

OBITUARIES

JOAN CUMMINGS DALTON • SEPT. 23, 1944-JAN. 10, 2025



Recently, I said goodbye to the most beautiful (and opinionated!) person I have ever known - my sister, Joanie. While many little girls my age were playing with Barbie dolls, I was convinced by sister was really her.

Joanie was a 1962 graduate of White County High School, and, shortly thereafter, she experienced love at first sight, all because of a speeding ticket. Richard Dalton, a young soldier stationed at Fort Campbell, was driving through Sparta at an unacceptable rate of speed on his way to Knoxville and was brought to the jail. (In those days, it was required that the

sheriff live at the jail.) When the ticket was paid, our dad, who was sheriff at that time, told him he was free to continue

his journey, but Richard politely informed him that he wasn't going anywhere because he had met Joanie, and she had invited him to stay for dinner. Joanie and Richard married in March 1963, returning to his hometown of Austin, Texas, where they resided until his passing in 2021.

Joanie is survived by four children, Richard, Randy, Amber (Brad), Allison; four grandsons, River (Brad), Bradley (Angela), Buck, Santana; sister, Lorie (Rob); and several nieces and nephews.

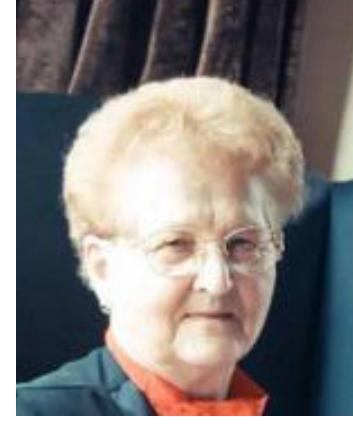
She was preceded in death by patient and understanding parents, Joe and Lorene;

beloved brother, Joe (we both know he was Lorene's favorite); and twin infant sons who died shortly after birth.

She was retired from Texas Medical Association Insurance Trust where she was known for sharing chocolate, coffee, and conversation with co-workers.

Like so many others we have all known, my sister fought a heroic battle with cancer. Many thanks to Sparta friends and family who sent words of encouragement and kept her in your thoughts and prayers during her illness, especially Dan and Dora Cummings. She loved all of you!

ELIZABETH GRISSOM POPE BOLES • APRIL 10, 1934-JAN. 9, 2025



Elizabeth Grissom Pope Boles, affectionately known as Liz, age 90, of Doyle, passed away Jan. 9, 2025, at her residence, surrounded by her loving family.

Liz was born April 10, 1934, in Spencer, to Ambrose Smith and Minnie Jennings Grissom.

She retired from Aquatech, where her specialty was the ability to repair Levi jeans. Her life was a life of service to family, friends, and neighbors. In service to others, she would gladly lend her talent of clothing repair to anyone that needed help as well as she was the neighborhood taxi for many of her neighbors and friends. She was always there for anyone who needed a ride to the doctor, store, or to pay bills. Her service to others

was also evident in she always wanted her family and guests well fed, with either something she had bought or more proudly with something she had prepared, especially her chicken and dumplings.

Liz was a member of Piney

Church of Christ but has attended the Doyle Methodist Church for many years where she volunteered at the "Vision of Hope Center," in Doyle. She looked forward to going to the center every Thursday morning to be with friends and serve her community. It was a great disappointment to her when her health did not allow her to help any longer.

In addition to her parents, she was preceded in death by her husbands, J.O. Pope, Odell Boles; sons, Tom, David, Rick, Gary Pope; and five brothers, Tom, Lowell, Edd, Glen and E.J. Grissom.

Survivors left to cherish her memory include her son, Robert Neal "Bob" Pope and wife Sheila; daughter-in-law, Brenda

Pope; grandchildren, Stephanie Pope (Matt) Davis, John (Deanna) Pope, Ricky Dale Pope, Ryan Pope, Brandi (Shane) Goodwin, Robby (Veleina) Pope, Marissa Pope; and several great-grandchildren.

Funeral service was noon, Jan. 14, 2025, at Hunter Funeral Home, with burial in Greenwood Cemetery.

John Pope, Harrison Pope, Ricky Dale Pope, Robert Pope, Jr., Robert Pope III, Caden Davis, Creed Davis, and Memphis Goodwin served as pallbearers.

Hunter Funeral Home was in charge of arrangements.



LOUETTA LOWE • MAY 11, 1955-JAN. 12, 2025



Louetta Lowe, affectionately known as Punkin, age 69, of Sparta, passed away Jan. 12, 2025, at Alive Hospice Murfreesboro.

Louetta was born May 11, 1955, in Sparta, to Luther and Bertha Cooley Lowe.

She was a retired housekeeper from NHC Healthcare of Sparta. She attended the Church of God of Prophecy, in Sparta. Her favorite time spent was with family and friends, especially her grandchildren and great-grandchildren.

In addition to her parents, she was preceded in death by her infant twin brother, Luther, and other siblings, Jesse Lowe, Charlie Lowe, and Ralph Lowe.

Surviving family members left to cherish her memory include her three daughters, Lisa Braddom, Robin Blanton, Jamie Parker; grandchildren, Gunner Davis, Ricki (Joel) Passons, Kimberly (Gavin) Henley, Shana Simmons, Diane Randolph, Cale Young, Andrew Parker, Gavin Eller; and great-grandchildren, Elijah Randolph, Americus Miller,

Jay Passons, Maevery Passons, Boone Passons, and Georgia Passons.

In honor of Louetta's wishes, Hunter Funeral Home was entrusted with her cremation. A memorial service was 3 p.m., Jan. 15, 2025, at Hunter Funeral Home.

Hunter Funeral Home was in charge of arrangements.



VANICE MAE SCHWARTZ CIESKE • FEB. 27, 1939-DEC. 21, 2024



Vanice Mae Schwartz Cieske, better known as Van and affectionately known as Granny Van, age 85, of Sparta, passed away Dec. 21, 2024, at NHC Healthcare of Cookeville.

Mrs. Cieske was born Feb. 27, 1939, in Shawano, Wisconsin, to William and Emma Jeske Schwartz.

She was a homemaker in every sense of the word. She loved to cook and bake, often showing her love to friends by the goodies that she would bake. She was a dog lover, most notably bulldogs and boxers. Mrs. Cieske dedicated her Sundays to the Heavenly Host Lutheran Church, where she was a longtime mem-

ber. Fridays were for her long-standing hair appointments so that she always looked and felt her best. Her grandchildren lovingly referred to her as "Granny

Van," which became a beloved nickname used by her family, many close family friends, and church friends.

In addition to her parents, she was preceded in death by her husband, Richard Allen "Rick" Cieske, who died May 5, 2009, and her siblings, Kenneth, Eva and Leora.

Surviving family members left to cherish her memory include her daughter, Jodie Smith; granddaughter, Amanda Adkins and husband Wade; grandson, Jared Smith and wife Alexis; great-grandchildren, Hudson Adkins, Hadlee Adkins, and Baby Smith on the way; brother, Gary Lee Schwartz and wife Luann;

special friends who are like family, Don and Kelly Sergio and their children, Viola, Otto, and Bruno; and several nieces and nephews.

