son-in-law, Shelby and Paul Churchwell. The Churchwells and Geneva sent to Chattanooga on Saturday to celebrate Shelby's great grandbaby's first birthday.

Paul and Shelby Churchwell and seventeen of their friends and relatives went to Pigeon Forge for a few days. They stayed on top of the mountain overlooking Pigeon Forge in a nine bedroom chalet. A good time was had by all.

My sympathy to the families of Nelson Denny, Naomi Bailiff, Newton W. Wright Sr. and Mazle Reed Gannon that recently passed away.

*Often when we say we are being nice to protect other people we are really protecting ourselves.*

*It's alright moments alone and our need for them are not a perversion, they are a life-giving force.*

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**NEW LISTING**



**968 HOLLOW SPRINGS ROAD**  
 Perfect country home and 2 acres. 3 bedroom brick with central heat and air, hardwood floors and horse barn. Shaded yard and quiet country setting. Great buy at \$89,900. Call **Jennifer**.

**NEW LISTING**



**66 PEELER HILL ROAD**  
 Very nice, just like new 4 bedroom, 3 bath home, large utility room with pantry, masterbath has separate sinks, large covered porch on front, covered 15x12 deck in back, fenced backyard, large storage space, immaculate home, like new, must see. MLS# 1098523. Call **Jennifer**.

**NEW LISTING**



**125 AUBURN HILLS**  
 Brand new construction by McCalla Homes in New Auburn Hills Subdivision. All brick, 3 bedroom, 2 bath, over 1,700 sq. ft., tile bath, oak hardwood and kitchen cabinets, large kitchen and bonus room, only \$172,900. MLS# 984866. Call **Jennifer**.

**NEW LISTING**



**22 PAWNEE DRIVE**  
 Beautiful lot with trees and wet-weather creek at the back. Over 1.27 acres just waiting for you to build on. Doublewides on permanent foundation ok. MLS# 1098792. \$14,000. Call **Phyllis** at 615-563-1100 or 615-631-4166.



**80 TANGLEWOOD**  
 This home has it all. Oak hardwood floors and tons of oak cabinets. Large rooms, huge patio and carport. Huge tile shower in master bath. Home is immaculate and a must see. Close to Murfreesboro. Priced at \$269,900. Call **Jennifer** or **Bill** today!



**2937 GREENVIEW DRIVE**  
 Very nice 3 bedroom, 1 bath in excellent condition. Sits on a beautiful half acre lot with very mature trees in Murfreesboro. There is a large carport with storage attached and a detached storage building that will stay. \$107,500 MLS #1077535. Please call **Belinda Tobin**.

**NEW LISTING**



**314 POWELL STREET**  
 Immaculate and upgraded home with 3 Bedrooms on a shaded lot with privacy fence! This home has hardwood and tile floors with a 10X10 mini barn. Priced at \$69,900. Please call **Belinda Tobin**.



**310 RIVENDELL ROAD**  
 Brand new 3 bedroom, 2 bath home. Cathedral ceiling in living room, tray ceiling in master bedroom, elevated dishwasher. Kitchen has stainless appliance package, 12x12 deck. MLS# 986300. Call **Jennifer**.



**227 CANNON DOWNS DR.**  
 Immaculate, better than new home in quiet country subdivision. Rocking chair porch, large country kitchen, large deck out back. Over 1400 sq. with no wasted space. \$149,900 MLS #1046690. Call **Jennifer**.



**204 E. MAIN STREET - Commercial**  
 Two businesses for the price of one. Once a fold artshop building, 30x50 hardwood floors, would make good restaurant, retail/office, etc. 40x60 bldg. in back w/ concrete floors, rollup door, skylights, multi storage. Call **Jennifer** for details. \$139,900.



**2528 AUBURNTOWN ROAD**  
 Bring the animals to this 39+ acre farm only 2.5 miles from town! This 3 BR, 2 bath brick home is ready for new owners. Full basement to finish for your lifestyle. Fully fenced. Year-round spring on property \$174,900. MLS #1077560. Call **Phyllis** (615) 631-4166.

**NEW LISTING**



**534 MANUSTOWN ROAD**  
 Very nice solid 3 bedroom, 2 bath brick home with 2 car garage on large country lot. Priced to go at \$114,900. MLS# 1100052. Call **Jennifer**.

**NEW LISTING**



**61 CANNON DOWNS**  
 Very nice, just like new 3 bedroom, 2 bath home with bonus room, large utility room with pantry, Master bath has seaprte sinks, large covered porch on front, covered 15 x 12 deck in back, fenced back yard, large storage space, immaculate home, like new, must see. MLS# 1098824. \$169,900. Call **Jennifer**.

**NEW LISTING**



**934 PEELER HILL**  
 Beautiful country 3 bedroom, 2 bath home with stone fireplace on 1 acre. This home sits in a country setting with a 30x40 3 bay shop. Priced at \$159,000. Call **Belinda Tobin**.



**17 BURT ROAD**  
 Wonderful 1.5 story home on 9 +/- acres. Great location on Burt Road, level land, 4 bedrooms with 2 1/2 baths. Detached garage, rock fireplace. Priced at \$199,900. Call **Jennifer**.



**203 GREENBRIAR STREET**  
 Super nice 2 bedroom brick home on quiet street in town. Fenced backyard with large deck. New roof and new CHA system. \$89,900. MLS# 1032383. Call **Jennifer**.



**418 TURNEY ROAD**  
 Very nice 5 +/- acre tract in Auburtnown with existing mobile home, septic, electric, has city and well water. Fenced on all sides except road frontage, gently rolling land with a pond. Would make nice mini farm. \$55,000. Call **Jennifer**.



**517 DOOLITTLE ROAD**  
 Great investment! 2 houses for one price, one is 2 bedroom, like new, handicap accessible on really large lot within walking distance to town. Other home in need of tender loving care. MLS # 1071013, \$119,900. Call **Jennifer** (615) 563-1100.



**158 BRADFORD WAY**  
 Very well constructed. Fully handicap accessible. Brick home in Houston Hills, over 2,000 sq. ft. 3 bedroom, 2-1/2 bath, super large rooms, lived in one year. Like new, Teak floors, tile, granite, super nice, only \$249,900.

**NEW LISTING**



**1095 OLD PROSPECT ROAD**  
 Absolute doll house, 3 bedroom brick, fresh paint, new kitchen, lots of extras, very nice home. Country living at it's best! MLS #1090634, only \$108,900. Call **Jennifer**.



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## FEATURE HOME OF THE WEEK



### 61 CANNON DOWNS

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## LAND

### 10 PARHCORN HOLLOW ROAD

Gorgeous private land minutes from town. If you want country living, a place for horses, several building sites, this is the place for you. Soil site and city water available. Excellent buy at only \$48,500. Call **Jennifer**.



### 1 LOCKES CREEK ROAD

11.38 +/- acres of beautiful land...Level for hay, horses or cattle. Gorgeous setting only 15 minutes to Murfreesboro. Spring creek, city water available, one of a kind tract of land. Has Restrictions. \$94,500. ML:S#1012149. Call **Jennifer**.

### NEW LISTING

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### 36 COVE HILL ROAD

Very private wooded and open tract. Several good building sites with great views of the surrounding hills and hollers. Very, very private. Soil site approved and city water available. Privacy like this is hard to find. Only \$79,900. MLS# 1090652. Call **Jennifer**.



### 119 ACRES

Secluded, very private, 119.5 +/- acre farm in a peaceful open hollow. Sit on the large deck and enjoy the view of large year-round spring, stocked fish pond and wildlife galore. Home has beautiful oak cabinets and floors with open floor plan. Bring your horse, fenced with barn. Peaceful! MLS #1068213, \$359,900. Seller is an agent. Call **Jennifer**.

### NEW LISTING



### 638 MANUSTOWN ROAD

Very nice 3 bdm/2 bath home on 2.2 acres in the country. Some new paint and wood flooring. Lots of cabinets in the large kitchen. Woodburning fireplace in the great room. The 4 bay garage is a mechanic's dream. Electric & phone in the garage & large storage building. \$112,500. MLS# 1095262. Call **Phyllis** 615-563-1100



### 1109 GILLEY HILL ROAD

This 50 +/- acres is wooded and private, some pasture. Excellent hunting land, several good building sites, perk site. Priced at \$109,900 MLS #1042980. Call **Jennifer**.



### 1744 BUSH ROAD

Immaculate well maintained brick home with barn on 1 acre. Country living at its finest in the 3 bedroom home. Hardwood floors, new appliances, new windows, 2 car finished garage, large shaded yard. Only \$114,900. MLS# 1049052. Call **Jennifer**.



### 366 OSAGE LANE

Gatlinburg like setting for this custom modular home on 5 +/- acres w/creek, woods, pasture and wildlife views. 3 bedroom, 2 full baths custom home, huge kitchen, fireplace, paved drive, FHA foundation price at only \$115,900. MLS# 1016193 Call **Jennifer**.



### 247 PETTY GAP ROAD

Very solid and affordable 3 bedroom home on large shade lot, new paint and flooring. Ready to move into. Central heat and air, new metal roof, convenient to town. Great buy at \$79,900. MLS# 1036760. Call **Jennifer**.



### 64 REED HOLLOW

Location! Only 15 minutes to Murfreesboro. Beautiful new 3 br, 2 1/2 bath home on 5 +/- acres. Open floor plan with large rooms, fireplace in great room, large rec room, hardwood, tile and carpet. \$247,500. MLS# 991008. Call **Jennifer**.

## LAND

### 0 JACKSBORO TRAIL

43 +/- acres of open farm land. Good pasture or crop land. Could be subdivided. \$124,900. MLS #954852. Call **Jennifer** (615) 563-1100.

### 1067 HOLLIS CREEK ROAD

1.75+- acre commercial lot on John Bragg Highway and Hollis Creek Road. City water and septic system already in place. Corner lot with very high traffic count. Endless possibilities. Priced at \$115,000. Call **Jennifer**.

### NEW LISTING



### 711 S. McCrary Street

Brick home in town on treed lot. 3 bedroom, 1 bath. Some hardwood flooring, large eat-in kitchen, convenient to park and town. \$79,900. MLS# 1105892. Call **Phyllis** at 615-563-1100 or 615-631-4166.



# MASSAGE MOMENTS

by Nancy Coomes, LMT



In these hard economic times I think we have all felt its impact in our lives in some way or another. Some of us may have lost our jobs or if we haven't lost ours we know others who have. Hours may have been shortened. People are taking forced, unpaid days off. Eating out is done more infrequently and more frugally. Home improvements have been put on hold. Vacations shortened or nixed completely. In some way or another we all have been impacted by this economic crisis.

In my practice I have felt that impact also. Clients have had to cut back on the frequency of their massages. Some have had to cancel for an indefinite time. Others have lost jobs and no longer have insurance to cover the massage work they were getting done. So when I do see these clients for a massage they value it all the more. I don't know how many times clients have told me that the massage sessions are what got them through the crisis they were in. When they got a

massage, their troubles were left outside the massage room. For one hour they felt peace. When they left, they took that inner peace with them. That inner peace was the momentum that carried them through this difficult time. Others facing major health issues have told me that the massage was the best medicine they got. It far outweighed the pain pills and anti-depressants they had been prescribed.

This does not surprise me at all. Massage has been proven to ease anxiety and stress. It does this by improving sleep, boosting the immune system, reducing fatigue, fostering concentration, increasing circulation, reducing the flow of stress hormones, building energy levels, and releasing endorphins (the body's natural pain relievers).

I have seen first hand the valuable benefits of massage. Truly, massage is more than a luxury-it can be a vital part of our self-care that has a positive rippling effect on us as we work, play, relax, live life and care for others.

\*\*\*

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## God Breathed

"And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works." 2 Timothy 3:15-17. These are the words of Paul to Timothy, and they express certain truths that we all need to be aware of.

First, we note that the Holy Scriptures are able to grant wisdom unto men. What kind of wisdom? Wisdom beyond any of mere mortal thinkers, wisdom that can grant salvation to the soul of man.

Second, we note that these selfsame scriptures are "given by inspiration of God." This phrase comes from a Greek word meaning "God breathed" or "divinely breathed in." Thus, just as God breathed life into man, so has he breathed life into his Word.

Third, we find that the Scripture is profitable—not for the gain of silver or gold, but for all things that lead to eternal life. The Scripture functions to provide for man "doctrine...reproof...correction...instruction in righteousness."

Finally, we find that the Scripture allows man to be perfect, that is, complete. In this, he is furnished with all that is needed for all good works. God expects nothing from man that he has not provided all that man needs in order to accomplish.

With this in mind, it is no surprise that Paul also said to Timothy, "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth," 2 Timothy 2:15.

Until next time, let me encourage you to search the scriptures daily, whether these things are so. Acts 17:11

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For other Bible articles and for answers to Bible questions go to: [www.thebiblelampstand.net](http://www.thebiblelampstand.net) For questions, comments or to request a personal Bible study contact:

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## Ethics Complaint Lodged

A bit of drama occurred just prior to the start of Tuesday night's Woodbury Mayor and Board of Alderman meeting, but the circumstances remain somewhat of a mystery.

A member of the audience, Doug Bodary, of Old Murfreesboro Road, rose and handed City Attorney Bill Bryson what he (Bodary) said was an ethics complaint against Alan Paschal, director of public works. Bodary then left the building.

When asked following the meeting by members of the media to view the purported complaint, Bryson declined, saying he had not had time to look it over. When asked when it would be available, Bryson was non-committal, but indicated to might be a day or so.

While the specifics of the ethics complaint are not yet known, Bodary is currently engaged in a legal dispute over water and sewer lines and meters on his property with some of his neighbors. The city is not a part of the lawsuit.

During the regular portion of the meeting, the board held several public hearings and then adopted ordinances covering the annexation of property into the Woodbury corporate limits. The board approved the annexation of approximately .53 acres +/- of property located on Tanglewood Drive, Forest Park Subdivision, owned by Jimmy and Tori Lester. It also approved the rezoning of the property from Section 8 to an R-1 (Low-Density Residential) zoning classification, and adopted a Plans of Services for the annexed property.

The board adopted Ordinance No. 427 following a public hearing and second and final reading. The

ordinance amends the Woodbury Beer Ordinance so that the distance from beer establishments to places of public gatherings that do not have buildings may also be considered.

- Adopted Resolution 6-09, a resolution adopting Tennessee Housing Development Agency (THDA) HOME Program Policies and Procedures.

- Agreed to reimburse Sharon Odom, owner of Sharon's Unique Boutique, \$150 for the cost of repairing flood damage at the business which was caused by a leak in one of the water lines behind the building.

- Adopted a motion made by Alderman Clayton Cason to raise the water disconnect fee on customers living outside of the city limits to \$35 from \$25.

- Passed a motion made by Alderman Jo Ann Davis to approve Joe's Auto Repair Shop, owned by Joe Duggin, as a car repair shop. At issue is fencing around the property of the business, which could be classified as a junk yard if certain requirements are not met.

Mayor Harold Patrick addressed the board concerning several complaints which he had received from water customers regarding higher rate and usage increases.

"We have had numerous complaints about water rates doubling," Patrick said. "People ask me how you justify it, and I can't. We need to have some type of intelligent answers."

During discussion it was determined that one of the main reasons for the increase in usage has to do with the installation of new water meters, which do a better job of accounting for usage.

## Auburntown City Council Meets

The Auburntown City Council met Tuesday, August 04, 2009 for their regular monthly meeting. The Mayor and all councilmen were present.

The previous minutes were read and approved as presented.

The Treasurers report was given by Rita Davis, Treasurer, which showed a balance of funds in the amount of \$39,445.12.

Roy Sullivan was present for the meeting and presented a written proposal for the annual maintenance of C.S. Hawking Park, City Hall and Community Center. The services listed were for labor only and any equipment or landscaping materials to be paid for by the City. Following a review by the Council the proposal was accepted as being very reasonable in all aspects.

The inmates for the county were

commended for the pre and post cleanup and refurbishing of the park and City in preparation for celebrating Red Apple Day. There was a lot of other volunteers as well who supported the preparation for the annual event namely: Jimmy Mingle, Tommy Griffith and Charles Ritchy. There were many others but time and space will not permit to list the all.