In honor of Granny Van's wishes, Hunter Funeral Home has been entrusted with her cremation. A memorial service will be 1 p.m., Jan. 18, 2025, at Hunter Funeral Home, with burial in Upper Cherry Creek Cemetery. The family will receive friends 11 a.m.-1 p.m., Jan. 18, at the funeral home.

Hunter Funeral Home is in charge of arrangements.



EDDIE RAY TOLBERT • DEC. 13, 1960-JAN. 13, 2025



Eddie Ray Tolbert, 64, of Doyle, passed away in the emergency room of Saint Thomas Highlands Hospital, in Sparta, on Jan. 13, 2025.

Eddie's family has entrusted

Hunter Funeral Home with his cremation, and no services are planned.

Hunter Funeral Home was in charge of arrangements.

Hunter Funeral Home with his cremation, and no services are planned.

Hunter Funeral Home was in charge of arrangements.

Hunter Funeral Home with his cremation, and no services are planned.

Hunter Funeral Home was in charge of arrangements.

CONTINUED ON 4A



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OBITUARIES

CONTINUED FROM 3A

MARY H. HENRY • DEC. 7, 1942-JAN. 8, 2025

Pop.

She enjoyed attending Life Church with her good friend, Bettie Davis, and the many other adventures they had taken together. In her final years, she was cared for happily, in Florida, by her daughter, Katrina, her son-in-law, and three grandchildren that she had always loved caring for and talking about. Mary had a very full life and was loved by all that crossed her path.

In addition to her parents, she was preceded in death by her beloved husband, Roy C. Henry; her brothers-in-law, Troy Lee Henry, R.V. Henry, Horace B. Henry, Carl D. Henry; and sisters-in-law, Louise Henry, Brenda Henry, and Phyllis Henry.

Surviving family include her

daughter, Katrina Henry Sawyer; son-in-law, Wayne Sawyer; grandchildren, Kalie Sawyer, Zachary Sawyer, Dana Sawyer; sister, Patsy Skees; brother-in-law, Stan Skees; sisters-in-law, Ruth Phifer, Lou Henry, Mary Etta (Etterbell) Usrey; and numerous other family members.

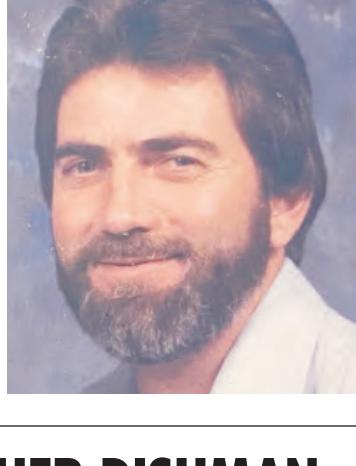
Funeral service will be 1 p.m., Jan. 18, 2025, at Oak Lawn Funeral Home, with burial in Oak Lawn Cemetery. The family will receive friends 11 a.m.-1 p.m., Jan. 18, at the funeral home.

Oak Lawn Funeral Home is in charge of arrangements.



the year. She later worked at Dr. Drake's office and loved to greet all the kids with a lollipop. They would call her the "Lollipop Lady," which was a title she embraced as she dearly loved her aunt that she called Aunt Lollie

Surviving family include her

HAROLD BURTON SULLIVAN • MARCH 17, 1946-JAN. 10, 2025

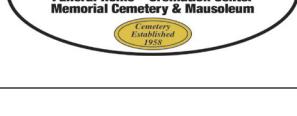
by his brother, Joe Hubert Sullivan, and his sisters, Betty Hayes, Jimmie Mae Sullivan, and Charlotte Certain.

Burton is survived by his loving family: son, Brent Sullivan, of Sparta; grandchildren, Macie Sullivan, of Sparta, Blake Sullivan, of Sparta, Chris Sullivan, of McMinnville; sisters, Virgie Walker, Donna Sullivan, Phyllis (Doug) Seaborn, Sharon (Jerry) Moody; sister-in-law, Vauda Sullivan; special friend, Patricia Ca-

gle; and a large extended family.

Funeral service will be 11 a.m., Jan. 17, 2025, at Oak Lawn Funeral Home, with burial in Long Cemetery, in the Bon Cave community. Bro. Tracy Curtis will officiate.

Oak Lawn Funeral Home is in charge of arrangements.

**DONALD LUTHER DISHMAN • NOV. 15, 1947-JAN. 11, 2025**

14, 2025, at Oak Lawn Funeral Home, with burial in Big Springs Cemetery. Thomas McCulley officiated.

Oak Lawn Funeral Home was in charge of arrangements.

**JOHN DENNIS KINNAIRD • MARCH 6, 1954-JAN. 11, 2025**

pride and joy was his grandchildren who he adored beyond measure.

In addition to his parents, John was preceded in death by his oldest son, Brian Wilhite, and two brothers, James Kinnaird and Kenny Kinnaird.

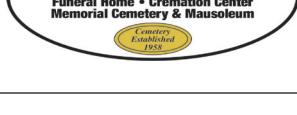
Surviving are his loving wife of 39 years, Joette Wilhite Kinnaird; daughter, Karena (Sean) Anderson; son, Jonathan Kinnaird; grandchildren, Caterra Wilhite, Daniel Wilhite; sisters, Sue Kinnaird, JoAnn Adcock; and many nieces, nephews, cousins, and friends.

Sincere thank you to Gentiva Hospice of Cookeville for the care and support shown as well.

The family has chosen cremation to honor John's wishes. Burial and graveside service to follow at a later date.

The family requests you take a ride on your farm and reminisce in the memories you have of John.

Oak Lawn Funeral Home is in charge of arrangements.

**HELEN PEARL LUNA • JULY 12, 1934-JAN. 6, 2025**

ice Jane) Luna, Guy "Jr." Luna (Joanne Luna) and daughter Guylene Vinson, Eddie Taylor, Dewayne Jones, B.K. Luna, Leslie (Alfadine) Luna; and nephew, Charlie Jones.

Survivors include her sons, Gary Luna, Tony (Sommer) Luna, Chris "Biggen" Luna; grandchildren, Cari "Nikki" Luna, Mercedes Finley, Brooke Luna, Gunner Luna, Hayden Luna; great-grandchildren, Raven, Kiya, Rylie, Gibson, Emma, Lane, Levi, Kloe; brothers, Howard (Wanda) Jones, Frank (Joan) Jones; sisters-in-

law, Midge Taylor, Jo Luna, and several nieces, nephews, and friends.

Funeral service will be noon, Jan. 25, 2025, at Oak Lawn Funeral Home. Burial will follow at Plainview Cemetery, in the Cassville community. The family will receive friends 11 a.m.-noon, at the funeral home.

Oak Lawn Funeral Home is in charge of arrangements.



Helen was born July 12, 1934, to Charlie Jones and Maud Exum Jones.