The Mayor reported that he had just received the long-awaited "Release of Funds" letter to run utility water up Hurricane Creek Rd. The DeKalb Utility District board of directors have made plans to meet 8-4-09 in preparation for letting the contract just as soon as possible.

The meeting began at 6:00 P.M. and ended at 6:35 P.M.

Winfred Gaither, Rep.

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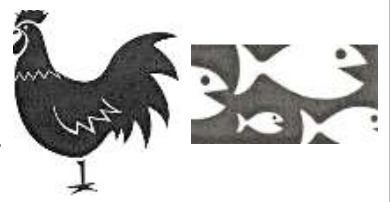
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Here is another estate auction sale from Donald Hillis Realty & Auction Company. This property consists of a 3 bedroom, 1 bath home with nice size kitchen, living room, utility room, built in 1978 this home has approx. 1400 sq. ft. and 1690 sq. ft. of wrap around porch. This is a home anyone can enjoy for many years to come.

The land consists of 60 acres that is being currently surveyed into 2 tracts. This land is ideal for a cattle operation, crop farming, or just enough room to give anyone lots of privacy and plenty of land to enjoy from now on!

This is rare that this much land and a nice home is selling at public auction to the highest and best bidder. Go out and look at this property and be ready to bid. The home is currently occupied. Call our office for an appointment to see inside. Let us get you qualified with our bankers and get you ready to bid day of sale! Plats of the property will be at our office and at the property.

**REMEMBER THE DATE: SATURDAY, AUGUST 15th @ 10 AM**

**TERMS:** 10% down day of sale, balance due in 15 days. **POSSESSION:** With deed at closing. **TAXES:** 2009 prorated.

**SPECIAL NOTE:** Homes built prior to 1978 are subject to have lead base paint. In accordance with federal law, all potential home buyers are allowed 10 days prior to sale to have home inspected at their expense.



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# A Silly Pat On The Head Helps Seniors Remember Daily Med

Doing something unusual, like knocking on wood or patting yourself on the head, while taking a daily dose of medicine may be an effective strategy to help seniors remember whether they've already taken their daily medications, suggests new research from Washington University in St. Louis.

We've all heard warnings that some medications may be habit-forming, but research also shows that "getting into the habit" of taking a daily medicine in a routine and precise fashion can be a befuddling challenge for some older adults, many of whom tend to err on the side of over-medication, taking a dangerous second dose when in doubt about the first.

"In extended medication-taking situations, the habitual nature of the task may make it difficult for older adults to remember whether or not they took the medication on a particular day, especially if pill boxes are not used," explains Mark McDaniel, Ph.D., lead author of the study and a professor of psychology in Arts & Sciences at Washington University.

"To remedy this potential problem, older adults could be instructed to take their medication while placing one hand on their

head or in some other unusual or silly way, like crossing their arms," he suggests. "Our results indicate that older adults can use these sorts of more complex motor tasks to effectively reduce repetition errors in habitual prospective memory tasks, such as taking a daily medication."

The study, published in a recent issue of the journal Aging, Neuropsychology, and Cognition, is co-authored by Julie M. Bugg, Ph.D., postdoctoral research scholar in psychology at Washington University; Grit M. Ramuschkat of the Department of Psychology at the University of Heidelberg, Germany; Matthias Kliegel of the Department of Psychology, Technische Universität Dresden, Germany; and Giles O. Einstein, professor and chair of psychology at Furman University in South Carolina.

McDaniel and Einstein co-authored a 2004 book on "Memory Fitness: A Guide for Successful Aging" and a 2007 book on the latest research into the nuances of prospective memory, the process of remembering to perform an action at an appropriate time in the future.

In previous research, they've shown that older adults are more likely to incorrectly repeat an action

in situations where a prospective memory task has become routine or habitual in nature.

Extending that line of research, the current study examines whether the tendency of older adults to err on the side of repeating a poorly remembered habitual task could be reduced by providing advance instructions to omit doing a task if in doubt about whether it was previously executed. The study also tested whether doing something unusual while executing a task would help seniors remember having done the task.

Specifically, participants were asked to push the F1 key on a computer keyboard once - and only once - at some point at least 30 seconds into a series of relatively simple, three-minute-long, letter-recognition tasks, such as pushing the computer key for the letter that comes next in the alphabet after a letter being displayed on the monitor (see a "g" and push an "h").

One subset of the older study participants was instructed to put a hand on their heads whenever they pushed the F1 key.

In another phase of the experiment, participants were asked to do the letter-recognition task while simultaneously carrying out an additional more complicated and distracting task - listening to a series of random numbers and pushing a clicker whenever they heard two odd numbers in a row.

The performance of older adults averaging 72 years of age was compared with results from a group

of college students put through the same trials.

"When ongoing task demands were challenging, older adults committed more repetition errors than younger adults, regardless of whether they'd been told in advance to err on the side of omission - told not to push the F1 key if they had any doubt about whether it had already been pushed once in the same trial," says McDaniel.

However, older adults asked to carry out the more complex motor task (placing hand on head) while pushing the F1 key made significantly less repetition errors than older adults not making use of this memory enhancing technique.

And, in situations where the ongoing tasks were not overly complicated and distracting, older adults using this memory technique were able to reduce their repetition errors to levels comparable with those of younger adults.

This finding, along with other data from the study, suggests that older participants can learn to monitor their output and make better mental notes regarding the completion of a prospective memory task.

"For applied purposes, using a distinct motor activity to minimize repetition errors in older adults' prospective memory tasks would seem to have great potential. In light of these findings, it seems reasonable to conclude that, at least in a context in which the ongoing activity is not overly demanding, older adults can implement strategies that are effective for supporting execution and output monitoring of habitual prospective memory tasks," McDaniel concludes.

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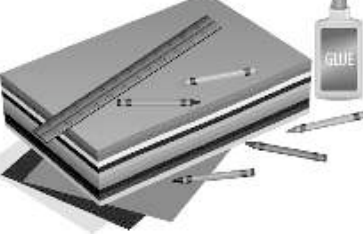
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often you intend on running Dr. Ray's column and your total circulation. Also, please send one copy of the first issue with Dr. Ray's column in it to Harwood Schaffer, Agricultural Policy Analysis Center, 309 Morgan Hall, Knoxville, TN 37996-4519.

## Controlling E. coli in hamburger requires "meat ID" not animal ID

Food safety has been getting a lot of attention lately. In response to the peanut butter, pistachio, and toll house cookie recalls, the House Energy and Safety Committee has approved the Food Safety Enforcement Act of 2009 to strengthen and expand the US Food and Drug Administration's (FDA) role in food safety and inspection. To gauge the response of the agricultural community, the House Agriculture Committee held a hearing on this legislation.

At the other end of Pennsylvania Avenue, a White House Food Safety Group was formed by the Obama administration. In July 2009, the Working Group recommended "a new, public health-focused approach to food safety based on three core principles: (1) prioritizing prevention; (2) strengthening surveillance and enforcement; and (3) improving response and recovery"

([http://www.foodsafetyworkinggroup.gov/FSWG\\_Fact\\_Sheet.pdf](http://www.foodsafetyworkinggroup.gov/FSWG_Fact_Sheet.pdf)).

In all this, major-crop and livestock farmers are worried that the move toward increased emphasis on food safety will lead to the FDA inspection of farms as part of its role in protecting the integrity of the food ingredients that are produced by farmers. Many involved in beef production are resistant to an animal identification system that would allow traceback to the farm-level.

At the same time, the meat industry, having freed itself from a government-directed inspection through the use of Hazard Analysis and Critical Control Point program (HACCP), wants to prevent a move back to a greater government involvement in the inspection of meat and meat products.

When considering issues of major importance to a sector-which this one definitely is in the case of agriculture-the rhetoric sometimes out-distances the reality of the arguments made and fears generated.

In the case of E. coli in beef, there is nothing that cattlemen can or cannot do that will materially affect the probability of E. coli showing up in your hamburger. There is some evidence that taking cattle off the feedlot for a period of time and putting them on pasture prior to slaughter reduces the level but does not eliminate the presence of E. coli and therefore its potential for

contamination. So there is no reason for the FDA to use valuable resources to visit cattle ranches or feeding operations as part of "beefing-up" prevention of E. coli contamination from beef.

Since what happens on ranches and feedlots has no effect on whether beef ultimately becomes contaminated with E. coli, traceback to production agriculture-that is, an animal identification system-is not needed to protect consumers from E. coli.

That is not to say that an animal ID program is, or is not, appropriate for other reasons. Recent arguments for animal traceback are primarily concerned with bovine spongiform encephalopathy (Mad Cow disease). While that may be an important issue, it is unrelated to the E. coli discussion.

Traceback is required, of course, but it is MEAT traceback that is needed, not animal traceback.

Meat traceback is needed because E. coli O157:H7 grows in the gut of beef animals, the food safety issue concerns the prevention of the contamination of slaughtered meat from sources like intestines and hides.

When E. coli O157:H7 is found in ground beef or on beef muscle meat surfaces, the problem is one that originates at the packing plant. Since the institution of the HACCP system in meat inspection, the USDA has focused its enforcement at downline facilities that process boxed beef into hamburger and resisted tracing the contamination back to the packing plant that produced the boxed beef.

The USDA has done this despite the knowledge that a processing facility that does not slaughtering lacks a source of E. coli O157:H7. The most likely source of the E. coli is on the surface of meat that came in from the slaughterhouse, thus the need for meat traceback.

The rhetoric of those speaking for meat packers and processors tend to

steer attention away from the central issue. James Hodges of the American Meat Institute Foundation makes statements like "No outbreaks of E. coli O157:H7 have been linked to whole muscle cuts like steaks and roasts." Similarly, the North American Meat Processors Association (NAMP) sent out a 2008 NewsFax release saying "NAMP knows of no illness that has resulted from the consumption of intact beef product."

The issue is not the consumption of steaks, roasts, and intact beef product. Everyone acknowledges that heating the outside of those products to 160 degrees kills E. coli O157:H7. Rather the problem comes from the fact that the presence of E. coli O157:H7 on the surface of primals is not considered an adulterant. That presence raises the opportunity for cross contamination with other foods or the incorporation of E. coli present on the surface of intact cuts into ground beef.

Cutting through the rhetoric, it seems clear that the USDA can significantly reduce the number of E. coli illnesses by declaring E. coli O157:H7 on the surface of primals to be a contaminant that must be eliminated as part of the slaughtering process and by instituting a meat traceback system that will trace contaminated ground beef back to the packing plant that provided it.

Daryll E. Ray holds the Blasingame Chair of Excellence in Agricultural Policy, Institute of Agriculture, University of Tennessee, and is the Director of UT's Agricultural Policy Analysis Center (APAC). (865) 974-7407; Fax: (865) 974-7298; [dray@utk.edu](mailto:dray@utk.edu); <http://www.agpolicy.org>. Daryll Ray's column is written with the research and assistance of Harwood D. Schaffer, Research Associate with APAC.

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CannonCourier.com will also be updated throughout the week, between issues of the newspaper, with breaking news of importance and interest.

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Additional interactive features will be added to the site over time, such as polls, photo galleries and discussion forums.

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# Treasured Recipes And Recollections Huge Hit, More Cookbooks Being Ordered

The Auburntown Historical Society's Treasured Recipes and Recollections cookbook was a tremendous success, according to

society president Danny Nichols. "We had sold all 150 by 7:30 p.m. Friday night," Nichols explained, adding that there were numerous

requests for additional books from disappointed visitors to the society's booth. "We decided to take prepaid reservations for the book's second and final printing."

Nichols said that another 75 books are being ordered, and about 60 are already presold. However, if more than 75 orders are received by the deadline date, all prepaid orders will be filled, thanks for accommodations being made by the printer for a one-time-only special reprinting.

"We had people buying as many as 10-15 books for gifts," he said. "After people saw it, many of them wanted extra copies. We were amazed at the response, but then we all know how great our Auburntown and Cannon County cooks are." Along with dozens of interesting and delicious recipes, the photos, stories and memories shared by the

contributors endeared the book to many who saw it, Nichols observed. "We must have the order no later than Monday, August 10, to ensure that the books will be ready for pickup at our regular Society meeting," Nichols said.

To order a book for pickup on Aug. 20 at 6:30 p.m. at the fellowship hall of Auburntown Church of Christ, send \$12 to AHS, Box 114, Auburntown, Tenn. 37016, no later than Aug. 8, 2009. If the book must be mailed, send \$15.

For more information, visit [www.auburntowntennessee.blogspot.com](http://www.auburntowntennessee.blogspot.com).

From the young to the old,  
Conner Alexander Smith says the **BEST SWEET CORN** in the county is at David George's Farm!



## Sweet Potato Cake

2 c. sifted plain flour  
1 1/2 t. baking soda  
1 t. salt  
1/2 t. cloves  
1 1/2 t. cinnamon  
1 t. nutmeg  
2 c. sugar  
1 1/2 c. cooking oil  
4 eggs  
2 t. vanilla flavoring  
2 c. cooked mashed sweet potatoes  
1 c. chopped pecans, walnuts or hickory nuts

Resift flour, salt, soda, cloves, cinnamon and nutmeg in mixing bowl. Combine sugar and cooking oil, mix thoroughly. Add eggs one at a time mixing after each addition. Add dry ingredients and mashed sweet potatoes, nuts and vanilla.

Mix thoroughly and put into a greased tube pan.

Bake in moderate oven at 350 1 hr. and 15 min. The batter can be used for muffins instead of cake. You may use icing of your choice or enjoy without icing.

We always enjoy this recipe during the holidays.  
-Joy Cooper Crocker

## Old Fashioned Banana Cake

4 eggs  
2 c. sugar  
2 t. vanilla  
1 c. butter  
2 t. baking powder  
4 c. plain flour  
1 c. milk

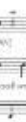
Heat oven to 350. Mix all ingredients together & put in three greased & floured round baking pans. Cook 35 to 40 min.

**Filling for Cake**  
1 c. milk  
2 c. sugar  
1 stick butter  
1 t. vanilla

Combine milk, sugar & butter. Boil for 8 min. add vanilla and pour over cake layers covered with slices of bananas, then cover the top of cake the same with slices of banana then cake filling.

When we were small we couldn't wait for Christmas and this good banana cake.  
- Ruth J. Barrett Melton

"You Bake Right with Martha White"



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# UT Gardens Plant of the Month for August 2009: Hesperaloe

August is a great month to take notice of plants that can really take the heat. Hesperaloe parviflora, or Flowering Texas Red False Yucca, is a great U.S. native that can tolerate the most inhospitable, heat-soaked area of your landscape. As July gives way to August, Hesperaloe parviflora (pronounced hess-per-AL-oh par-vih-FLOOR-ah) continues to show off with long bloom stalks, covered in yellow-throated, salmon to red flowers that flag above the plant's coarse foliage.

Hesperaloe is widely available in the horticulture trade, but it has a relatively small natural distribution. Natural populations seem to be confined primarily to Val Verde County, the Edwards Plateau and Trans Pecos regions of Texas and adjacent portions of northern Coahuila, Mexico. In your garden, this plant will attract a wide variety of pollinators from bees to bats. However, in wild populations Hesperaloe is typically pollinated by the yucca moth.

The relationship between this plant and the yucca moth is regarded as a classic example of coevolution. This delicate link has the moth actively collecting and depositing

pollen from flowers, insuring the production of seeds. The moth's progeny will feed on a small number

family, which includes yucca, dracaena, agave and sansvieria. Where they are hardy, all of these

plants will thrive in drier well-drained soil. This makes Hesperaloe an ideal addition to a hot hillside where your hose won't quite reach.

Andrew Pulte is a member of the faculty of the University of Tennessee Plant Sciences Department teaching courses in public horticulture. The University of Tennessee Gardens located in Knoxville and Jackson are part of the UT Institute of Agriculture. Their mission is to foster appreciation, education and stewardship of plants through garden displays, collections, educational programs and research trials. The gardens are open during all seasons and free to the public.



of these seeds as the plant pays the price of pollination. Both plant and moth benefit from this wonderful natural relationship.

In your garden, grow this plant in moderate to poor, well-drained soil in full sun. After a few years of growth you will be able to divide off-shoots or pups from the base in spring.

Hesperaloe is in the Agavaceae

## Annual Haley Family Reunion

The Annual Haley Family Reunion will be held Sunday, August 16 at the new location, Cannon County High School Cafeteria beginning at 1:00 p.m. Bring recipes, old family pictures and a covered dish and enjoy food and games.

For more information, call Mary Phillips Hale at 765-7281.



## Cannon Arts Dance Studio To Present Back 2 School Bash August 13th

Lance Chandler, DJ of the event, demonstrates his tribute to Michael Jackson choreography.

Cannon Arts Dance is hosting a Back 2 School Bash as an opportunity for new and returning dancers to register for upcoming classes. The free event will be held from 4:00 to 6:00 P.M. Thursday afternoon August 13, at 119. W. Main Street (across from the former Terry's Kitchen). Ballet, tap, jazz, hip hop, cheer tumbling, ballroom and zumba will be offered beginning the week of August 17th.

Cannon Arts Staff will be on hand to answer questions and familiarize students with the various classes. The open house provides an opportunity for students and parents to check schedules, payment options, and class preferences.

Help welcome new staff member Katherine Turney who shimmered in Smokey Joe's Cafe and directed

Youth Conservatory classes at the Arts Center. Dance to the tunes of DJ Lance Chandler, who is choreographing a tribute to Michael Jackson in his Thursday hip hop class and will be looking for dancers to "Thrill" the audience in the recital. In fact, the recital will be held January 30th at the Arts Center of Cannon County and those who register will be eligible to participate.

In addition, students who register on August 13th will be eligible to win free dance classes! Returning dancers, as well as new students are strongly urged to attend as there have been changes in the schedule. For more information please call 563-9122 or email cannonarts@hughes.net.

## Dear Friends,



Tammy and I would like to introduce you to our nephew, Matthew Smitty of Eagleville, Tennessee. He is running for the Middle Tennessee Electric Membership Corp. (MEMC) Board of Directors and needs our help. We believe in Matthew's abilities as a community leader. Please show your support by stopping at the MEMC office located at 911 West Main Street and casting your vote for him any day this week (August 10-14). Every vote counts and every members (that includes you) is eligible to vote. Tammy and I are counting on the votes of our friends in Cannon County.

Vote Smitty!

Sincerely,

**Blake and Tammy O'Neal**

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# UCHRA Receives CSBG Recovery Act Funds

The Upper Cumberland Human Resource Agency (UCHRA) is receiving additional funding in the amount of \$1,239,054.00 for the Community Service Block Grant (CSBG) Program through the American Recovery and Reinvestment Act.

"We are pleased to receive much needed funding to help people in the Upper Cumberland in every way possible as they strive to get and maintain jobs, have money for food, housing and other basic necessities for maintaining a family, and as they try to stay healthy," stated Phyllis Bennett, Executive Director, Upper Cumberland Human Resource Agency.

According to the program guidelines, the funding will allow individuals that meet the income guidelines, for example a family of four would be able to make \$44,000 annual income or \$3,675 per month, to participate in the five different program areas as follows:

Assistance will be available to enhance the securing and retaining of meaningful employment; nutrition services will be available to counteract conditions of starvation and malnutrition among low-income individuals; emergency services will address immediate and urgent family and individual needs; the housing category will assist in obtaining or maintaining

adequate housing and a suitable living environment; and health services will address the elimination of disease, injury and malnutrition that are not paid for by other sources.

"During these difficult economic times, the CSBG program has received more calls for helping individuals that has ever been experienced by the Agency," according to Lee Webb, Community Services Director, Upper Cumberland Human Resource Agency.

Low income and individuals that meet the eligibility requirements may learn more about the program by contacting the Cannon County UCHRA Office located at 301 West Main

Street, Adams Memorial Building, Room 302, 615-563-2916.

"I believe the services provided through this program will help the people in DeKalb County and the other counties in the Upper Cumberland Area as they work through difficult financial times. The Upper Cumberland Area is fortunate to have the UCHRA staff in each of the counties to work with the local people to access much needed services," stated Mike Foster, DeKalb County Executive and Chairman, UCHRA Board of Directors.

# KEEPING TENNESSEE MOTORISTS SAFE

Nearly 200 more Tennesseans made it home safely in 2008 than did in 2007. That means nearly 200 families didn't bury a loved one, but instead celebrated a birthday. One of the major goals of the Tennessee Department of Transportation is ensuring that even more Tennesseans make it home safely in 2009 and beyond.

In 2007, Governor Phil Bredesen signed Tennessee's Strategic Highway Safety Plan, setting a goal of reducing the rate of deaths on Tennessee roadways by ten percent by the end of 2008. Through our partnership with the Department of Safety, Federal Highway Administration and Federal Motor Carrier Safety Administration, we not only achieved the goal, we surpassed it. By the end of 2008, the fatality rate had dropped 15 percent, which translates to nearly 200 lives saved. It bears mentioning that we also saw a 13 percent drop in the number of alcohol related deaths, which is no coincidence. By putting more funds toward DUI enforcement and education, we were able to keep more DUI drivers from endangering themselves and others. Now, it is time to set new goals for the coming years and sign a new strategic highway safety plan, this one aimed at achieving fewer than 900 fatalities per year by the end of 2012.

The strategic highway safety plan focuses on the four E's:

Education, Enforcement, Engineering and Emergency Response. The Governor's Highway Safety Office, a division of TDOT, works year-round to fund education campaigns about the consequences of driving impaired or without a seat belt. As I mentioned, the division also provides annual grants to law enforcement agencies in Tennessee to fund increased enforcement of drunk driving, seat belt, and speed laws.

When it comes to safety engineering, the Department uses a number of safety programs to improve our roadways. The Corridor Safety Program utilizes a team of professionals that examines and reviews long sections of roadway with historically high numbers of crashes. The team then recommends safety improvements along the entire roadway. In 2008, TDOT completed 700 miles of corridor safety improvements and plans for another 770 miles for 2009. These relatively low cost safety improvements are an integral component to reducing fatal and serious injury crashes in Tennessee.

Over the past five years, TDOT has invested more than \$19 million in targeted safety improvements to roadways across the state through a variety of programs. Ultimately, of course, individual driver behavior impacts the safety of our roadways more

than all the government programs combined. So please do your part by respecting fellow motorists, buckling your seat belt, not

driving and drinking and obeying all other traffic laws and rules of the road.

## NOTICE OF PUBLIC HEARING

*A public hearing will be held*  
**August 20, 2009**

at 2:00 p.m. at the Woodbury City Hall  
101 W. Water St., Woodbury, TN.

The purpose of the hearing is to assess the community development needs of the Town of Woodbury and to solicit comments from citizens regarding the possible filing of a Community Development Block Grant (CDBG) application with the Tennessee Department of Economic and Community Development.

This hearing is open to the public and all interested persons are encouraged to attend. The Town of Woodbury adheres to all state and federal non-discrimination laws.

Persons needing special accommodations to attend the meeting should contact the office of Mayor Harold Patrick, at 615-563-4221.

## NOTICE OF INTENT TO REQUEST A RELEASE OF FUNDS

TO ALL INTERESTED AGENCIES, GROUPS AND PERSONS:

**TOWN OF WOODBURY**

**TOWN OF WOODBURY**  
101 W. Water Street  
Woodbury, TN 37190

gives notice that it will submit a request for release of grant funds and an environmental certification pertaining thereto to the Tennessee Housing Development Agency 7 days following this publication. The request and certification relate to the following project.

Project title: FY 2009 Woodbury THDA HOME Rehab Program

Location: Town of Woodbury, Tennessee

Purpose of Project: Rehabilitation of owner-occupied housing for low and very low income households

Estimated Cost: \$318,438

The Town of Woodbury will undertake the project described above with HOME funds from the US Department of Housing and Urban Development (HUD) under the National Affordable Housing Act of 1990. The Town of Woodbury is certifying to the Tennessee Housing Development Agency that The Town of Woodbury and Mayor Harold Patrick in his official capacity as Certifying Officer consent to accept the jurisdiction of the Federal courts if an action is brought to enforce responsibilities in relation to environmental reviews, decision making, and action; and that these responsibilities have been satisfied. The legal effect of the certification is that upon THDA's approval, The Town of Woodbury may use the funds, and THDA will have satisfied its responsibilities under the National Environmental Policy Act of 1969 and the related laws and authorities. THDA will accept an objection to its approval of the release of funds and acceptance of the certification only if it is one of the following bases:

- a. that the certification was not in fact executed by the chief executive officer or other officer of applicant approved by THDA;
- or
- b. that applicant's environmental review for the project omitted a required decision, finding, or step applicable to the project in the Environmental Review Process.
- c. other specific ground in HUD regulations at 24 CFR Part 58.75.

Because the 2009 HOME Project will involve activities at several scattered sites of which the exact location will not be known for some time, an environmental review strategy has been developed including Site Specific Checklists, to assure that the required environmental review is completed for each site. If environmental factors are identified as having an impact on the project or any of the specific project sites, they will be addressed on a case by case basis.

Objections must be prepared and submitted in accordance with the required procedure (24 CFR Part 58), and may be addresses to Tennessee Housing Development Agency, 404 James Robertson Parkway, Suite 1114, Nashville, TN 37243-0900, Attention: Community Programs Division. THDA will consider all objections received within fifteen (15) days following the receipt of this request.

HAROLD PATRICK, Mayor

## Summer Workouts - Check the Heat Index, Expert Advises

Summer's here and you're ready to get outside and exercise. Before you do, you might want to check out the heat index. Whether a competitor or a weekend runner, cyclist or hiker, when the heat index is high it will have an effect on the body. When you get into extremely high temperatures or high humidity, "It's wise to check the heat index before working out to avoid heat exhaustion or heat stroke," said Gary Sforzo, professor of exercise and sport sciences at Ithaca College.

The heat index (<http://is.gd/1y1KV>) combines the ambient temperature and humidity and shows when you should use caution with, or in some cases cancel, your exercise plans. For example if you plan to exercise in 100 degree heat in Texas where the humidity is about 50 percent, you should use about the same level of caution as exercising on the East Coast in 90 degree heat when the humidity may be close to 90 percent.

Sforzo lays out rules to avoid heat stress: 1. Wear lighter clothing. 2. Adapt your workout on caution days. 3. Remain hydrated.

"It is always important to hydrate any time you exercise on hot and humid days; it is important not only to take in enough fluid but to take in electrolytes as well. Sodium in particular is important and most of the commercial brands of performance drinks out there have adequate electrolyte and mineral composition so you have no fear. So, while water is good, if you are going to be out for more than an hour or two, it is also necessary to add a performance supplement formulated with a low concentration of fluid and electrolytes, which is a 6%

solution."

For competitors who travel to other parts of the country, he adds a fourth rule: Get acclimatized.

"It's best to get there at least a week ahead of time to become acclimatized to the new conditions. You are not fully adapted in 7 days but substantially enough to avoid heat problems," said Sforzo.

# Congratulations

to the Fryar Family on the purchase of the Cannon Courier, one of Tennessee's outstanding community newspapers!

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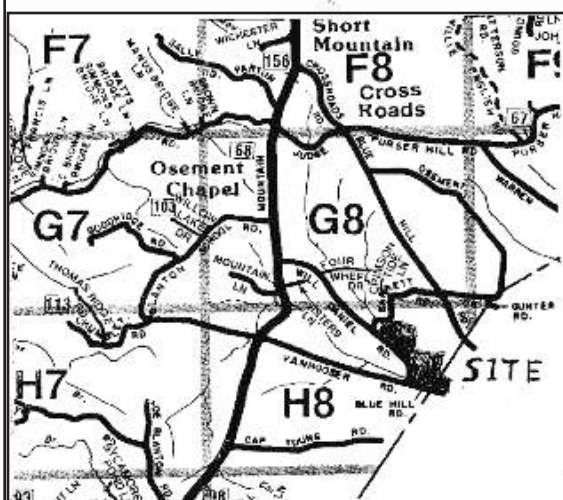
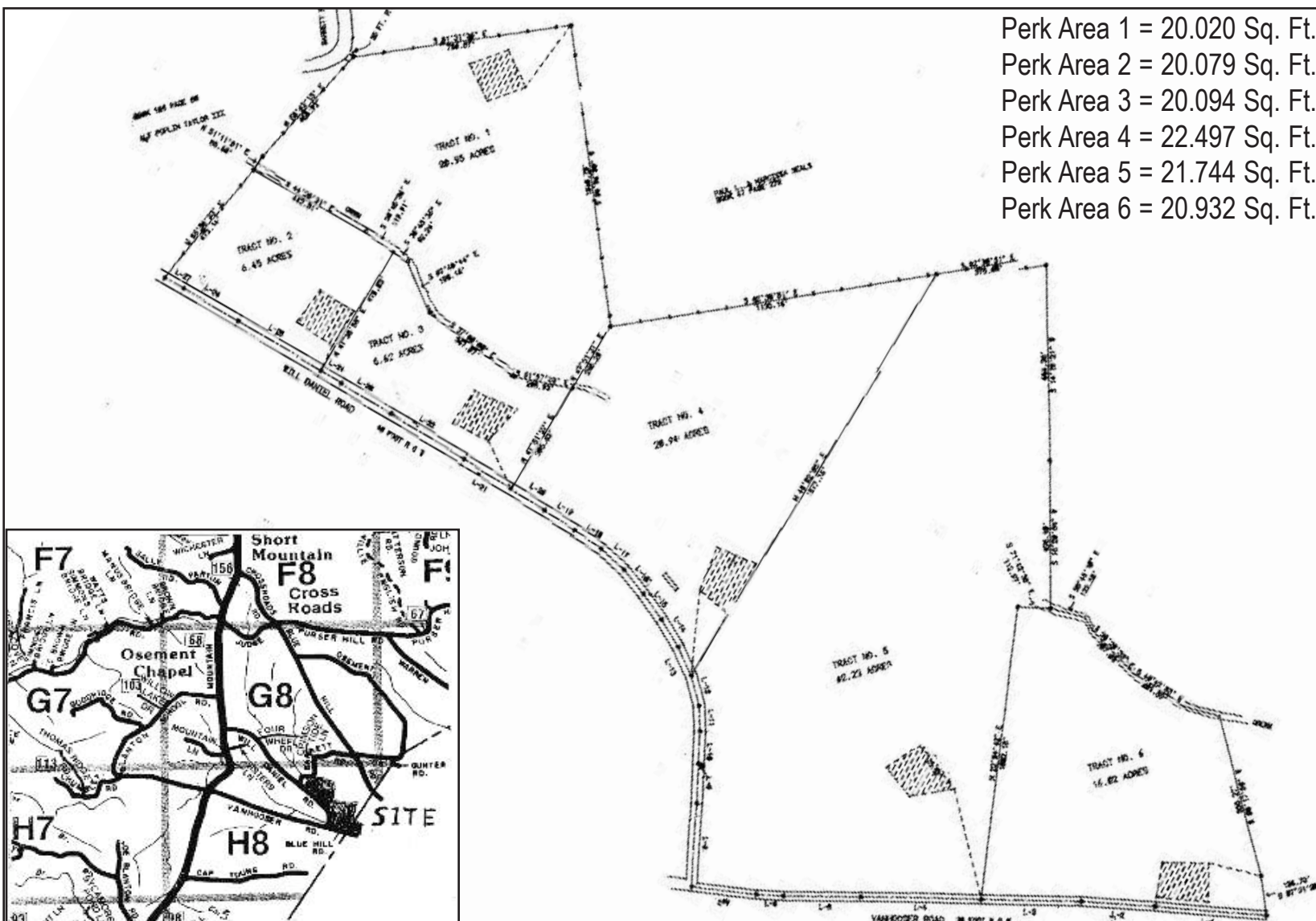
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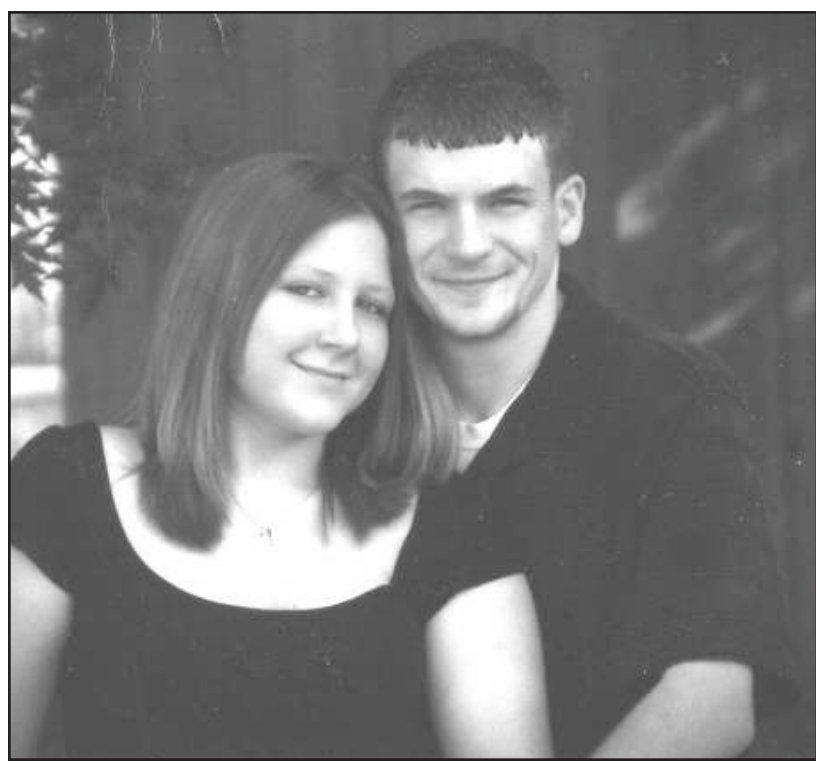
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ALEXIS KITE CALEB CRABTREE  
**Engagement Announced**

Marjorie Griffin and Kenneth Kite of Bradyville are proud to announce the engagement of their daughter, Alexis N. Kite to Caleb A. Crabtree, son of Charles and Belinda Crabtree of Murfreesboro.