In addition to her parents,

she was preceded in death by

her husband, Charles Luna; fa-

ther-in-law and mother-in-law,

Ernest and Lucille Luna; daugh-

ter-in-law, Frances (Shine) Luna; brothers and other family

members, Fred (Jewell) Jones,

Roy (Charlene) Farley, Elvis (Bil-

lie) Masters, Jim (Willie) Nelson,

**The impact of reading on cognitive decline**

Aging and change go hand in hand. Although some may bemoan the gray hairs that start to arrive or stiffness in the knees that seems to sneak up on a person in middle age, such concerns are not necessarily enough to lose sleep over. However, many people 50 or older are nervous about the potential for cognitive issues like dementia as they grow older.

The Alzheimer's Association estimates that 6.7 million people have Alzheimer's disease in the United States. The Alzheimer Society of Canada estimates that there were 733,040 people living with dementia in the country as of January 1, 2024. Alzheimer's disease and other dementias can rob people of their memories, personalities and abilities to live satisfying, independent lives. While it may not be impossible to prevent all cognitive issues completely, there is reason to believe that reading could be an ally in cognitive care.

Funeral service will be 11 a.m., Jan. 17, 2025, at Oak Lawn Funeral Home, with burial in Long Cemetery, in the Bon Cave community. Bro. Tracy Curtis will officiate.

Oak Lawn Funeral Home is in charge of arrangements.



Additional evidence that reading can help the brain was noted by researchers at the Texas A&M School of Public Health. A 2024 study suggests that older people with mild cognitive impairment who engage in high levels of activities like reading, hobbies and word games have better memory, working memory, attention, and processing speed than those who do not take part in such endeavors. Furthermore, a 2021 study published in Neurology found that high levels of cognitive activity, like reading and writing letters, can delay the onset of Alzheimer's disease by five years among those age 80 and over.

Reading can keep brains functioning optimally and potentially delay age-related cognitive decline.

Risk factors for AFib

A healthy heart is vital to a long life. Aging individuals recognize that link, and many take steps to protect their heart health, which may include changing their diets or exercising with greater frequency.

Recognizing certain threats to heart health is another important step individuals of all ages can take as they seek to live long, healthy lives. One such threat is atrial fibrillation, which is often referred to as "AFib." Johns Hopkins medicine notes AFib is a type of abnormal heartbeat caused by extremely fast and irregular beats from the upper chambers of the heart.

Johns Hopkins notes a person with AFib may have a heart that beats more than 400 times per minute, which is caused by faulty electrical signals that make the atria (the two upper chambers of the heart) contract much faster than normal. The American Heart Association reports that AFib increases the risk of heart-related death and stroke. But individuals may be curious about their risk for AFib. Though some of the risks for AFib, such as family history, may be beyond an individual's control, others can be managed with the goal of reducing the likelihood of developing the condition. The AHA notes that people who have one or more of the following conditions are typically at higher risk for AFib.

Age: Age is a significant risk factor for AFib. Johns Hopkins notes that adults older than 50 are at elevated risk for AFib. In addition, the AHA reports that medical researchers suspect the number of AFib cases will rise considerably in the coming years as people are living longer. Recognition of age as a significant risk factor for AFib might compel more individuals to take additional risk factors for the condition more seriously.

Activity levels: Though physical activity is an essential component of a healthy lifestyle, the AHA notes that AFib is common in athletes. The condition can be triggered by a rapid heart rate known as a supraventricular tachycardia, which can be a byproduct of exercise. AFib can pose a serious threat to individuals from all walks of life. Recognition of that threat and how to reduce AFib risk can be part of anyone's long-term health regimen.

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OUR WEEKLY SPECIALS



Tennessee livestock market highlights

By Dr. Andrew Griffith
Livestock Marketing Specialist
U.T. Institute of Agriculture
Jan. 10, 2025

FED CATTLE: Fed cattle traded \$4 to \$6 higher on a live basis compared to last week. Prices were mainly \$200 to \$205 on a live basis. Dressed trade was mainly \$320.

The 5-area weighted average prices thru Thursday were \$202.61 live, up \$5.81 compared to last week and \$320.08 dressed, up \$7.70 from a week ago. A year ago, prices were \$174.32 live and \$273.63 dressed.

What is there to say about \$200 finished cattle in the South, or what more needs to be said than \$200 fat cattle? Thinking in simple math, a 1,500-pound steer is worth \$3,000. Prices were even higher in the North on a live basis putting them on par with the dressed price. It is simply hard to fathom from a historical perspective the magnitude of cattle prices. Twelve years ago, there was tremendous resistance for the Choice boxed beef cutout price to eclipse \$200 per hundredweight and now finished cattle prices are blowing the doors off the price mark.

BEEF CUTOUT: At midday Friday, the Choice cutout was \$333.12 up \$2.34 from Thursday and up \$8.18 from two weeks ago. The Select cutout was \$313.57 up \$5.22 from Thursday and up \$17.51 from two weeks ago. The Choice Select spread was \$19.55 compared to \$28.88 a week ago.

Despite the rib primal price declining about \$100 per hundredweight since its' peak price in December, the Choice and Se-



lect cutout values have managed to increase. This is largely due to chuck and round primal values increasing rapidly with a little help from the short plate and flank. The chuck and round primal values have increased \$30 to \$35 per hundredweight the past two weeks while the short plate is \$15 to \$20 higher. This does not sound like a huge increase in value compared to the \$100 decline in the rib primal, but the chuck and the round make up about half of the carcass when combined while the rib would only make up 9 to 10 percent of the total carcass. Thus, a small change in the chuck and the round value can significantly change the weighted average value of the entire carcass. This same concept applies to the Select cutout, but chuck and round values do not vary much from a Choice carcass to a Select grade carcass. Thus, this is why the Choice Select spread is narrowing as consumers look to end meats to throw in the slow cooker.

OUTLOOK: No week-to-week trends could be established this

week due to markets being closed for two consecutive weeks, but it appears steers prices are about \$10 higher than the last sale in December while heifer prices are about \$5 higher than the last sale before the Christmas break. Similarly, slaughter cow prices appear to have increased \$3 to \$5 from the last sale of 2024 while bull prices are also up \$2 over that time period. Despite a lack of cash trade in the calf and feeder cattle market the past two weeks, buyers were eager to lay hands on inventory as they quickly bid prices higher. This was discussed in last week's column as pent-up demand and the general seasonal tendency should result in higher prices. There tends to be a good number of cattle come to market in early January as some producers put off selling for tax reasons.

However, there will not be as many available this year for the fundamental reason of fewer cows in the breeding herd and the likelihood that some sold early to ensure receiving a strong price for their production. As market participants look forward to next

week, one would expect cattle prices to continue demonstrating their strength. However, the winter precipitation expected across Tennessee and a large swath of the South may grind cattle movement to a halt for sales early in the week. The only auctions that may be able to do business are those who hold sales in the second half of the week. Regardless, when cattle are able to be traded, the expectation is for continued strength in the market.

As one ponders how high prices can go, the next question is how high heifer and breeding female prices will go. The replacement female market has already demonstrated strength for bred females, pairs, and three in one offerings. The next place to look for strength is in the heifer calf market. Will heifer calves close some of the discount gap compared to steer mates as cattlemen look to develop and breed females? One would think somebody has to have interest in these females as they should have a strong value as bred females.



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- Eating right, exercising and choosing not to smoke can lower your risk of getting several types of the disease.
- For prostate cancer, talk to your health care provider about whether to be screened. This discussion should occur at age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.
- For lung cancer, if you are a smoker, ask your doctor or nurse to help you quit. If you don't smoke, don't start, and avoid breathing in other people's smoke. If your friends and loved ones are smokers, help them quit.
- For colon cancer, start screenings to find any possible polyps or cancer at age 50. Talk with your doctor about which one is right for you. If you have a relative who has had colon cancer, you may need to get tested earlier.
- The American Cancer Society recommends that all men get cancer-related check-ups as part of general health visits after age 20. This check-up should include health counseling and, depending on your age, might include looking for cancers of the skin, thyroid, mouth, lymph nodes, and testes, as well as for some diseases other than cancer.

Doing just a few things at the right times can help you stay well so you'll be able to celebrate more birthdays for years to come. Call the American Cancer Society at 1-800-227-2345 to learn more.



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outlook on Agriculture



Crop comments

By Dr. Aaron Smith
U.T. Institute of Agriculture
Jan. 10, 2025

Overview

Corn, soybeans, and wheat were up; and cotton was down for the week.

The USDA released several major reports on January 10. Reports included the Grain Stocks, Winter Wheat and Canola Seedings, Crop Production, and World Agricultural Supply and Demand Estimates (WASDE).

The report that created the most movement in prices was the January WASDE. USDA decreased estimate corn yield by 3.8 bushels per acre resulting in a decrease in production of 276 million bushels. US ending stocks for the 2024/25 marketing year are now projected at 1.54 billion, down 198 million compared to last month. For comparison, the August WASDE estimated U.S. ending stocks at 2.1 billion bushels, a far more bearish number than the current estimate. The revisions in corn supply and demand will help firm the bottom (\$4.40) of the nearby futures trading range and provide the possible opportunity at \$5.00 this spring/summer.

Revisions to soybeans were also bullish for prices. Yield and harvested acres were decreased resulting in a 95 million bushel decrease in production and a 90 million bushel decrease in projected ending stocks compared to the previous month. Futures prices reacted positively to the estimates. No changes were made to production estimates in South America, which will continue to be the dominant

source for market moving information for the next few months.

Details of the WASDE report for corn, soybean, wheat and cotton are available at: <https://arec.tennessee.edu/extension/tennessee-market-highlights/monthly-crop-comments/>

The Grain Stocks report indicated corn held in storage on December 1 was down 1 percent compared to last year. Soybeans held in storage were estimated up 3 percent compared to last year and wheat held in storage was estimated up 10 percent compared to last year. The USDA provides quarterly estimates of grains and oilseeds held in storage on-farm and off-farm. The estimates can be utilized to derive quarterly demand for a commodity.

The Winter Wheat and Canola Seedings report indicated Tennessee producers planted 350,000 acres of winter wheat, down 30,000 compared to last year. US winter wheat planting was estimated at 34.115 million acres, up 725,000 acres compared to last year. Texas and Montana were projected to increase planted acreage by 300,000 acres each. Kansas and Oklahoma were estimated to have planted 200,000 and 100,000 fewer acres compared to the previous year.

Corn

Across Tennessee, average corn basis (cash price-nearby futures price) weakened or remained unchanged at West, Northwest, West-Central, North-Central, and Mississippi River elevators and barge points.

Overall, basis for the week ranged from 10 under to 20 over, with an average of 7



over the March futures at elevators and barge points. Ethanol production for the week ending January 3 was 1.102 million barrels per day, down 9,000 from the previous week. Ethanol stocks were 24.148 million barrels, up 0.509 million barrels compared to last week. Corn net sales reported by exporters for December 27-January 2 were net sales of 17.5 million bushels for the 2024/25 marketing year - a marketing year low. Exports for the same period were down 14 percent compared to last week at 34.0 million bushels.

Corn export sales and commitments were 62 percent of the USDA estimated total annual exports for the 2024/25 marketing year (September 1 to August 31) compared to the previous 5-year average of 59 percent. Cash prices ranged from \$4.27 to \$4.83 at elevators and barge points. March 2025 corn futures closed at \$4.70, up 20 cents since last Friday. For the week, March 2025 corn futures traded between \$4.51 and \$4.72. May 2025 corn futures closed at \$4.79, up 21 cents since last Friday.

Mar/May and Mar/Dec future spreads were 9 and -20 cents. December 2025 corn futures closed at \$4.50, up 10 cents since last Friday. Downside price protection could be obtained

by purchasing a \$4.60 December 2025 Put Option costing 43 cents establishing a \$4.17 futures floor.

Soybeans

Across Tennessee the average soybean basis strengthened or remained unchanged at Northwest, West, North-Central, West-

Central, and Mississippi River elevators and barge points. Basis ranged from 27 under to 30 over the March futures contract, with an average basis at the end of the week of 12 over. Soybean net weekly sales reported by exporters were net sales of 10.6 million bushels for the 2024/25 marketing year - a marketing year low and 0.01 million bushels for the 2025/26 marketing year. Exports for the same period were down 7 percent compared to last week at 58.1 million bushels. Soybean export sales and commitments were 81 percent of the USDA estimated total annual exports for the 2024/25 marketing year (September 1 to August 31), compared to the previous 5-year average of 80 percent. Cash soybean prices at elevators and barge points ranged from \$9.66 to \$10.28. March 2025 soybean futures closed at \$10.25, up 34 cents since last Friday. For the week, March 2025 soybean futures traded between \$9.85 and

\$10.33. March soybean-to-corn price ratio was 2.21 at the end of the week. May 2025 soybean futures closed at \$10.38, up 35 cents since last Friday.

Mar/May and Mar/Nov future spreads were 13 and 6 cents. November 2025 soybean futures closed at \$10.31, up 23 cents since last Friday. Downside price protection could be obtained by purchasing a 70 cent December 2025 Put Option costing 4.71 cents establishing a 65.29 cent futures floor.

Wheat

Wheat net weekly sales reported by exporters were net sales of 4.1 million bushels for the 2024/25 marketing year - a marketing year low. Exports for the same period were up 8 percent compared to last week at 15.2 million bushels. Wheat export sales were 74 percent of the USDA estimated total annual exports for the 2024/25 marketing year (June 1 to May 31), compared to the previous 5-year average of 82 percent. Wheat cash prices at elevators and barge points ranged from \$4.96 to \$5.28. March 2025 wheat futures closed at \$5.30, up 1 cent since last Friday. The March wheat-to-corn price ratio was 1.13. March 2025 wheat futures traded between \$5.26 and \$5.44 this week. May 2025 wheat futures closed at \$5.43, up 2 cents since last Friday.