The bride-to-be is the granddaughter of Joseph and Lillian Kolesinski and the late Dawn Kite.

She is a graduate of Cannon County High School.

The groom-to-be is the grandson of Charles and Nora Crabtree and Raymond and Billie Young. He is a graduate of Adison High School.

The couple will be married at Harvest View Church property on October 17, 2009 at 2:00 P.M.

**Annual Haley Family Reunion**

The Annual Haley Family Reunion will be held Sunday, August 16 at the new location, Cannon County High School Cafeteria beginning at 1:00 p.m.

Bring recipes, old family pictures and a covered dish and enjoy food and games.

For more information, call Mary Phillips Hale at 765-7281.

**MTEMC's Annual Meeting Set For August 15**

*Miss MTEMC contestants from District 3 (Cannon County), their parents and sponsors*



**Katlyn Currie**  
 daughter of Bruce and Kay Currie of Readyville.

Sponsored by the Readyville FCE Club.



**Andrea Reed**  
 daughter of Mr. and Mrs. Michael Stewart of Woodbury.

Sponsored by the Cannon County High FCCLA.



**Samantha Rae Southard**  
 daughter of Mrs. Pam Scott Southard of Woodbury.

Sponsored by the Cannon County Walking Horse Association.



**Haley Parker**  
 daughter of Mr. and Mrs. Terry Parker of Bradyville.

Sponsored by the Friends and Neighbors FCE Club of Woodbury/Cannon County.



**Majesta Morris**  
 daughter of Keith and Shelia Morris of Woodbury.

Sponsored by the Justin Pemberton Memorial Association.

For more information, call MTEMC's Marketing and Communications Department at (615) 494-1545.

Middle Tennessee Electric's Annual Meeting will be held Aug. 15 at Embassy Suites Murfreesboro - Hotel and Conference Center located next to The Avenue shopping center off Medical Center Parkway.

"In the past, we've always held this event at MTSU's Murphy Center, but this year the Annual Meeting Planning Committee voted to give members a more conveniently located option," MTEMC Vice President of Communications and Member Services Chris Jones said. "Murphy Center has always been a great venue but with the new conference center and its location next to I-24, it just made sense to try a change this year."

The meeting, which will begin at 7:30 a.m., will feature the crowning of a new Miss MTEMC and include a truck giveaway. The meeting is scheduled to end just after 11:00 a.m., so lunch will not be served this year.

The meeting gives members an opportunity to vote on the MTEMC Board of Directors, sit in on a business session, receive a free health screening and be eligible for a number of door prizes, including a 2000 Ford Ranger XLT.

As always, the Miss Middle Tennessee Electric beauty pageant is part of the day's events. Thirty contestants ages 16-21 will compete for the title. The winner will have her choice of \$1,000 cash or a trip to Washington D.C. as part of the Rural Electric Youth Tour, valued at \$1,200. The first and second runners up also earn prizes.

As part of its Bylaws, MTEMC has held a members' meeting every year since the not-for-profit cooperative was organized in 1936 by a group of Middle Tennessee citizens. The organization has grown to become one of the largest electrical cooperatives in the country and easily the largest in Tennessee. MTEMC has a membership of approximately 185,000 residences, businesses and industries in Rutherford, Williamson, Wilson, Cannon and surrounding counties.

Members who can't make it to the meeting but who wish to vote on the board of directors and nominating committee candidates may vote at their district offices. Voting at the Franklin, Lebanon, Murfreesboro, Mt. Juliet, Smyrna and Woodbury offices will be Aug. 10-14 from 8 a.m. through 4:30 p.m.

**Cannon County special interest items**  
 Nominating Committee candidates for District 3 (Cannon County) - Melodie Daniel

The nominating committee is the group that nominates candidates for the following year's vacant board of directors positions.

**Get Ready, Get Set - Go Back To School!**

After a summer of fun and leisure, preparing to go back to school can be a source of family anxiety. Keep in mind that with a little planning and preparation, the whole family can survive and even thrive! Whether this is the first year in school or the final year, each child will have concerns about what lies ahead. Here are a few tips to help you get ready.

- Talk with your children about the upcoming year, assuring younger ones that they will meet new friends and have fun...and reassuring older children that a new year is a fresh start for new friendships, better grades, etc.
- Involve your children when you shop for supplies, giving them ownership of their school materials.
- Lay out the next day's clothing and shoes at night. Use layers of clothing if your children complain about the school's temperature or if the weather is expected to change.
- Place backpacks loaded with homework, signed notes, etc. by the door.

Decide if this might work for your family situation.

- Follow the same schedule each morning - eat, bathe, dress, etc. (in the order that works best for you). Your children will quickly learn what is expected of them and the mornings will go more smoothly.

- Your children's emotions begin at home and go with them to school. A pleasant start at home with positive words and hugs prepares a child to be in a more cooperative mood for their teachers.

- Have your child at school on time every day. If you pick up your child, be on time! Children become alarmed if no one is there when it is time to leave.

- Even if you are nervous about the first day of school, be excited about it in front of your children. Try to leave them on a happy note. If your children see you crying or sense your anxiety, they will also become upset. Celebrate this milestone in your child's life!

\*\*\*

I like handling newborn animals. Fallen into life from an unmappable world, they are the ultimate immigrants, full of wonder and confusion.

--Diane Ackerman

**IN THE DOG HOUSE? COME SEE US**

**Woodbury Flowers**

512 West Main Street

Phone (615) 563-5713



**45th Anniversary Celebration**

James and Sue Maxwell recently celebrated their 45th Wedding Anniversary at "Dolly Parton's Dixie Stampede" in Myrtle Beach, South Carolina. They enjoyed the dinner and show with their children and grandchildren.

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**REMEMBER...**  
**S.A.V.E. Fest '09 Saturday In Dillon Park**  
 Beginning at Noon

\*\*\*  
 I come from a family where gravy is considered a beverage.  
 --Erma Bombeck

**Ballroom Dance Lessons**

Swing, Latin, Foxtrot, Waltz  
 Group and Private Lessons  
 Woodbury, Murfreesboro and McMinnville  
**615-904-5966**  
 4th- thru Aug. 11-P

**Powell Family Reunion**

This last year has brought many losses for the Powell family. I would like to take this time to "rebirth" the Powell family reunion. The date has been set for November 8th 2009, this is the second Sunday of November.

The Reunion as always will be at the Pleasant View "school building" behind Pleasant View Church of Christ starting at 12 noon. Please bring covered dish and your cameras; also if you could write (typed preferred) your individual family history (parents, grandparents, children, grand children). For more information please contact Jackie Powell at 615-414-5056 or jackie\_powell37190@yahoo.com for information or questions you may have.

Thanks...I look forward to seeing everyone there

**Thursday Aug. 13**  
 4:00-6:00 P.M.

so you think you can dance?  
 or wanna try? Attend  
**Cannon Arts Dance Studio Back 2 School Bash**  
 119 W. Main Street  
 Register for Classes - Meet Teachers - Win Prizes - Save Money - Dance!

**DJ - LANCE CHANDLER ALL AGES WELCOME**

For info contact Ms. California at 615-563-6992, 563-9122 or cannonarts@hughes.net

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 HOURS: Monday-Friday 9:00 until 5:00  
 Saturday 10:00 until 3:00  
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**ALVIN M'S MARKET**

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Sold by the Slice  
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11-Aug. 11

## Narcissistic Bosses Destroy Morale, Drive Down Bottom Line

In recent years, the motivations of business leaders such as financier Bernard Madoff and former Enron CEO Ken Lay have come under increased scrutiny as a result of behavior that caused both their employees and the public considerable distress. Unquestionably, many of the documented lapses in judgment can be traced to selfishness and a failure to check one's ego.

To better establish the level of self-serving behavior, a recent study was conducted to examine the narcissistic tendencies of bosses in American organizations. Wayne Hochwarter, the Jim Moran Professor of Management in the Florida State University College of Business, asked more than 1,200 employees to provide opinions regarding the narcissistic tendencies of their immediate supervisor. Their responses:

\*31 percent reported that their boss is prone to exaggerate his or her accomplishments to look good in front of others;

\*27 percent reported that their boss brags to others to get praise;

\*25 percent reported that their boss had an inflated view of himself or herself;

\*24 percent reported that their boss was self-centered; and

\*20 percent reported that their boss will do a favor only if guaranteed one in return.

"Having a narcissistic boss creates a toxic environment for virtually everyone who must come in contact with this individual," Hochwarter said. "The team perspective ceases to exist, and the work environment becomes increasingly stressful. Productivity typically plummets as well."

Research supports these adverse effects, Hochwarter said. For example, those who reported working for a narcissistic boss had lower levels of job satisfaction, saw their stress levels increase over the previous year, were less appreciative of their work and organization, reported lower levels of effort and

performance, and were more prone to sadness and frustration at work.

"Most organizations simply do not consider the adverse effects of narcissistic bosses on worker productivity and stress," Hochwarter said. "In fact, many companies encourage it since narcissists are often seen as outgoing and confident -- traits considered necessary for success in any managerial role. However, there is a fine line between self-confidence on the one hand and selfishness that negatively affects others on the other. Unfortunately, the needed adjustments simply do not take place in most organizations, for any number of reasons."

For more stories, visit our news site at [www.fsu.com](http://www.fsu.com)

## Annual Haley Family Reunion

The Annual Haley Family Reunion will be held Sunday, August 16 at the new location, Cannon County High School Cafeteria beginning at 1:00 p.m.

Bring recipes, old family pictures and a covered dish and enjoy food and games.

For more information, call Mary Phillips Hale at 765-7281.



Cannon Arts cheer class making themselves heard! Pictured are left to right, Trisha Richardson, Kiersten Kyne, Krista Ingram.

Cannon Arts Dance Studio Welcomes New Instructors

Cannon Arts Dance welcomes choreographer Kaleena DeVar, known for her original, energetic choreography in Footloose, West Side Story, The Heritage Dance project, and the Arts Center youth conservatory. Kaleena will be teaching a teen boys class as well as developing a company class on Saturday mornings. For those wishing to tone up, lose weight or just stay fit, she will be offering a dance aerobics class from 2:00-3:00 P.M. on Tuesdays and Thursdays; no experience required.

Kathryn Turney joins us from the Arts Center as well, bringing her dance experience from MTSU to the Friday class schedule. In addition, Ms California will be adding an adult tap/jazz class on Tuesday evenings.

Other instructors Alicia Bognanno tumbling, cheer, Lance Chandler,

hip hop, Lauren Prater, Zumba, and John Bassinger, ballroom, round out the staff. Cannon Arts Dance is hosting a Back 2 School Bash as an opportunity for new and returning dancers to register for upcoming classes.

The free event will be held from 4:00-6:00 P.M. Thursday afternoon August 13, at 119. W. Main Street (across from the former Terri's Kitchen). Ballet, tap, jazz, hip hop, cheer tumbling, ballroom and zumba will be offered beginning the week of August 17th. Cannon Arts Staff will be on hand to answer questions and familiarize students with the various classes.

Students who register on August 13th will be eligible to win free dance classes. For more information please call 563-9122 or email [cannonarts@hughes.net](mailto:cannonarts@hughes.net).

## Local Business Update

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If you're in the market for a new car or truck, put your trust in Alexander Ford Lincoln Mercury. They carry a great selection of favorites, such as the 2009 Ford Taurus, 2009 Super Duty, Escape and Escape Hybrid, F-Series, the sporty Mustang, Ranger, Focus, Fusion, the Lincoln MKX and MKZ and many more that have just arrived. Their professional, courteous staff is dedicated to getting you into a Ford to take home.

Alexander Ford Lincoln Mercury offers every customer overall automotive convenience with available financing, an easy access parts store and the most up-to-date, customer-oriented service and maintenance center in the area. You'll receive personalized attention and informed advice whenever you need service for your Ford vehicle. The trained technicians know your vehicle inside and out, and use only Ford-approved parts made for your vehicle.

The authors of this 2009 Summer Local Business Update ask you this question - have you looked at a Ford lately? If not, look again. Stop by and test drive one today at Alexander Ford Lincoln Mercury, located at 1550 Northwest Broad Street in Murfreesboro, phone (615) 893-4121.

## Mark Haynes Well Drilling

Don't have access to municipal water service? Have your existing resources diminished or lost pressure? Call the experts at Mark Haynes Well Drilling today for a job "well" done.

Their highly trained and experienced drillers have been providing quality, lasting wells for residents and their communities for many years. An efficiently installed well from Mark Haynes Well Drilling will provide quality, pure water for many years to come. Mark Haynes Well Drilling also provides repair services to existing wells, old well reconstruction, pump installation, maintenance and repair. They understand the frustration of going to the faucet only to find a slight trickle of water with no pressure. They will carefully examine your unit to determine if you may benefit from a replacement pump. They always "dig" a little deeper to be sure you are paying only for the services you require, and not being buried 300 feet under with a new well that you don't need. All work is in strict accordance with permit guidelines and fully insured for your protection. This company is state licensed.

The authors of this 2009 Summer Local Business Update suggest that you call Mark Haynes Well Drilling today at (615) 809-4225 or (615) 542-6445 for your free estimate.

## Murfreesboro Audiology Clinic

Ken Stockdell, Audiologist CCC-A

Are you having problems hearing? If you have difficulty hearing your favorite music or everyday conversations, it's time you learn about high-tech hearing health care. Murfreesboro Audiology Clinic, located at 811 South Church in Murfreesboro, phone (615) 890-3686 specializes in the latest hearing aid technology. Mr. Stockdell is ready to answer any questions and assist you with selecting the best hearing aid device for your needs.

He is a National Board Certified Audiologist who is very experienced and will patiently explain hearing loss, so that you have full understanding if you're in need of a hearing aid. The staff at Murfreesboro Audiology Clinic knows the importance of plain talk, straight answers and fair prices. They offer diagnostic hearing tests, digital and analog hearing aids, batteries, repairs and more.

The authors of this 2009 Summer Local Business Update suggest that you call Murfreesboro Audiology Clinic today at (615) 890-3686 and make an appointment to get your hearing back and get information on all of the hearing aid advancements. They are confident you will be able to hear better and enjoy life again.

## Sonic Drive-In

As timeless as rock and roll music and as classic as Elvis Presley, Sonic Drive-In is a hoppin' place to enjoy your next meal! Drive in and enjoy fabulous music and the convenience of carhops who arrive in minutes with hot, freshly prepared food. Their menus are well lit and easy to read. You can choose a value meal complete with fries and a drink, or order individual treats! Deciding is half the fun! Really hungry? Sonic size your meal for pocket change! Your kids will love their wacky pack meals complete with a fun toy surprise.

The environment at Sonic hasn't changed much over the years, but the menu selection has expanded tremendously. Wake up to a breakfast on the go or tantalize your taste buds with a sweet dessert, including their new Value Dollar Menu. Sonic now has a variety of selections for breakfast, lunch, dinner and dessert. Cheddar peppers, mozzarella sticks and popcorn chicken complete with dipping sauces satisfy your snack cravings, and their fabulous fountain favorites are irresistible!

Sonic has unique menu items and food made to order with no long line to wait in! With many locations in this area, there is a Sonic almost everywhere you go! Stop in and find out why you really can drive in to Sonic for a change! The authors of this 2009 Summer Local Business Update suggest that you visit Sonic today at 800 West Main Street in Woodbury, phone (615) 563-5300. They thank you for your patronage!

## Preston Construction

"Family Owned by David and Terry Preston • Since 1985"

From small residential jobs to large-scale commercial projects, Preston Construction has become known throughout the industry for quality construction and timely completion. They provide comprehensive design/build services, construction management and general contracting services throughout the area.

Preston Construction's goal is to provide their clients with a strong, responsive construction team that works well together with pride, and has the hands-on know-how to get the job done correctly, on time, and within budget. They always keep an emphasis on high standards of quality, integrity, safety, project control and long lasting customer relationships. With careful and precise management of your project's details, Preston Construction possesses the skill and knowledge necessary for successful project completion with the commitment to client objectives.

The authors of this 2009 Summer Local Business Update are pleased to tell our readers that no matter what the project size, Preston Construction, located at 830 McMinnville in Woodbury, phone (615) 563-2885 is the construction firm with the skill and experience to do the best job in the least time possible.

## Pogue's Body Shop

"Family Owned and Operated"

Accidents are never planned, but sometimes they can't be prevented. When you've suffered extensive auto body damage to your vehicle, the skillful people at Pogue's Body Shop, located at 915 West College Street in Murfreesboro, are experienced professionals who are ready to help you get back on the road as soon as possible.

They service both foreign and domestic vehicles, offering you a warranty on all parts and services. They specialize in providing state-of-the-art collision repair services, hail damage repairs, the latest in computerized frame straightening, and expert color matching.

In the pursuit of excellence, they strive to make the situation hassle-free for you. They can make necessary towing arrangements, handle your tricky insurance claims and they have a group of professionals to work for you at every turn.

If you aspire to quality workmanship combined with honest prices and handled with care, using the most modern technology and top of the line service you can't find anywhere else, choose Pogue's Body Shop because you choose where your car is repaired - not the insurance company!

The authors of this 2009 Summer Local Business Update suggest that you contact Pogue's Body Shop by calling (615) 890-0920 now and get back on the road again. They thank you for your business!

ESTATE

# AUCTION

Mobile Home & Barn On 5 Acres - Personal Property  
PROPERTY OF MARIE DELANEY

1435 Cavender Branch Road in Woodbury

**SATURDAY, AUGUST 15** 10:00 A.M.

DIRECTIONS: From McMinnville Highway., take Highway. 53 North to Cavender Branch Road and follow auction signs to sale.

This nice mobile home consists of living room, kitchen, dining area, 3 bedrooms, 2 baths, and utility. It is improved with a fireplace, large covered front deck, and open wood deck at rear. The property has a nice 12x48 barn with covered front area in good condition. It features nice shade and fruit trees, storage building, and a storm cellar. The five acres has been surveyed and is fenced and cross-fenced. This is a good property, near town, but in a quiet setting.

**PERSONAL PROPERTY:** Two Craftmatic adjustable beds; extension ladder; chest of drawers; luggage; lamps; stereo; TV; entertainment center; end tables; rollaway bed; what-not shelf; smoking stand; linens; small chest freezer; dishes; document shredder; pots & pans; kitchen items; glasses; vases; Dirt Devil; upright vacuum; scales; iron; Christmas decorations; shelves; love seat; two recliners; bull whip; lawn & garden tools; gas cans; tree trimmer; Craftsman 5-horse weedeater; microwave; table and six chairs; extension cords; electric chain saw; washer & dryer; wood rocker; some fishing equipment; costume jewelry; file cabinet; picnic basket; 18.5 horsepower Murray riding mower with 46" cut; many other miscellaneous items.



**TERMS: PERSONAL PROPERTY:** Cash or good check day of sale. **REAL ESTATE:** 10% down day of sale; balance at closing within 30 days.

**TAXES:** Prorated. **POSSESSION:** With Deed.

JOHN ECKERSON, EXECUTOR

Information in this advertising believed to be true. Announcements made day of sale take precedence over printed material.



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Murfreesboro (615) 896-8014





The REACH Program had a special visit with Sherrif Billy Nichols and Jail Administrator, Anna Nichols during the summer program to learn about the services the Sherrifs Department provides for the community. Thank you Sherriff Nichols and Anna for visiting.

## Researchers Say Invest More in Stocks for Better Return

Conventional wisdom holds that investors need a diversified portfolio of stocks and bonds to obtain investing success. But new research by several professors from Butler University's College of Business suggests that conventional wisdom may be wrong.

Using both historical results and a simulation of thousands of possible outcomes, the professors discovered that for every possible 40-year period, an investor who was invested 100 percent in stocks until 10 years before retirement and then switched to bonds, enjoyed better returns than someone who had a more diversified portfolio.

"We found that a much greater emphasis on stocks throughout most

of a person's investing career provided a much larger retirement portfolio than previously expected," said Steve Dolvin, one of the lead researchers and associate professor of finance at Butler.

The professors call this new approach the 100/10 Approach.

While the market may be volatile over a 40-year period, the research shows that increases and decreases in stock value eventually level out on the up side under the 100/10 Approach.

Dolvin credits this result with an investor's patience with the stock market. "By contrast, an impatient investor might pull out of the market when his or her stock was at a low point - getting only the downside

and missing any chance of recovery. The volatility would not level out because he or she would come out of the market at the wrong point."

Dolvin says that even though the 100/10 Approach has been proven to work, it should only be used by educated investors that can avoid common behavioral errors.

Dolvin, CFA, is an associate professor of finance in Butler University's College of Business. He is in expert in initial public offerings (IPOs), investment banks, 401(k) plans, retirement investing and behavioral finance.

## Woodbury Livestock Market Inc.

2403 McMinnville Hwy.  
Woodbury, TN 37190

**615-563-2204**

## Announces A Special Cow Sale FRIDAY, AUGUST 14 7:00 P.M.

**60 head of young Black & BWF Cows**

These cows are home raised and will calve in the fall

**35 head of Mixed colored Cows.**

Some with calves by their side.

**48 head of young Black & BWF Cows.**

Some with calves by their side.

**2 Black Bulls**

Regular sale every Monday  
6:00 P.M.



**CHECK OUT OUR NEW WEBSITE AT:  
CANNONCOURIER.COM**

History, Stage Road, Toll Gates, Broadway of America, School Wagons, Cason, Mitter Bus Co. from Woodbury to Murfreesboro 1927-1928 load at Roach's Cafe, No Fence Law, Paved Roads, Cannon County's first Courthouse 1836, Centennial 1936, the early people of Cannon County Scotch-Irish Pioneers who first began to settle the Central basin of Tennessee. The first Bank in Woodbury was February 11, 1888 was called Bank of Woodbury. In late 1920's there was Cannon County Banking Company, Dr. J.F. Adams, President, G.S. Smith, Cashier.

In early years there were two banks at Bradyville, one bank at Readyville, one bank at Braxton, one bank at Gassaway, one bank at Auburntown, three banks in Woodbury. In the earliest years of banking the Houstons and Prestons were very active in banking and had a great influence on George Webb being with Federal Land Bank in Louisville for so many years.

George Webb graduated from High School in Class of 1932 with Mrs. John Sissom, Nell Haris Shirley, Mrs. Wid Perry, Sara Sue Todd, Lillian Higgins Smith Wallace, Willie Hoover Elrod, Mrs. J.W. Dee Lin, Mrs. E.H. Underwood, Obara Moore Robinson, Stella Pearl McCurry, Madie Parker, Mrs. Taft Sadler, Sam P. Armstrong, Orville (Duby) Conley, James M. Donnell, B.F. Downing and Edward Elkins, Issac C. Finley, Walden Grizzle, Ernest Harrell, Charles K. Hawkins, Sterling Simpson, George Webb and William Woods.

Recently George Webb and son Tom Webb visited the homeplace on Stage Road and met with Tim Gentry at Smith Funeral Home and placed a monument in the Cathcart Cemetery to honor people earlier buried there.

### *The monument shows...*

Rev. John Rushing . . . . .1792-1857  
Sarah Keele Rushing . . . . .1789-1870  
Abel Rushing . . . . .1813-1881  
Amanda Kimbro Rushing . . .1811-1898  
A. Wayland Rushing . . . . .1856-1872  
Emma Kittrell Rushing . . . .1854-1905  
John Richmond Rushing . . .1843-1898  
Tennessee Bethel Rushing . . .Born 1842  
Prudence Kittrell Rushing . . .1848-1878  
Rev. Lemuel Hall Bethel . . .1810-1888  
Elizabeth Buchanan Bethel . .1816-1892  
Sarah Huse Rucker . . . . .1853-1862  
John Erskin Cathcart . . . . .1879-1887



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FUNERAL HOME**



# NEW NATIONAL STUDY FINDS INCREASE IN P.E. CLASS-RELATED INJURIES

Physical education (PE) in schools is one of the main tools used to increase physical activity and to prevent childhood obesity, and PE-related injuries are on the rise. Although increasing physical activity may reduce obesity, it may also increase the risk of injury. While recognizing that PE classes and physical activity are important components in combating obesity, parents and school administrators should remain vigilant for injuries. A recent study conducted by the Center for Injury Research and Policy of The Research Institute at Nationwide Children's Hospital, found that the number of PE-related

injuries to elementary, middle and high school students in the United States increased 150 percent between 1997 and 2007. According to the study, published in the online issue of Pediatrics, the most common PE-related injuries were lower-extremity sprains and strains (23 percent), followed by upper extremity sprains and strains (14 percent) and fractures (14 percent). Middle school-aged children (11-14 years of age) accounted for the majority of PE-related injuries (52 percent). Elementary school-aged children (5-10 years of age) had almost double the odds of a head injury, compared with other

injuries. Nearly 70 percent of PE-related injuries occurred while children were participating in six activities (running, basketball, football, volleyball, soccer and gymnastics). Injuries were caused by contact with another person, playing surface, equipment, stationary structures, pulled muscles, overuse and activity-related illnesses such as heat stroke. "The 150 percent increase in PE-related injuries presenting to emergency departments was consistent across gender and age groups. It is unlikely that this increase was attributable to an increase in PE participation,"

explained study author Lara McKenzie, PhD, principal investigator at the Center for Injury Research and Policy at Nationwide Children's Hospital and faculty member of The Ohio State University College of Medicine. "Identifying patterns of PE-related injuries is the first step toward preventing them. Injury prevention education should be made a priority for all PE activities, especially for those activities with the highest injury rates." This is the first published study to examine PE-related injuries on a national level.

Data for this study were collected from the National Electronic Injury Surveillance System (NEISS), which is operated by the U.S. Consumer Product Safety Commission. The NEISS dataset provides information on consumer

product-related and sports and recreation-related injuries treated in hospital emergency departments across the country. The Center for Injury Research and Policy (CIRP) in The Research Institute at Nationwide Children's Hospital works globally to reduce injury-related pediatric death and disabilities. With innovative research at its core, CIRP works to continually improve the scientific understanding of the epidemiology, biomechanics, prevention, acute treatment and rehabilitation of injuries. CIRP serves as a pioneer by translating cutting edge injury research into education, advocacy and advances in clinical care. In recognition of CIRP's valuable research, the Centers for Disease Control and Prevention (CDC) designated the Center for Injury Research and Policy as an Injury Control Research Center in 2008. Learn more about the Center for Injury Research and Policy at [www.injurycenter.org](http://www.injurycenter.org).



## Cheerleading Is Leading Cause of Catastrophic Injury in Young Women

As a bright, young cheerleader trying out for the high school varsity squad, 14-year-old Laura Jackson had everything going for her. But when a back flip went wrong during a try-out without a trained spotter on hand, Laura landed on her head fracturing her neck and damaging her spinal cord. Laura is now paralyzed and breathes with the help of a ventilator.

Cheerleading has become the leading cause of catastrophic injury in young female athletes, says Amy Miller Bohn, a physician at the UMHS department of family medicine.

Data from the Consumer Product Safety Commission shows that rates of injuries from cheerleading accidents have gone from nearly 5,000 in 1980 to close to 26,000 to 28,000 in the past few years, Miller Bohn says. In addition, the leading cause of catastrophic injuries in female athletes is cheerleading, according to The National Center for Catastrophic Sports Injury Research.

They account for approximately 65 to 66 percent of all female catastrophic injuries in either high school or college. "If you look at cheerleading injuries, most of them are still more the common types of things that we should think about - muscle strains or pulls, ligament injuries, tendon injuries," Miller Bohn says.

"The concern is that there are certainly a fair number of increasingly severe injuries. Because of the increase in degree of difficulty in cheerleading skills, increased acrobatics and stunt activities may be increasing the risk of severity of injury.

Catastrophic injuries seen in cheerleading involve either death, injuries that results in disability that are often related to head trauma or spine trauma. Doctors are also seeing more injuries that a person

may not be able to recover from completely - such as concussions or severe fractures.

Cheerleading injuries appear to be on the rise partly because of an increase in participants, but the sport has also changed significantly in the last 25 years. Cheerleading no longer consists of athletes standing on the sidelines, rooting for a team. "Cheerleading has become an actual competitive sport," she says. If participants want to be one of the better teams, compete at high levels and be invited to competitions, athletes must include a higher degree of difficulty and risk in routines.



This means fewer traditional pyramids and more tossing people in the air, jumping off pyramids and trying risky stunts, Miller Bohn says. Miller Bohn believes there aren't enough safety measures in place in schools. Many athletes will practice in places such as a back yard, a hard gym floor or a parking lot.

There are often no supportive surfaces to shield them from falls. Participants also lack adequate supervision. If an adequately trained

coach is not present to ensure participants are using proper techniques and make sure spotters are placed where they should, injuries may occur.

In addition, there is no uniformity in training of cheerleading coaches. They can range from a child's parent, a former cheerleader, to someone with a high level of training in gymnastics. What can parents and school officials do to help prevent injuries?

An area to focus in is coaching staff. It's recommended that a coach have experience in first aid and CPR training. It's also preferred that they have good training in how to coach athletes in regard to their development, strength, conditioning, and flexibility.

They should also have experience in coaching and how they perform these activities, technique and how they are supported and monitored, ensuring there's always someone around to be at practices and to be present to make changes if something looks unsafe. Another area of concern is equipment. A spring loaded floor is a good idea to prevent injuries and to cushion a fall. Mats are also important.

\*\*\*

Trying to squash a rumor is like trying to unring a bell.

- Shana Alexander

\*\*\*

A little government and a little luck are necessary in life; but only a fool trusts either of them.

-P.J. O'Rourke

## USA/NWA MAIN EVENT SUPERSHOW WRESTLING

Cannon County Community Center  
Woodbury, TN  
Saturday, August 15  
8:00 P.M.

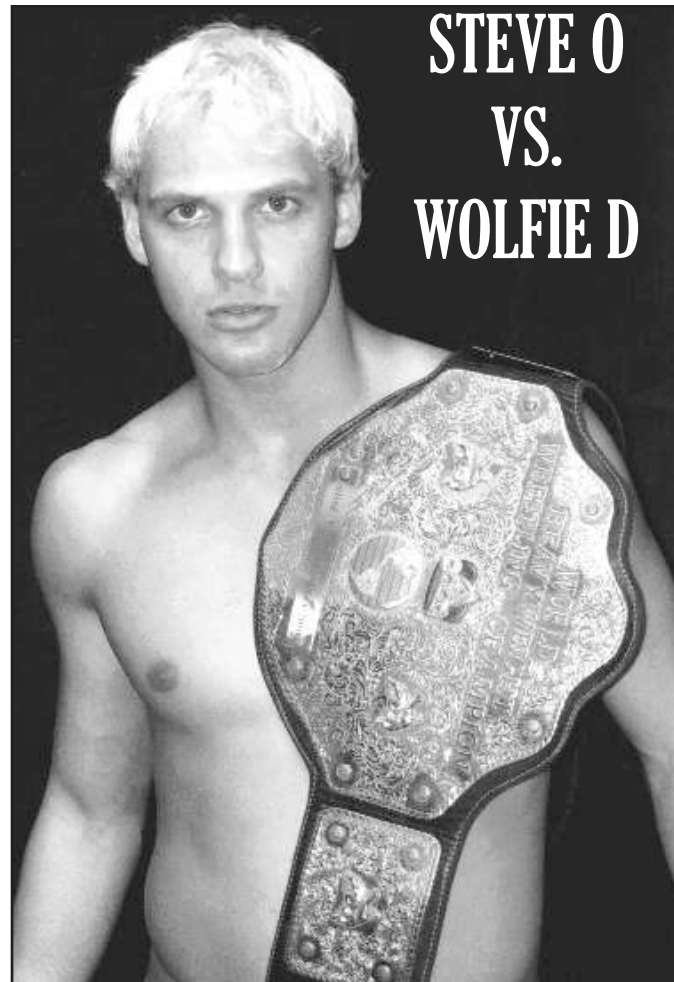
Back to School Blowout!  
ALL KIDS FREE!