Mar/May and Mar/Jul future spreads were 13 and 24 cents. July cash contracts at elevators and barge points ranged from \$5.12 to \$5.44. July 2025 wheat futures closed at \$5.54, up 5 cents since last Friday. Downside price protection could be obtained by purchasing a \$5.60 July 2025 Put Option costing 45 cents establishing a \$5.15 futures floor.

6 Ways to Turn Everyday Items into Extra Cash

FAMILY FEATURES

Making money from everyday items in your home may be easier than you think. With a growing number of companies simplifying the process, turning unused items into cash has never been simpler.

These companies are part of the circular economy, where you get to make money from your items and feel good about it at the same time. By reselling items you don't use, you can give these items a second home or repurpose them into something that has practical applications.

For example, unused gold and precious metal jewelry can be given a second home to or repurposed for vital technology sectors like health care. This reduces the need for environmentally taxing mining operations and gives these valuable resources a second purpose.

Whether it's clothing, jewelry or tech, consider these simple ways to make extra cash by selling items online.

Sell Used Clothing

Some newer platforms offer a less hands-on approach to selling used clothing online. Unlike popular online platforms that require you to take pictures or create listings for your items, look for outlets that allow you to simply package your items and send them out with an insured label. This makes selling clothing online a breeze and reduces the potential headaches of dealing with buyers directly and managing listings.

Sell Unworn Jewelry

For precious metals like gold jewelry or silver jewelry, selling directly to a trusted buyer can provide a fast, secure way to unlock their value. Consider AlloyMarket.com, a company featured in trusted outlets like Forbes, NBC and US News & World Report that offers a streamlined process with free, insured shipping and no hidden fees or commissions. Unlike platforms that require complex listings or charge extra fees, you keep 100% of the quoted price. On average, customers earn \$1,700 or more for gold jewelry and other precious metal items, offering a straightforward, easy and rewarding way to sell unused valuables.



Sell Designer Bags

If you have any designer bags at home, look for platforms that let you sell handbags directly to them and provide upfront estimates before you ship your items. Some platforms provide free insured shipping and marketplaces where you can buy designer handbags at discounted prices.

Sell Books You've Already Read

While this likely won't make you a fortune, selling used books is a simple way to make some extra cash and help preserve the environment. College students in particular can benefit from upfront estimates and free shipping or the ability to trade in used books for ones they'll need next semester. Plus, some platforms also offer books for purchase at heavily discounted prices.

Sell Tech After Upgrading

If you upgraded phones recently or have a used phone just collecting dust, get an upfront estimate for your phone from a trusted site. Some buyers provide free shipping and, with upfront estimates, you know exactly what you will get for your used phone before sending it in.

Sell Old Furniture

Turn your unused furniture into cash by listing items like sofas, tables or chairs on local marketplaces or apps. Clear photos and detailed descriptions can help attract buyers nearby, saving you the hassle of shipping. Selling old furniture not only earns extra money but also helps reduce waste by giving items a second life.

To learn more about how you can get a free, no-obligation estimate for gold jewelry or other precious metal items, visit AlloyMarket.com.

OPINION

With the new year, here's how Congress can get to work for Tennesseans and the American people

(Jan. 13, 2025) - Earlier this month, I joined my Senate colleagues in a tradition that has marked the beginning of each new congressional term since our nation's founding: reciting the oath of office.

In many ways, the swearing-in represents a new start and a moment to think about everything the new Congress can accomplish—especially with a Republican majority in both chambers and President Trump returning to the White House.

But for me, it was also an opportunity to reflect on the immense honor I have to represent the people of the great State of Tennessee. Over the last six years, I have fought to represent Tennesseans' values in Washington and defend faith, family, freedom, hope, and opportunity for all.

To be certain, we accomplished so much over the last six years. To support our nation's veterans, I led the TEAM Caregivers Act, which strengthens transparency and communication for veterans and their caregivers, and the Strengthening VA Cybersecurity Act, which bolsters protections for veterans' personal information.

To stand up for our brave service members, I successfully fought to end President Biden's disastrous COVID vaccine mandate and secured wins for Tennessee's military communities, from Fort Campbell to Arnold Air Force Base, every year in the National Defense Authorization Act.

To stand up to the New Axis of Evil—China, Russia, Iran, and North Korea—I shepherded new laws to block crowd-control equipment from being exported to China-controlled Hong Kong, to protect internet freedom, and to bar the Federal Aviation Administration from buying drones from U.S. adversaries.

We also worked to end the modern-day slavery of human trafficking, including with the bipartisan REPORT Act and Project Safe Childhood Act, which were signed into law and combat online child exploitation. And to stand up for women, I led the Speak Out Act, which empowers sexual assault survivors who wish to break their silence, as well as legislation to commemorate the brave American women who fought for the right to vote.

On the Senate Judiciary Committee, I worked to confirm judges to the federal bench who will apply the law as it's written—including Justice Amy Coney Barrett—leading to the overturning of disastrous rulings like Roe v. Wade. To protect life, I worked

with the Trump administration to bar taxpayer dollars from going to Planned Parenthood. And in recent weeks, I helped secure essential disaster relief for communities in Tennessee and across the Southeast that are recovering from Hurricane Helene.

Now, as I start my second term, I am looking forward to getting more wins for Tennesseans and carrying out President Trump's agenda—and at the top of our list will be securing our southern border.

We can't have national security without border security, which is why Congress must work closely with the Trump administration to ensure that happens. My CLEAR Act, for example, would ensure state and local law enforcement officials can help the federal government deport criminal illegal aliens. With all the harm caused by sanctuary cities, this legislation should be a top priority for the new Congress.

We also need to lower costs

for hardworking families and make government accountable to We the People. By cutting taxes on Social Security and making the Trump tax cuts permanent, we can ensure Tennesseans have more money in their pocketbooks. And by slashing out-of-control spending, we can tackle the crippling inflation and government waste that makes life worse for so many across our state and country.

On that last point, President Trump is tackling the problem head on with the Department of Government Efficiency, which will be led by Elon Musk and Vivek Ramaswamy. With my DOGE Acts—which will cut spending, drain the swamp, and ensure federal bureaucrats are actually working for the American people—Congress can play a crucial role in ensuring their reforms last well beyond the Trump administration.

Another goal at the top of the agenda will be finally holding Big

Tech accountable with the Kids Online Safety Act and ensuring that parents have the tools they need to protect their children in the virtual space.

This is just a sample of the work ahead of us, but the list of things we can do to empower American workers, taxpayers, businesses, and families goes on: expanding access to quality health care, especially for vets and those in rural areas; defending female athletes in women's sports from the radical left's agenda; ending the surge of violent crime in cities across our country; supporting Tennessee's creative community, and much more.

But before we can get to any of this, our focus will be confirming each of President Trump's nominees for his cabinet as quickly as possible. That way, we can begin to carry out the mandate the American people have given us to make this country stronger than ever before.

OPINION

Monopoly - but with your money

Troy Smith



Guest Columnist

A LIBERAL DOSE

White County native, novelist, and history professor

In my last couple of columns, I have discussed, in some detail, the Gilded Age and the "robber barons" associated with it. I briefly mentioned the Populist Movement and the Progressive Age. This week I'll give a little more detail on those.