### MAIN EVENT

Back to School  
Bunkhouse Brawl  
15 Men Enter  
1 SURVIVES!!

Matt Boyce vs Teddy Tender  
Mike Posey vs Cody Feller  
Shane Williams vs Shawn Shultz

Plus Much Much More  
Adults \$8



STEVE O  
VS.  
WOLFIE D

### Cannon County Football

Expect to win. Prepare to win. Believe.



### JV FOOTBALL 2009

Date	Time	Opponent	Location
Monday, Sept. 7	6:00	DeKalb County	Home
Monday, Sept. 14	6:00	Upperman	Away
Monday, Sept. 21	6:00	Gordonsville	Away
Monday, Sept. 28	6:30	Livingston	Away
Monday, Oct. 12	5:30	Smith County	Home



### Cannon County Football

Expect to win. Prepare to win. Believe.

Date	Time	Opponent	Location
Tuesday, Aug. 11	6:00	Shelbyville (Scrimmage)	Home
Saturday, Aug. 15	5:00	Wilson Central (Jamboree)	WCHS
Friday, Aug. 21	7:00	Spring Hill	Home
Friday, Aug. 28	7:30	West Creek	Away
Friday, Sept. 4	7:00	DeKalb*	Away
Friday, Sept. 11	7:30	DCA	Home
Friday, Sept. 18	7:00	York*	Home
Friday, Sept. 25	7:00	Middle TN Christian	Away
Friday, Oct. 2	7:00	Livingston* (HC)	Home
Friday, Oct. 9	7:00	Scott County#	Away
Friday, Oct. 16	7:00	Smith County*	Away
Friday, Oct. 23		BYE	
Friday, Oct. 30	7:00	Upperman*	Home
Friday, Nov. 6	TBA	Playoffs	TBA

\*Denotes Region Game  
#Eastern Time Zone

# NEED AMMO?

## We're Loaded!

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Check Us Out -  
We Have A  
Great Selection  
To Choose From!



## POTTER'S ACE HOME CENTER

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(615) 563-4414

MONDAY THRU SATURDAY 7:00 A.M. UNTIL 6:00 P.M. , CLOSED SUNDAY





# LEGAL NOTICES



## NOTICE OF TRUSTEE'S SALE

WHEREAS, default has occurred in the performance of the covenants, terms, and conditions of a Deed of Trust Note dated April 13, 2007, and the Deed of Trust of even date securing the same, recorded April 23, 2007, at Book 97, Page 623 in Office of the Register of Deeds for Cannon County, Tennessee, executed by **TINA WINDROW A/K/A TINA HEMMINGS AND JEFF WINDROW**, conveying certain property therein described to Joseph B. Pitt, Jr. as Trustee for Mortgage Electronic Registration Systems, Inc., as a separate corporation that is acting solely as a nominee for Quicken Loans Inc. and Quicken Loans Inc.'s successors and assigns; and the undersigned, Shellie Wallace of Wilson & Associates, P.L.L.C., having been appointed Successor Trustee.

NOW, THEREFORE, notice is hereby given that the entire indebtedness has been declared due and payable; and that an agent of Shellie Wallace of Wilson & Associates, P.L.L.C., as Successor Trustee, by virtue of the power, duty, and authority vested in and imposed upon said Successor Trustee will, on August 21, 2009 on or about 3:30 P.M., at the Cannon County Courthouse, Woodbury, Tennessee, offer for sale certain property hereinafter described to the highest bidder FOR CASH, free from the statutory right of redemption, homestead, dower, and all other exemptions which are expressly waived in the Deed of Trust, said property being real estate situated in Cannon County, Tennessee, and being more particularly described as follows:

Tax ID Number: 071 116.00  
Land situated in the county of Cannon in the State of TN

Being all of Lot No. 5 on the plan of Peartree Estates, according to plat of record in plat cabinet 1, slide 156-a, of the Register's Office of Cannon County, Tennessee, to which plat reference is hereby made for more complete details of location and description of said lot.

**Commonly known as: 1392 Myrtle Road, Bradyville, TN 37026**

Also known as: 1392 Myrtle Road, Bradyville, Tennessee 37026

This sale is subject to all matters shown on any applicable recorded plat; any unpaid taxes; any restrictive covenants, easements, or setback lines that may be applicable; any statutory rights of redemption of any governmental agency, state or federal; any prior liens or encumbrances as well as any priority created by a fixture filing; and to any matter that an accurate survey of the premises might disclose. In addition, the following parties may claim an interest in the above-referenced property: Tina Windrow a/k/a Tina Hemmings; Jeff Windrow

The sale held pursuant to this Notice may be rescinded at the Successor Trustee's option at any time. The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above. W&A No. 726 143261

Dated July 22, 2009.

**WILSON & ASSOCIATES, P.L.L.C.,**  
Successor Trustee  
By: Shellie Wallace  
DSaleNoticeTN-Shellie\_kthomas\_090722\_859

FOR SALE INFORMATION,  
VISIT WWW.MYFIR.COM  
and WWW.REALTYTRAC.COM

Insertion Dates: July 28, 2009,  
August 4, 2009, August 11, 2009

## NOTICE TO CREDITORS

*Estate of*  
**GLADYS MAY CROTTO**

Notice is hereby given that on the 27th day of July, 2009, letters testamentary in respect of the estate of Gladys May Crotto, deceased, were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons,

both resident and non-resident, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 27th day of July, 2009.

**RONNIE PARKER**, Executor  
of the estate of Gladys May Crotto,  
deceased.

**HAROLD PATRICK**,  
Clerk & Master  
**Susan Melton**, Attorney  
2t-Aug. 4, 11-P

## NOTICE TO CREDITORS

*Estate of*  
**CHARLEY WHITE MERRITT**

Notice is hereby given that on the 27th day of July, 2009, Letters Testamentary in respect of the estate of Charley White Merritt, deceased, were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons, both resident and non-resident, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 27th day of July, 2009.

**GLENDEL J. ARMSTRONG & ROBIN M. McCORD**, Co-Executors  
of the estate of Charley White Merritt, deceased.

**HAROLD PATRICK**,  
Clerk & Master  
**Susan Melton**, Attorney  
2t-Aug. 4, 11-P

## NOTICE TO CREDITORS

*Estate of*  
**ELLA S. ELDRIDGE**

Notice is hereby given that on the 28th day of July, 2009, Letters Testamentary in respect of the estate of Ella S. Eldridge, deceased, were issued to the undersigned by the Chancery Court of Cannon County, Tennessee. All persons, both resident and non-resident, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 28th day of July, 2009.

**LEAH L. ELDRIDGE**,  
Executrix of the estate of Ella S. Eldridge, deceased.  
**BOBBY SMITH**,  
County Clerk  
William H. Bryson, Attorney  
2t-Aug. 4, 11-P

## NOTICE TO CREDITORS

*Estate of*  
**JIMMY HOWARD MOORE**,  
Deceased

Notice is hereby given that on the 28th day of July, 2009, Letters of Administration in respect of the estate of Jimmy Howard Moore, deceased, were issued to the undersigned by the County Probate Court of Cannon County, Tennessee. All persons, both resident and non-resident, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This 28th day of July, 2009.

**LAURA SUE AXFORD**,  
Co-Administrator of the Estate of Jimmy Howard Moore, deceased.  
**SHERRIE LOU MOORE**,  
Co-Administrator of the Estate of Jimmy Howard Moore, deceased.  
**KATHIE LYNN LEWIS**,  
Co-Administrator of the Estate of Jimmy Howard Moore, deceased.

**BOBBY SMITH**,  
County Clerk  
Dale Peterson, Attorney  
2t-Aug. 4, 11-P

## NOTICE OF SUBSTITUTE TRUSTEE'S SALE

Whereas, default having been made in the payment of the debts

and obligations secured by that certain Real Estate Deed of Trust for Tennessee executed on June 22, 2006 by **JAVIER IBARRA AND SANDRA IBARRA** to Mary Ruth Tackett, Trustee, as same appears of record in the Register's Office of Cannon County, Tennessee in Book 87, Page 502, recorded June 22, 2006, ("Deed of Trust"); and

Whereas, the beneficial interest of said Deed(s) of Trust is the United States of America, acting by and through the United States Department of Agriculture ("USDA"); and

Whereas, USDA, the current owner and holder of said Deed(s) of Trust appointed Joe Woody as Substitute Trustee by instrument filed for record in the Register's Office of Cannon County, Tennessee, with all the rights, powers and privileges of the original Trustee named in said Deed(s) of Trust; and

Now therefore, notice is hereby given that the entire indebtedness has been declared due and payable as provided in said Deed(s) of Trust by USDA, and Joe Woody as Substitute Trustee, or duly appointed agent, pursuant to the power, duty, and authorization in and conferred by said Deed(s) of Trust, will on **Wednesday, September 9, 2009, commencing at 10 A.M. at the south door at the Cannon County Courthouse, Woodbury, Tennessee**, proceed to sell at public outcry to the highest bidder either for cash or 10 percent of the high bid price as a non-refundable deposit with balance due within ten (10) days of sale, (and if such balance goes unpaid, USDA will retain the deposit and reforeclose) the following described property lying and being in the 6th Civil District in Cannon County, Tennessee to wit:

Being all of Lot Number Two (2) of Georgetown Estates, Section 1, of record in Plat Cabinet 2, Slide 2-52, Register's Office for Cannon County, Tennessee, to which plat reference is made for a more complete and accurate description.

Being the same property conveyed by Thomas A. Smith and Mackey Fay Smith to Javier Ibarra and Sandra Ibarra, by deed of record in Deed Book 87, Page 500, in the said Register's Office.

**Property Address: 47 Melton Lane Woodbury, TN 37190**

Current Owners: Javier Ibarra and Sandra Ibarra

The sale of the above-described property shall be subject to all matters shown on any recorded plat; any unpaid taxes; any restrictive covenants, easements or setback lines that may be applicable; any prior liens or encumbrances as well as any priority created by a fixture filing; and any matter that an accurate survey of the premises might disclose.

Other Interested Parties: Midland Funding Visa

All right and equity of redemption, statutory or otherwise, homestead, and dower are expressly waived in said Deed(s) of Trust, and the title is believed to be good, but the undersigned will sell and convey only as Substitute Trustee.

The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above.

**JOE WOODY**  
Substitute Trustee  
390 South Lowe, Suite K  
Cookeville, TN 38501  
http://www.resales.usda.gov

Publication Dates: August 11,  
2009, August 18, 2009, August 25,  
2009

## NOTICE OF TRUSTEE'S SALE

WHEREAS, default has occurred in the performance of the covenants, terms, and conditions of a Deed of Trust Note dated October 22, 2002, and the Deed of Trust of even date securing the same, recorded October 29, 2002, at Book 34, Page 437 in Office of the Register of Deeds for Cannon County,

Tennessee, executed by **LINDA GIBSON**, conveying certain property therein described to Cumberland Title Company as Trustee for Cabin Creek Mortgage, Inc.; and the undersigned, Shellie Wallace of Wilson & Associates, P.L.L.C., having been appointed Successor Trustee.

NOW, THEREFORE, notice is hereby given that the entire indebtedness has been declared due and payable; and that an agent of Shellie Wallace of Wilson & Associates, P.L.L.C., as Successor Trustee, by virtue of the power, duty, and authority vested in and imposed upon said Successor Trustee will, on **September 4, 2009 on or about 3:30 P.M., at the Cannon County Courthouse, Woodbury, Tennessee**, offer for sale certain property hereinafter described to the highest bidder FOR CASH, free from the statutory right of redemption, homestead, dower, and all other exemptions which are expressly waived in the Deed of Trust, said property being real estate situated in Cannon County, Tennessee, and being more particularly described as follows:

Being Lot No. 3 of the Michael Simmons Subdivision, and beginning on an iron pin in the West margin of Burt Bergan Road at the NE corner of this Lot and the SE corner of Lot No. 2; thence with the road South 35 degrees 18 minutes 52 seconds East, 207.44 feet to an iron pin at the SE corner of this lot; thence leaving the road South 54 degrees 41 minutes 08 seconds West 321.04 feet to an iron pin at the SW corner of this Lot' thence North 35 degrees 18 minutes 52 seconds West 207.44 feet to an iron pin at the NW corner of this lot and the SW corner of Lot No. 2; thence North 54 degrees 41 minutes 08 seconds East, 321.04 feet back to the point of beginning, and containing 66,594 square feet.

**ALSO KNOWN AS: 4446 Burt Burger Road, Woodbury, Tennessee 37190**

This sale is subject to all matters shown on any applicable recorded plat; any unpaid taxes; any restrictive covenants, easements, or setback lines that may be applicable; any statutory rights of redemption of any governmental agency, state or federal; any prior liens or encumbrances as well as any priority created by a fixture filing; and to any matter that an accurate survey of the premises might disclose. In addition, the following parties may claim an interest in the above-referenced property: Linda Gibson; Cabin Creek Mortgage, Inc.; Wells Fargo Financial TN

The sale held pursuant to this Notice may be rescinded at the Successor Trustee's option at any time. The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above. W&A No. 817 168850

DATED August 6, 2009.

**WILSON & ASSOCIATES, P.L.L.C.,**  
Successor Trustee  
By: Shellie Wallace

DSaleNoticeTN-Shellie\_awoodard\_090805\_903

FOR SALE INFORMATION,  
VISIT WWW.MYFIR.COM  
and WWW.REALTYTRAC.COM

Insertion Dates: August 11, 2009,  
August 18, 2009, August 25, 2009

## NOTICE OF TRUSTEE'S SALE

WHEREAS, default has occurred in the performance of the covenants, terms, and conditions of a Deed of Trust Note dated November 8, 2002, and the Deed of Trust of even date securing the same, recorded November 14, 2002, at Book 35, Page 178 in Office of the Register of Deeds for Cannon County, Tennessee, executed by **EDMON R. SMITTY AND EARNESTINE SMITTY**, conveying certain property therein described to Mary

Frances Rudy as Trustee for One Source Mortgage, L. L. C.; and the undersigned, Shellie Wallace of Wilson & Associates, P.L.L.C., having been appointed Successor Trustee.

NOW, THEREFORE, notice is hereby given that the entire indebtedness has been declared due and payable; and that an agent of Shellie Wallace of Wilson & Associates, P.L.L.C., as Successor Trustee, by virtue of the power, duty, and authority vested in and imposed upon said Successor Trustee will, on **September 4, 2009 on or about 3:30 P.M., at the Cannon County Courthouse, Woodbury, Tennessee**, offer for sale certain property hereinafter described to the highest bidder FOR CASH, free from the statutory right of redemption, homestead, dower, and all other exemptions which are expressly waived in the Deed of Trust, said property being real estate situated in Cannon County, Tennessee, and being more particularly described as follows:

Situated in Mooretown Community and beginning on an iron pin in the North margin of Petty Gap Road, this point being Larry Moore's Southeast corner therein; running thence about North with Moore's line 337 feet to an iron pin; running thence about East with Moore's line 130 feet to an iron pin; running thence about South with Milford H. Thomas line 337 feet to an iron pin in the North margin of Petty Gap Road; and running thence about West with said Road margin 130 feet to the point of beginning, containing one (1) acre, more or less.