As previously noted, middle-and-working-class people pushed back against the robber barons by forming farmers' alliances and unions. Those groups joined forces and began to move from protests to political action that appealed to regular people—hence the term "populist." The Populist Party was formed in the early 1890s, and in the 1892 election took several western states in the presidential elections, as well as several governorships and seats in Congress. They only grew in popularity (pun intended) after that, though they were not popular enough to win the White House. What did they want? Put simply, government regulation of big businesses like banks and railroads, safety regulations in factories, an eight-hour workday, an end of child labor, and direct election of senators (until the 17th Amendment in 1913, each state's two U.S. Senators were appointed by the state legislature, not elected by the people).

When a third party has some measure of success, one or both of the two main parties make some adjustment to get those voters back. In this case, both Democrats and Republicans moved somewhat to the left in an effort to get those Populist voters. This led to the beginning of the Progressive Era, when Republican Teddy Roosevelt (initially VP) became president after the recently re-elected William McKinley was assassinated. For the next 20 years, presidents from both parties would follow the Progressive agenda.

What was that agenda? More regulation of businesses, more focus on the good of the general

public, more reliance on experts rather than ideologues (especially in the fields of technology and science), and more conservation of natural resources. Roosevelt also called for "social insurance," or Social Security, and nationalized health care. The interests of corporations, paramount in the Gilded Age, were reined in. Teddy Roosevelt became known as the great trustbuster (in this context, trust is another word for monopoly). He broke up an effort by J.P. Morgan to consolidate all the midwestern railroads under his control. He promised workers a "square deal" in which the deck was not stacked against them. Safety regulations began to be implemented (especially after the infamous Triangle Shirtwaist Factory Fire, in New York, in 1911); underage children were no longer allowed to be used as workers (women also got the vote in this era). The FDA was established under Roosevelt. His Republican successor, William Howard Taft, broke up Rockefellers' Standard Oil into 30 smaller companies, and the American Tobacco Company into four.

Roosevelt divided corporations into the "good ones" and the "bad ones." The good ones, to Teddy, were those that offered a valuable good to the public at a reasonable price, and who showed some concern for the good of the public and of their workers. The "bad ones" were motivated solely by profit to the exclusion of all other concerns, and these were the ones he sought to restrict. He very

much wanted to get big business out of government. He said that "to destroy this invisible government, to dissolve the unholy alliance between corrupt business and corrupt politics is the first task of the statesmanship of the day."

The third Progressive president, Democrat Woodrow Wilson, ushered in the Federal Reserve System and the Federal Trade Commission, and laws protecting striking unions. Twenty years later, Teddy's Democratic cousin, Franklin Roosevelt, would usher in many more Progressive programs and laws, including the Social Security Teddy had worked for.

All those corrective measures to the Gilded Age mindset of unfettered, unrestrained big business, income inequality, and virtually royal powers of the super-rich... all those laws and programs to protect the rights of regular, working people... are all now in danger of being rolled back by the new robber barons. Republicans are champing at the bit to put Social Security and Medicare on the chopping block, to cut taxes on themselves at the expense of the rest of the country, and some are even calling for the end of child labor laws. They've already admitted they can't bring prices back down, and in fact most of them are clueless about what grocery prices even are, because they don't live like you and me. They're running the biggest scam in the history of this country, and they think we are the easy mark they've been dreaming of.

They're monopolists - they have a get-out-of-jail-free card and have no intention of letting you and me pass go and collect our \$200. They want it all.

-Troy D. Smith, a White County native, is a novelist and a history professor at Tennessee Tech and serves on the executive committee of the Tennessee Democratic Party. His words do not necessarily represent TTU.

for hardworking families and make government accountable to We the People. By cutting taxes on Social Security and making the Trump tax cuts permanent, we can ensure Tennesseans have more money in their pocketbooks. And by slashing out-of-control spending, we can tackle the crippling inflation and government waste that makes life worse for so many across our state and country.

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We also need to lower costs

HISTORY



CARNATION MILK PLANT DIRECTORS

This Week in White County History

January 19-January 25

2015

•Lynn Hickey was named the White County 2014 Conservationist of the Year.

•Japheth Griggs became the first WCHS swimmer to ever qualify for a state swim meet. Griggs qualified in the boys 50-yard freestyle.

•White County Sheriff Department assisted in locating a missing individual from Warren County who was reportedly abducted on their way to work in White County.

2005

•Three teenagers were found safe after darkness caught them off-guard during an afternoon hike at big Laurel Falls.

•A deal to purchase land for practice fields for White County schools fell through, so plans were made to improve the existing fields.

•An organization of women educators came together to prepare a fundraiser, the Sweetheart Concert, at the high school to provide a scholarship for a White County high school senior.

1995

•Lindsay Kirby and Jared Austin were named Mr. and Miss Basketball for the 1994-95 season.

•White County Board of Education approved a

motion to utilize the services of people sentenced to community service to help maintain school facilities after hours.

•Prisoners from Southeastern Tennessee State Regional Correctional Facility in Bledsoe County gutted Oldham Teater. They would be working on the building for the next few weeks to prepare it for renovation.

1985

•Dale's Food Processing of Nashville announced plans to build a new plant in Sparta Industrial Park.

•The temperature in White County broke a record, hitting 22 degrees below zero.

•The Expositor announced that they would be returning to twice-weekly publications.

1975

•White County High School Marching Band was one of the first Middle Tennessee high school bands to participate in the inauguration parade for governor-elect Ray Blanton.

•Doyle signed a joint firefighting agreement with Sparta, joining the two departments in providing mutual aid in the event of a major fire in Crossville.

•John Shaffield was named the new president of Spoke Factory.

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White County High School Warriorettes extend win streak to 5

The Warriorettes picked up their fifth straight victory and pushed their district record to a perfect 2-0 in a close game with the Stone Memorial Lady Panthers, on Jan. 14.

The Warriorettes had a strong first half, taking an 8-point lead into the locker room - something they would need as the Lady Panthers came back strong in the second half. Stone Memorial outscored White County 12-11 in the third quarter and then played even at 17 each in the final 8 minutes. But the Warriorettes' early lead was enough, and they held on for a 58-51 road win.

White County was led by

junior Gracie Clark who went 5-for-8 from the floor, including two for three from behind the 3-point line, and made seven of eight free throw attempts. In addition to 19 points, Clark pulled down 5 rebounds - all of them defensive - and spread the ball around to her teammates getting credit for 5 assists.

Bella Winningham scored 53 percent of her shots from the floor, including scoring two from beyond the arc, on her way to a total of 18 points on the night. She also was credited with 5 of the Warriorettes' 17 assists. Senior Ava Jones scored 13, including five free throws, and grabbed 6 rebounds. Lakelyn

Grasty had 7 points while leading the team in assists with six. Kyra Fox netted just one free throw attempt, but she pulled down two defensive boards and added both a steal and an assist to her stat line for the night.