**ALSO KNOWN AS: 302 Petty Gap Road, Woodbury, Tennessee 37190**

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

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

The sale held pursuant to this Notice may be rescinded at the Successor Trustee's option at any time. The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above. W&A No. 817 168845

DATED August 6, 2009.

**WILSON & ASSOCIATES, P.L.L.C.,**  
Successor Trustee  
By: Shellie Wallace

DSaleNoticeTN-Shellie\_awoodard\_090805\_808

FOR SALE INFORMATION,  
VISIT WWW.MYFIR.COM  
and WWW.REALTYTRAC.COM

Insertion Dates: August 11, 2009,  
August 18, 2009, August 25, 2009



## MEETING NOTICE

The Woodbury Planning Commission  
will meet in regular session  
**Tuesday, August 18**

at 6:00 P.M. at Woodbury City Hall, 101 West Water Street  
**JAMES HOUSTON BARRETT, Chairman**  
The meeting is open to the public.

1t-Aug. 11

## SMITHSON CONSTRUCTION

New Home Builders - Remodeling - All  
Kinds of Painting - Refinishing - Plumbing  
and Electrical Work  
call **(615) 563-5748 - Cell 904-4894**  
Firm License No. 31165

## MITCHELL & MITCHELL

Attorneys At Law

**John G. Mitchell, Jr.**  
**John G. Mitchell, III**  
**Darwin K. Colston**  
**Elizabeth Fikes**  
**Jay B. Jackson**  
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- Real Estate/Construction Law



Se Habla Espanol

www.mitchellattorneys.com

121 East Side Public Square Woodbury  
**(615) 563-4522**



# CLASSIFIEDS

## NOTICE

### Dump Old Appliances

Fence Wire & Scrap Metal and receive Top Dollar at Ivy Bluff Auto Salvage (615) 765-7948 thru Aug.-C

## FOR RENT

### RENT TO OWN

New construction, 3 bedroom, 2 bath, 2500 sq. ft. home available to qualified buyer, \$2,500.00 deposit and \$1,000.00 monthly payment. For details call 563-2184. TF

## FOR RENT

FOR RENT - 2 bedroom, 1 1/2 bath, central heat and air, stove and refrigerator furnished, washer/dryer hookups, private lot, water furnished, references and deposit required. \$450.00 month. 615-765-7800 or 615-653-9190. TF-July 14-C

## FOR SALE

FOR SALE -- Alfalfa, alfalfa mixed, grass and other varieties available. Horse and dairy quality small square bales and beautiful clean wheat straw. Small or large amounts available. Call (615) 765-5596 or (615) 542-1815. TF

## YARD SALE

GARAGE SALE -- MOVING! Hwy. 53 one mile South of Woodland School behind the DTC Exchange Building. Friday and Saturday. 1t-Aug. 11-P

## NOTICE

### BRYSON'S DOZER SERVICE

10 Years Experience. Call RICKY BRYSON, Owner - Operator Home 464-2446 or Cell 653-6613 http://dtccom.net/~rbryson/

### ATTENTION CONTRACTORS AND EXCAVATORS

Top soil and fill dirt delivered. No job too big. Tim Cooper, shop (615) 273-2854 or cell (615) 464-3736. TF

### A-1 Lawnmower Repair

Now open 6 days a week to service your Push Mower, Riding Mower, Weedeater, Tiller or Chainsaw. A full service repair shop that sells new and used parts. Pick up and delivery service available. Same Day Service On Some Items! BUY, SELL, TRADE. 2 miles south of Parsley's Market on Highway 64 (Bradyville Road). Call 563-7352 for more information. TF

### DANCE CLASSES ONGOING --

Cannon Arts Dance classes are still ongoing Ballet, Tap/Jazz, Hip Hop, Mommy and Me, Cheer Tumbling, Exercise. For more information call (615) 563-9122 or e-mail: cannonarts@hughes.net. TF

**SATELLITE TV SKYCALL**  
Since 1990  
615-597-5735  
4t-thru Feb-P then TF

## Farmer's Market

### MORE VENDORS EVERY WEEK!

Come one and all to the Courthouse Square and see Cannon County produce at the Farmer's Market on Saturday from 6:00 A.M. until 10:00 A.M. Anyone interested seeking home grown produce, contact the Cannon County Agent's office at 563-2554. thru Sept.-P

### MARY KAY

Independent Beauty Consultant HEATHER YOUNG SMITH 2655 Warren Road McMinnville, TN 37110 Phone (615) 904-4752 cell Home (615) 563-6510 hysmith@marykay.com www.marykay.com/hysmith 6t-thru Aug.-P

FOR RENT -- 3 bedroom, 2 bath, single wide, large lot. No animals! \$350.00 deposit and \$125.00 weekly, includes water. Call 893-4895. TF

FOR RENT -- 3-4 bedroom, 2 bath mobile home, 5 minutes to town, nice size rooms, back off road, can be electric or gas, \$700 per month, \$700 deposit, 1 small dog with \$200 deposit, non smoker preferred, references required. Call 542-3897. 2t-Aug. 4, 11-P

FOR RENT -- 2 bedroom in the Center Hill community. Call (615) 849-6199. 2t-Aug. 4, 11-P

FOR RENT - 109 Lee Avenue, nice clean house, 3 bedroom, CHA, no pets, \$650.00 per month plus deposit. John Higgins, owner-agent. Call 896-4600. TF-Aug. 11-C

FOR RENT - 2 bedroom, 1 bath house, central heat and air, carpeted floors, washer/dryer hookup, seven year old home, rural area. \$550 deposit and \$550 per month. 615-464-4308, leave message or 615-849-6213, Wayne. 2t-Aug. 11, 18-P

## SELL YOUR UNWANTED ITEMS

In the Courier Classifieds, houses, cars, trucks..whatever you have!

# \$5.00

per week for 25 words.

DEADLINE IS 12 NOON FRIDAY

**TENNESSEE POISON CENTER**  
POISON Help 1-800-222-1222

## IT'S YARD SALE TIME

Advertise Your Sale For Only \$5.00 (25 words or less) DEADLINE 9:00 A.M. FRIDAY

## NOTICE OF SALE

I will on Saturday, August 29, 2009 at 10:00 A.M. sell the contents of Mini Storage #18 belonging to Brandi M. Perry and Mini Storage #30 belonging to Mike Thomas.

### HAL'S MINI STORAGE

11746 John Bragg Hwy. Readyville, TN 37149

3t-Aug. 11, 18, 25

3 DIFFERENT BRANDS - new doublewide models, all under \$39,900. Davis Homes, Inc., Smithville Hwy., McMinnville (931) 668-2031.

\$0.00 DOWN with deed will buy a beautiful new home, also septic, water, electric, porches, driveway, masonry foundation and much more at Davis Homes Inc., Smithville Hwy., McMinnville (931) 668-2031.

HUGE NEW 4 BR AND 2 BATH with approximately 2,300 sq. ft., setup, delivered on concrete footers for only \$69,900! Davis Homes, Inc., Smithville Hwy., McMinnville (931) 668-2031. TF

FOR SALE -- Bradyville / Cannon County. 1832 Dickens Hill Road, 2,145 sq.ft. 4 bedroom, 2 bath manufactured home. Situated on 1.07 acres, \$119,000. Owner financing. Call Tammy at (615) 210-0000. TF

FOR SALE -- Top Soil and Crushed Stone. Call Tom at 439-7970. 5t-thru July-P

ROUND BALE HAY FOR SALE - Mixed grass (fescue, orchard, & clover) 1000 bales available. 4'x5' or bigger bales. \$25.00 per bale for farm pick-up. Delivery available. Reserve your hay now. Easy payment option available. Call for details. 615-563-4635 or 615-542-5210. TF-July 7-C

FOR SALE BY OWNER - On four acres, five bedrooms, three bathrooms, big rock fire place, six stall carport, like new storage building 16x40, shop 14 x30, mother-in-law live-in quarters, 456 Pelham Road, Woodbury, TN Phone (931) 312-9780, \$175,000. 2t-July 28, Aug. 4-P

FOR SALE - Sweet corn yellow silkless corn and silver queen corn. Call 765-5280. 2t-Aug. 4, 11-P

FOR SALE - Blue Lake Stringless Green Beans. \$25.00 per bushel. 615-785-5293 or 615-765-5088. 1t-Aug. 11-P

YARD SALE - Saturday, August 15, huge 3 family yard sale, 709 Pocahontas Road across the Cannon/Coffee line, off Hwy. 53. Lots of kid and adult clothes, many sizes, household items, much more. 1t-Aug. 11-

3 FAMILY YARD SALE - 7415 Jim Cummings Hwy. Saturday, August 15, from 7:00 a.m. until 12 Noon. Victorian sofa, marble top tables, furniture, household items, Dept. 56 collectibles, childrens and adults clothes, numerous other items. 1t-Aug. 11-P

## NEW STATE LAW No Texting While Driving \$50.00 FINE

## PARTY

You're Invited to a Stampin' Up Card and Scrapbook Kit Night! August 21 from 5:00 until 9:00 P.M. Regions Bank Community Room. Contact Sunshine at 615-904-5448.

# STATEWIDE CLASSIFIEDS

ADOPT: CHILDLESS LOVING WOMAN (teacher) wishes to adopt a newborn. Financially secure home with close extended family. Legal/Confidential. Expenses paid. Please call Denise: 1-866-201-4602 Pin# 01960 (TnScan)

ANNOUNCEMENTS DIVORCE WITH OR WITHOUT Children \$95.00. With Free name change documents (wife only) and marital settlement agreement. Fast and easy. Call us 24hrs./ 7days: 1-888-789-0198. (TnScan)

### BUSINESS OPPORTUNITIES

ALL CASH VENDING! DO you earn \$800 in a day? Your own local candy route. Includes 25 Machines and Candy All for \$9,995. 1-888-745-3351 (TnScan)

AFFORDABLE FRANCHISE OPPORTUNITIES: LIBERTY Tax Service fastest growing tax service ever! Liberty's on Entrepreneur's Low Cost and Top 500 Lists. Call 1-800-790-3863 or 1-866-389-1239, http://www.libertytaxfranchise.com. (TnScan)

### BUSINESS SERVICES

DISH NETWORK SATELLITE TV systems installed Free this week! 100+ Channels \$19.99 No bank account needed! No \$\$\$ down needed! (866) 689-0523 Call now for details! (TnScan)

STAY AHEAD OF OTHER businesses/organizations by discovering what newspapers are reporting about you or your competition. The TN Press Service Clipping Bureau reads every edition of over 130 Tennessee newspapers. Contact us Today for a Free 2 week trial (865) 584-5761 ext. 119 or newsclips@tnpress.com. (TnScan)

### CAREER TRAINING

ATTEND COLLEGE ONLINE FROM HOME. \*Medical \*Business \*Paralegal. \*Accounting. \*Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 866-8 5 8 - 2 1 2 1 , http://www.CenturaOnline.com

(TnScan)

AIRLINES ARE HIRING- TRAIN for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Housing available.. Call Aviation Institute of Maintenance (888) 349-5387 (TnScan)

EQUIPMENT FOR SALE SAWMILLS FROM ONLY \$2,990.00 -- Convert your Logs To Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. norwoodsawmills.com/300n. Free information: 1-800-578-1363 -Ext 300-N. (TnScan)

HEALTH INSURANCE HEALTH INSURANCE FOR PRE-existing Conditions / Affordable. \*No Medical Questions. \*All Pre-existing OK. \*Hospitalization / Doctor visits. \*Surgery / Dental / Vision / RX. Real Insurance - Not a discount plan. Licensed Agent 763829. Call 1-866-584-9817. (TnScan)

HELP WANTED OVER 18? BETWEEN HIGH School and College? Travel and Have Fun w/Young Successful Business Group. No Experience Necessary. 2wks Paid Training. Lodging, Transportation Provided. 1-866-680-9310. (TnScan)

RV DELIVERY DRIVERS NEEDED. Deliver RVs, boats and trucks for Pay! Deliver to all 48 states and CN. For details log on to http://www.RVdeliveryjobs.com (TnScan)

HELP WANTED - DRIVERS CDL/A FLATBED DRIVERS UP to .40¢. Good Benefits, Home Time, Paid Vacation. Lease Purchase Available. OTR experience required. No felonies. 800-441-4271 x TN-100 (TnScan)

DRIVERS- CDL-A IMMEDIATE NEED! OTR positions available for experienced Co. Drivers and O/O's. Great Pay! Consistent freight and miles! Call 866-594-5107 http://www.willishshaw.com (TnScan)

DRIVER- CDL A PROFESSIONAL Flatbed Drivers Needed. OTR Runs, Competitive Pay & Regular Hometime. OTR Van Drivers Also Needed. Western Express Class A CDL, 22 yrs. old, 1 yr. exp 888-801-5295 (TnScan)

BIH TRUCKING COMPANY. DRIVER Trainees Needed! No CDL- No Problem! Earn up to \$900/ week. Company endorsed CDL Training. Job assistance. Financial assistance. 888-780-5539 (TnScan)

OTR DRIVERS FOR PTL. Earn up to 46 cpm. No forced Northeast. 12 months experience required. No felony or DUI past 5 years. 877-740-6262. http://www.ptl-inc.com (TnScan)

HOMES FOR RENT \*\*HUD HOMES\*\* 6BD 4BA \$334/mo or \$42,000. 4bd 2ba \$199/mo or \$24,800. More Homes Available! 5%dn, 20yrs @ 8%. For listings 800-546-3120 ext. T695 (TnScan)

HOMES FOR SALE A 5BD 4BA HUD \$35,000! More Homes Available! Great Deals! For Listings 800-546-3120 ext. T694 (TnScan)

PUBLIC NOTICES http://www.tnpublicnotice.com - Search Tennessee public notices: sheriff sales, foreclosures, RFP, bids for schools, town meetings, variances, etc. (TnScan)

SPORTING GOODS GUN SHOW. AUGUST 15-16. Sat. 9-5 & Sun. 9-4. Knoxville Expo Center. Exit 108 off I-75N. Buy-Sell-Trade. Info: (563) 927-8176. (TnScan)

MISCELLANEOUS CLASSIFIED ADVERTISING WORKS! One call & your 25 word ad will appear in 89 Tennessee newspapers for \$265/wk or 39 Middle TN newspapers for \$115/wk. Call this newspaper's classified advertising dept. or go to http://www.tnpress.com. (TnScan)

## CAREGIVING

I would love to come into your house and give caregiving to your loved one, will do light housekeeping, light meals and laundry. In the Kittrell-Woodbury area. 890-2713. TF-Aug. 4-C

## TIRED OF YOUR PROPANE SUPPLIER PRICE GOUGING YOU?

Are you tired of your propane supplier price gouging you over \$2 a gallon propane gas every time it gets cold? You don't have to take it or pay it, give us a call we can furnish you a new tank, free swapout and a much lower gas price.



Quality Propane Gas  
209 Knoxville Ave.  
Lebanon, Tennessee  
433-1091 • toll free 866-453-1091

## BUCKLE UP... It's The Law!

## Drug Problem?

If life seems hopeless and you can't stop your drug use, Narcotics Anonymous offers a way out and new hope for life without the use of drugs. Give yourself a break.

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Petite Tablet with More Calcium & Vitamin D3



Calcet\* is designed to help stop low calcium leg cramps. Just ask your pharmacist.

- Helps fight leg cramps
- For those with milk allergies
- Fights osteoporosis



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Vinyl Siding and More

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**Home Maintenance**  
 All types of Remodeling and Repair, Electrical, Carpentry, Painting and Plumbing repair.  
 20 years experience  
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 Ask for Gary

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 Products you can depend on and service you can rely on. Local independent representative. Call (615) 563-5364. asingel@aol.com

**FLEA MARKET**  
 Woodbury Flea Market open every weekend. Free space for Farmers Market vendors. If you have too much stuff and not enough space, sell it at the Flea Market. Estate sales welcome. Great place to buy and sell. Rentals by the week or month. Call (615) 563-2159 for booth space or information. Open rain or shine.

**THERAPEUTIC MASSAGE**  
 Nancy Coomes, LMT, 313 West Main Street (615) 563-4443. Call for appointment. Gift certificates available. (Neuromuscular, Sports, Swedish and Craniosacral).

**Alcoholics Anonymous**  
 If you want to drink, that's your business. If you want to stop - that's ours. Call us at 464-4484.