The Warriorettes, who are ranked ninth by MaxPreps, are now 18-2 on the season with their only two losses coming in pre-district play tournaments - one in the beginning of the season and one over the Christmas holiday. They are now a perfect 2-0 in district play and will head back up to Crossville, on Jan. 17, where they will take on the 88th ranked Cumberland County Lady Jets.



WCMS Warriorettes finish regular season on a high note

RACHEL AUBERGER

Staff Writer

White County Middle School Warriorettes finished up regular season play Jan. 13, and they did so with a commanding 42-14 win over DeKalb County.

The WCMS Warriorettes jumped out to an 8-2 lead that they extended to 16-6 at the half. While they only outscored DeKalb by 2 points in the third quarter, the Warriorettes were unstoppable in the fourth quarter. White County put 18 points on the board while holding their opponents to just 2 in the final minutes of play.

Mallori Swindell led the offensive efforts by scoring 10 points from the floor and sinking her only foul shot of the night. Harper



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WCHS Warriors move to 1-1 in district play



RACHEL AUBERGER

Staff Writer

On Jan. 14, the White County High School Warriors traveled to Stone Memorial, in Cumberland County, where they suffered their first district loss of the season.

In a game that was tied eight times over its duration and saw 10 lead changes, things were as even as possible until the end. White County kept the game close for three quarters before Stone was able to pull away in the fourth. The game was tied after one quarter and by the intermission there were only 2 points separating the teams. Stone Memorial widened their

lead to just 3 points going into the final quarter but then outscored the Warriors 18-5 in the final 8 minutes to take the win 60-44.

In the end, it was efficiency that was the difference in the two teams. Stone Memorial was able to put up a team efficiency value of 75 compared to the Warriors 34. Most of that difference came in shooting percentages. White County scored just 39 percent of their shots from the floor and 50 percent from the free throw line. In comparison, Stone was 59.5 percent from the floor and sank 80 percent of their attempted foul shots.

White County had three

players - Tripp Pinion, Gage Stephenson, and Lucas Dickerson - who were credited with playing all 32 minutes of the game. While Pinion was the Warriors' high scorer with 17 points, his shooting percentage was under 50 percent from the floor and only 33 percent from the line. Dickerson was second with 9 points - all of them from behind the arc - but also missed on 10 attempts. Stephenson, who had the highest efficiency rating of the night for the Warriors thanks to his six rebounds, and Keau Lewis each hit 50 percent of their shots taken but only managed 10 points between them. Nate Griffin only missed one shot all night, but

the senior only took three shots from the floor and one from the foul line to contribute a total of 5 points to the Warriors' score. Cole Sims rounded out the scoring for White County hitting three of his four foul shots.

The Warriors' loss dropped their overall record to 7 wins and 11 losses but puts them at .500 in district play. The Warriors are ranked 210th in MaxPreps standings and were able to stay even with the Panthers, ranked 45th overall, for the first 24 minutes of play.

The Warriors will be back in Crossville, on Jan. 17, when they take on the Cumberland County Jets at 6 p.m. for another district matchup.

Broyles and Taylor Hensley each scored 8 points, with Hensley scoring one basket in each quarter and Broyles scoring in all but the first. Kenley Frazier and Ava Elrod added 4 points apiece to the Warriorettes' side of the scoreboard, and Olivia Revange, Treah Powell, and Britane Steele all netted a single bucket to combine for 6 points.