**UPG United Propane Gas**  
**SALESMAN DRIVER INSTALLER**  
 Quality Propane Gas in Lebanon has an opening for a local propane gas delivery salesman truck driver and tank installer. Must have CDL-HazMat Tanker, best job with excellent pay and benefits. Please call (615) 453-1081 or 1-800-874-4427 ext. 144 or email: info@upgas.com

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**NO JOB TOO BIG OR TOO SMALL**  
**ROY PARSLEY**  
 Call (615) 895-9053  
 READYVILLE, TN

**Sudoku Puzzle #1524-M**

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

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**Coming Soon...**  
 Look for **American Profile** in the Cannon Courier starting September 8th issue

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

Sudoku Solution #1524-M

**PARSLEY & TODD REALTY & AUCTION, LLC**  
 Firm #2095  
 Thinking of Buying or Selling Real Estate?  
 Call **HAYDEN BRYSON**  
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**PARSLEY & TODD REALTY & AUCTION, LLC**  
 3525 John Bragg Hwy.  
 Phone (615) 563-1100 Cell (615) 812-8871



**Arts Scene:** A weekly calendar of news and events at THE ARTS CENTER in Woodbury on John Bragg Highway (70S) just west of town. Hours are 10 a.m. to 4 p.m. Monday through Saturday. Call 563-ARTS (2787) or 1-800-235-9073 for details or reservations. Visit our web site at www.artscenecenterofcc.com

You've Heard the Music, Now Hear the Story Behind Grammy Winner Dr. Ralph Stanley's Legendary Music  
**Man of Constant Sorrow**  
 August 14-29  
 This play delves into the backstage and personal life of two brothers that loved to play music. This funny and touching story contains some of the great original, classic, and traditional songs made famous by The Stanley Brothers. Some of the songs featured in this production are "Man of Constant Sorrow," "O Death," "Amazing Grace," "Angel Band," and a host of other Stanley Brothers' songs that will have you singing' along and flat-footing in the aisles. Directed by Scarlett Turney, this production features Luke Munday as Ralph Stanley and Mike Armistead as Carter Stanley. Shows will be presented Fridays, Saturdays, and Sundays from August 14th through 29th. Performances start at 7:30 P.M. on Fridays and Saturdays, with 2:00 P.M. matinees on Sundays. Ticket prices are \$12 for adults, and \$10 for seniors, students or groups and may be purchased by calling the Arts Center box office at 615-563-(ARTS) 2787 or 1-800-235-9073.

**Gallery Exhibit**  
 Framework: Reconstructing the Modern Bicycle  
 July 9th thru August 15  
 This exhibit features the work of three young and talented sculptors who choose customized bicycles as their medium. Adam Gaskill, Levi Caraldo and Andrew Logan create visionary bikes rooted in vintage American culture. Admission to this exhibit is free. The gallery is open from 10:00 A.M. to 4:00 P.M. Monday through Saturday. For more information call 615-563-2787.

**Cannon Cultural Museum Exhibition**  
 From Necessity to Invention: Tools, Machinery and Culture  
 On display July 9th through the spring of 2010  
 This exhibition explores how the development of culture is directly affected by tools and machines featuring the development of the white oak basketry culture and chair making tradition in Cannon County. Admission to this exhibition is free and the museum is open 10:00 A.M. to 4:00 P.M., Monday through Saturday. For more information call 615-563-2787.

**2009 Playhouse Series**  
 October 2-17 ..... My Fair Lady  
 November 6-21 ..... Driving Miss Daisy  
**2009 Concert Series**  
 Sept. 19 ..... Tennessee Valley Brass Quintet  
 October 8 ..... Robin Speilburg  
**2009 Young At Art Series**  
 October ..... Ferdinand the Bull  
 November ..... Bambi

**Senior Center Activities**  
 Back by Popular Demand...Wii Bowling!  
 Join Us For Regular Monthly Events ...  
 - Silver Sneakers Exercise classes every Mon., Wed. and Thurs. at 9:00  
 - Bingo every Monday and Thursday at 12:00  
 - Line Dancing 1:00 on Mondays  
 - Wii Bowling every Friday at 12:00  
 - Art Class the 3rd Wednesday of every month  
 - Nurse on Duty every Tuesday  
 - Birthday Party once a month  
 - Self Defense every Thursday at 5:00  
 - Rook Club twice a month  
 - It's All About You! Support group the 1st

**2009-2010 SCHOOL CALENDAR**  
 August 3-6 ..... Inservice  
 August 3 ..... 6:00-7:30 p.m. All Kindergarten students report to schools  
 August 4 ..... 6:00-8:00 p.m. 9th graders report to the high school  
 August 7 ..... Student Day 1 - Abbreviated  
 August 10 ..... Teacher's Work Day - No Students (Discretionary Day 1)  
 August 11 ..... Student day 1 - First Full day of school  
 September 7 ..... Holiday - Labor Day  
 September 8 ..... Professional Development Day - No Students (Stockpile Day)  
 October 1 ..... CCHS Parent/teacher conference 3:00-6:00 p.m.  
 October 8 ..... Elementary Parent/teacher conference 3:00-6:00 p.m.  
 October 19-23 ..... Fall Break  
 October 26 ..... Professional Development Day - No Students (Discretionary Day 2)  
 November 25-27 ..... Vacation/Break Days  
 December 1-3 ..... Gateway  
 December 18 ..... Abbreviated Day  
 December 21-January 1 ..... Christmas and New Year Day Holidays  
 January 4 ..... Professional Development Day- No Students (Stockpile Day)  
 January 5 ..... School in session for students  
 January 18 ..... No School/Optional Inservice Day  
 February 2 ..... Writing Assessment  
 February 15 ..... No school/Optional Inservice Day  
 February 18 ..... Elementary parent/teacher conference 3:00-6:00 p.m.  
 February 25 ..... High School parent/teacher conference 3:00-6:00  
 March 8 ..... Professional Development Day - No Students (Discretionary Day 3)  
 March 29, 30, 31, April 1, 5, 6 ..... Achievement Testing K-8  
 April 2 ..... Good Friday  
 April 12-16 ..... Spring Break  
 April 19-23 ..... Senior Trip  
 May 4-6 ..... Gateway Exams (High School)  
 May 10-14 ..... End of course Exams (Pre-Algebra, English, 9, US History, Physical Science)  
 May 11 ..... Scholarship Night for Seniors and Parents  
 May 27 ..... Teacher's Work Day - No Students (Discretionary Day 4)  
 May 28 ..... Last day of school - Abbreviated - Graduation  
 June 7-July 2 ..... Summer School  
 July 13-15 ..... Gateway  
 Approved 12-11-08 CCBOE



# August Clearance Sale!

## SOFAS & SLEEPERS



**RECLINING SOFA-** With matching rocker recliner in corduroy fabric. Both pieces Reg. \$1758 **Now \$1469.**

**SOFA & CHAIR-** Small traditional group. Reg. \$1009 **Now \$739.**

**LEATHER SOFA-** Reclining sofa with some damage. Reg. \$829 **Now \$499.**

**SOFA, LOVE SEAT & RECLINER-** Microfiber. Reg. \$1467 **Now \$999.**

**LEATHER GROUP-** Sofa & love seat with cloth seats. Reg. \$1968 **Now \$1649.**

**FULL SOFA BED -** Back folds down to make a full bed. Reg. \$499 **Now \$399.**

**BONDED LEATHER -** Black sofa, chair & ottoman. Reg. \$1098 **Now \$899.**

**TWIN SLEEPER -** Reg. \$719 **Now \$599.**

**RED PLAID GROUP-** Reg. \$1899 **Now \$1599.**

## BEDROOM



**INEXPENSIVE BED-** White twin bed. Reg. \$299 **Now \$199.**

**CANNONBALL BED-** Dresser, chest, queen bed & nitestand. Reg. \$1749 **Now \$1499.**

**SMALL GROUP -** Dresser, chest & panel headboard. Reg. \$599 **Now \$359.**

**SOLID OAK-** Dresser, chest, bed & nite stand. Reg. \$2739 **Now \$2279.**

**OAK BED-** Twin size cannon ball bed. Reg. \$349 **Now \$249.**

**BLACK GROUP-** 4 pieces with sleigh bed. Reg. \$1199 **Now \$1099.**

**USED BEDROOM-** With sleigh bed. Reg. \$1799 **Now \$999.**

**OAK FINISH -** Dresser, chest, bed & nite stand. Reg. \$1399 **Now \$1199.**

**CHERRY FINISH-** Dresser, chest, bed & nite stand. -Reg. \$1799 **Now \$1499.**

# NOTICE

**We're Slashing Prices To Clear Out Stock! Each year at this time, we get ready for new inventory by taking price cuts on fine furniture, appliances and electronics.**

**SAVE 20% - 40% - 50% - 60% AND MORE ON ALL FOUR FLOORS.**

**You'll find truly incredible bargains, many floor samples, one-of-a-kind items, some scratch and dents, all on sale now.**

**All Items Subject To Prior Sale And Limited To Stock On Hand. All Sales Final.**

## RECLINERS & CHAIRS



**LA-Z-BOY-** Rocker recliner with lifetime mechanism warranty. Reg. \$319 **Now \$269.**

**MICROFIBER-** Wall hugging recliner. Reg. \$299 **Now \$199.**

**GLIDER ROCKER & GLIDER OTTOMAN-** Reg. \$518 **Now \$429.**

**LIFT CHAIR -** Full chaise motorized lift and recline. Reg. \$899 **Now \$799.**

**WOOD ARM -** Accent chair in burgundy fabric. Reg. \$249 **Now \$177.**

**CHAISE LOUNGE -** With reclining back. Reg. \$939 **Now \$599.**

**LA-Z-BOY LEATHER -** Rocker recliner. Reg. \$629 **Now \$499.**

**CLUB CHAIR -** Earth tone fabric. Reg. \$299 **Now \$199.**

## TABLES & TV STANDS

**GAME TABLE -** Comes with checkers and chess game pieces. Reg. \$129 **Now \$69.**

**3 PIECE SET-** Wood cocktail & 2 end tables in dark finish. Reg. \$219 **Now \$149.**

**GLASS & METAL -** Cocktail & 2 end tables. Reg. \$249 **Now \$149.**

**END TABLE -** Nail head trim. Reg. \$99 **Now \$49.**

**TALL TV CABINET-** Storage on side & bottom. Reg. \$319 **Now \$159.**

**CORNER TV STAND-** Lots of storage. Reg. \$429 **Now \$349.**

**OAK TV STAND-** Oak finish. Reg. \$119 **Now \$99.**

## CABINETS & DESKS



**CURIO CABINET -** Solid wood. Reg. \$239 **Now \$199.**

**CORNER CURIO -** Solid oak. Reg. \$509 **Now \$399.**

**BOOKCASE -** 6 feet tall with 6 shelves. Reg. \$219 **Now \$179.**

**WHITE DESK & HUTCH -** Great for girl's bedroom. Reg. \$279 **Now \$199.**

**EXTRA LARGE CURIO -** Cherry finish, 36 inches wide with 5 shelves. Reg. \$789 **Now \$599.**

**FLAT TOP DESK -** Oak finish. Reg. \$549 **Now \$449.**

**ROLL TOP COMPUTER DESK -** Cherry finish with some damage. Reg. \$519 **Now \$449.**

**COMPUTER DESK & HUTCH -** Great for kids room. Reg. \$299 **Now \$149.**

**WALL UNITS -** 30 inches wide. 6 ft tall. Great for bedroom or den. Reg. \$129 **Now \$99.**

## MATTRESSES



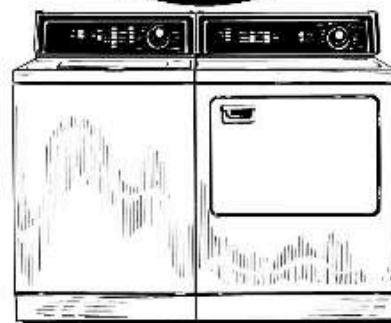
**BRASS HEADBOARD-** Queen size. Reg. \$29 **Now \$5.**

**FIRM-** 390 coils in mattress. Full set Reg. \$398 **Now \$298.**

**PILLOW TOP-** Queen size set with 336 coils. Reg. \$508 **Now \$448.**

**SERTA-** Twin pillowtop set. Reg. \$398 **Now \$348.**

## APPLIANCES



**FRENCH DOOR -** Maytag stainless steel 25 ft with ice & water thru door. Reg. \$2499 **Now \$1999.**

**LARGE CAPACITY WASHER-** Has delicate cycle. Reg. \$429 **Now \$399.**

**LARGE CAPACITY DRYER-** 4 cycles including permanent press. Reg. \$429 **Now \$399.**

**RANGE-** Self-cleaning with 2 ovens & smooth top. Reg. \$1249 **Now \$1099.**

**BUILT-IN DISHWASHER-** With silverware basket. Reg. \$349 **Now \$299.**

**FRONT LOAD LAUNDRY -** Whirlpool washer & dryer set. Reg. \$2198 **Now \$2098.**

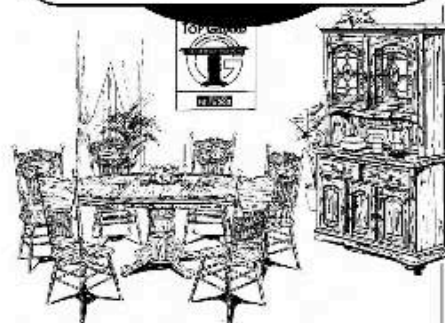
**AIR CONDITIONERS -** Save on leftover stock. **BLACK REFRIGERATOR -** Whirlpool with icemaker. Reg. \$999 **Now \$799.**

**MICROWAVE OVEN -** Reg. \$119 **Now \$59.**

**BOTTOM FREEZER REFRIGERATOR -** With icemaker. Reg. \$1899 **Now \$1499.**

**CHEST FREEZER -** 15 cubic ft. Reg. \$599 **Now \$549.**

## DINING ROOM



**USED DINING ROOM -** Solid maple table, 6 chairs & china. Reg. \$1418 **Now \$999.**

**COUNTRY GROUP -** Oak table & 4 chairs. Reg. \$549 **Now \$399.**

**TALL GROUP-** Tall table with 6 stools. Reg. \$959 **Now \$799.**

**SOLID OAK-** Table & 8 chairs. Reg. \$1399 **Now \$1199.**

**CHINA CABINET-** 40 Inch wide oak. Reg. \$709 **Now \$599.**

**GLASS & METAL-** Table & 4 chairs. Reg. \$499 **Now \$449.**

**KITCHEN ISLAND-** Drop leaf oak. Reg. \$629 **Now \$499.**

## TV's & CABINETS



**22 INCH FLAT SCREEN -** Toshiba high definition LCD set. Reg. \$539 **Now \$479.**

**37 INCH FLAT SCREEN TV & OAK CABINET-** With storage for movies & equipment. Reg. \$1468 **Now \$1299.**

**TOSHIBA 1080p HD HI DEF DVD PLAYER -** Makes your movies look great. Reg. \$489 **Now \$99.**

**ENTERTAINMENT CENTER-** Black TV stand is 80 inches wide. Reg. \$429 **Now \$399.**

**GLASS & METAL TV STAND -** 42 inches wide. Reg. \$199 **Now \$99.**

## ODDS & ENDS

**5x8 Rugs- \$49 & Up Self Propelled Vacuum- \$229**

**Pictures - As Low As \$10**

**Odd Lamps - Half Price! Grandfather Clock - \$699**

**Speaker Sets - \$25 Designer Ottoman - \$49 Futon Covers With Pillows - \$29**

**Daybed Sheets - \$19 4 Piece Outdoor Wicker Set With Cushions- \$499**

**Jewelry Armoire - \$69 Wall Clock - \$19 Cedar Chest - \$127**

**Wood Plant Stands - \$3 TV Antenna Amplifier - \$29**

**Tables With Built In Lamp- \$49**

**Pair of Bar Stools-\$29 Gold Framed Wall Mirror- \$99**

**Table Top Accessories- HALF PRICE!**

**King Comforter Set- \$99**

**Pair Of Lamps-\$49 Dressing Table & Bench - \$59**

**Artificial Trees-\$29 RCA Digital Camcorder- \$59**

**Assorted Electronic Accessories-\$1**

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