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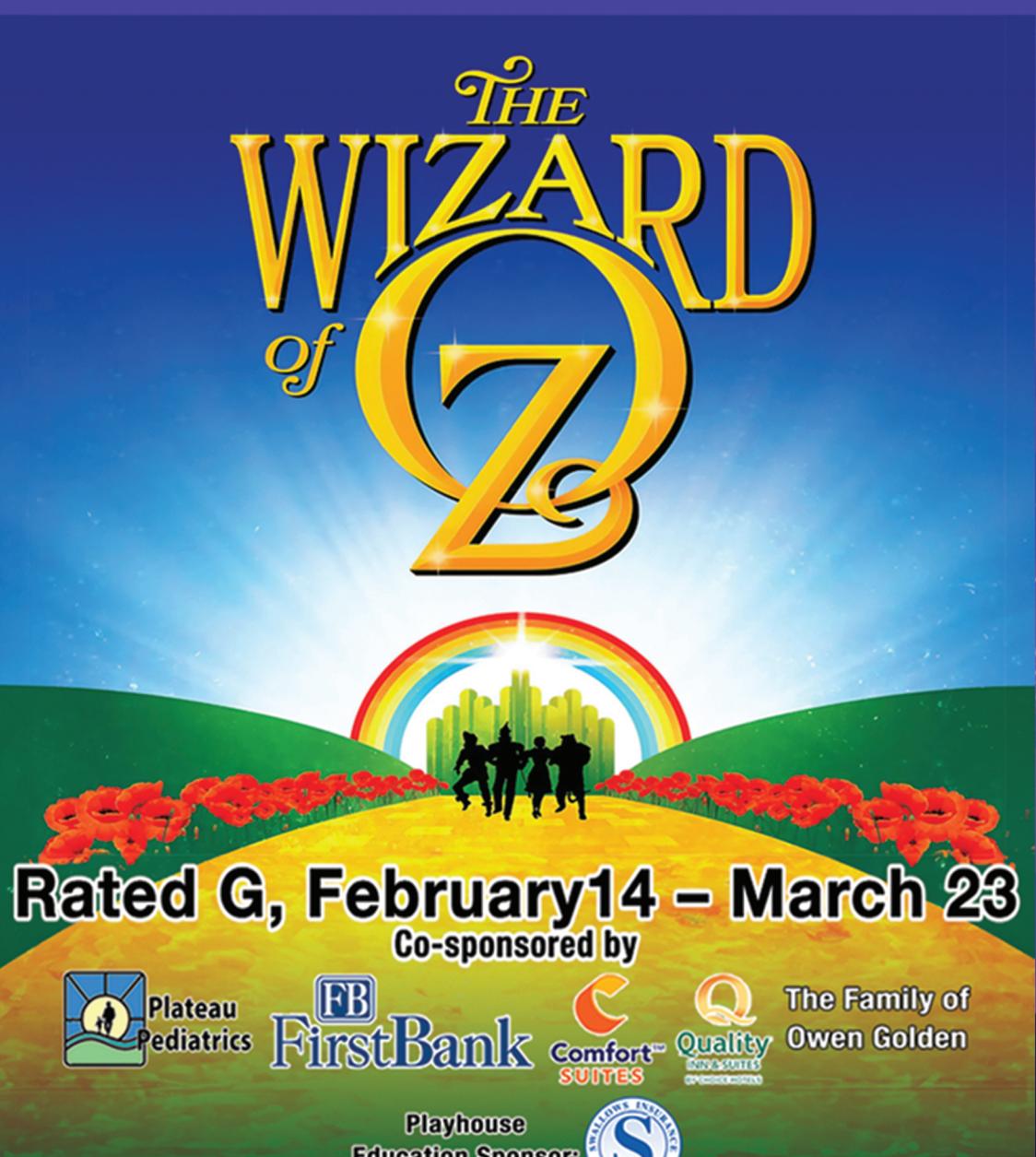
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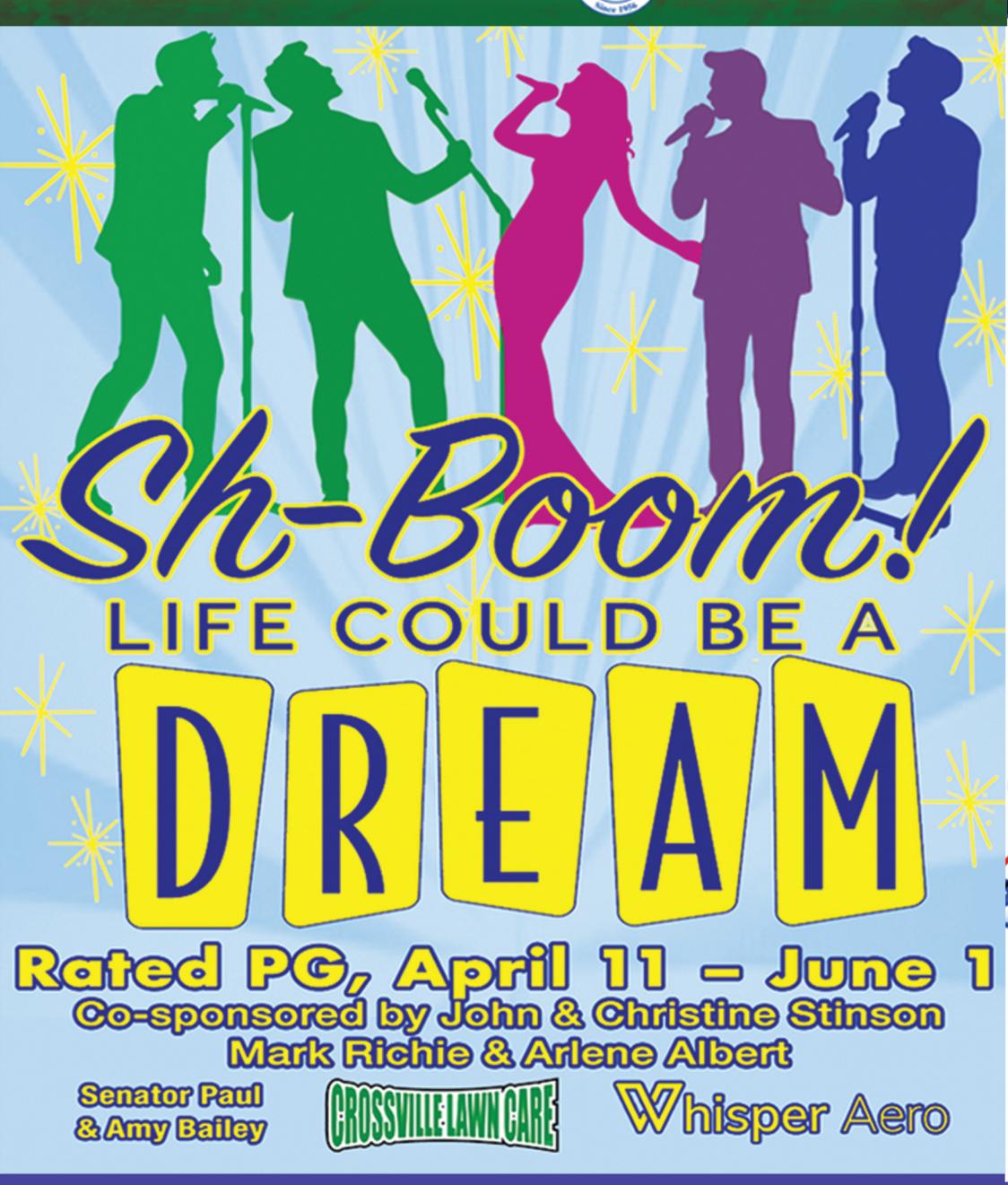


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6	7						9				
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3											

ANSWERS BELOW

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test.

Here's How It Works

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes.

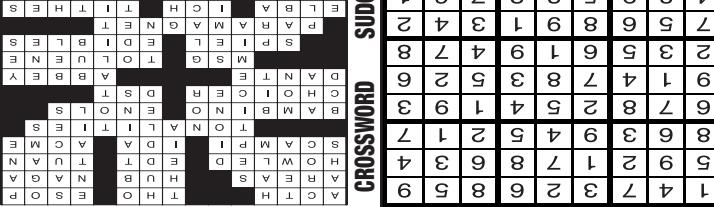
CROSSWORD



ANSWERS BELOW

CLUES ACROSS
 1. This regulates cortisol production (abbr.)
 5. People of northern Vietnam
 8. Employee stock ownership plan
 12. Regions
 14. The center of a city
 15. Hindu serpentine deity
 16. Roared
 18. Sun up in New York
 19. "Sir" in Malaysian
 20. Shrimp dish
 21. Muckraker Tarbell
 22. Apex
 23. Harmonic effects
 26. One of Babe Ruth's nick names
 30. Groups in organic chemistry
 31. More pleasant-tasting
 32. Spring forward
 33. Noted writer
 34. Building occupied by monks
 39. "The world's most famous arena"
 42. Colorless liquid hydrocarbon
 44. Long or fast speech
 46. Things you can eat
 47. Substance in which magnetic moments are not aligned
 49. Actor Idris
 50. I (German)
 51. Taxes
 56. Indonesian island
 57. Nuisance (slang)
 58. Shawl
 59. Digits
 60. Moved on foot quickly
 61. "For goodness __"
 62. Facial body part
 63. Russian river
 64. Urinates

CLUES DOWN
 1. Partner to "oohs"
 2. Scaly water dweller
 3. Pueblo people of New Mexico
 4. Music producer Teo
 5. Greek mythological goddess
 6. Got together to discuss
 7. Acquires
 8. Involve
 9. Some are tomato-based
 10. Old Irish alphabets
 11. A sheet of glass in a window or door
 13. Blood poisoning
 17. A moon of Saturn
 24. Neither
 25. Sums
 26. They follow "A"
 27. Satisfaction
 28. People of southeastern Burma
 29. Small amount
 35. Guy (slang)
 36. Sound unit
 37. Midway between northeast and east
 38. Affirmative
 40. Almost at the top
 41. Extremely slow
 42. Pearl Jam's debut album
 43. Influential mid-century playwright
 44. Martens
 45. Approval
 47. Dallas-adjacent Texas city
 48. African nation
 49. Dark brown or black
 52. A place to get caught
 53. Large-headed, elongated fish
 54. Type of sword
 55. Scottish tax or levy

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KITCHEN CONNECTION

Outrageous Barbecued Nachos

Chips and dip always work when entertaining, and the potential flavor combinations of this classic party offering are endless. When it comes to nachos, the dip and the chip are melded into a single dish for a convenient and tasty offering that works as a snack, appetizer or even a main course. Of course, nachos also are a go-to dish while watching the big game with friends.

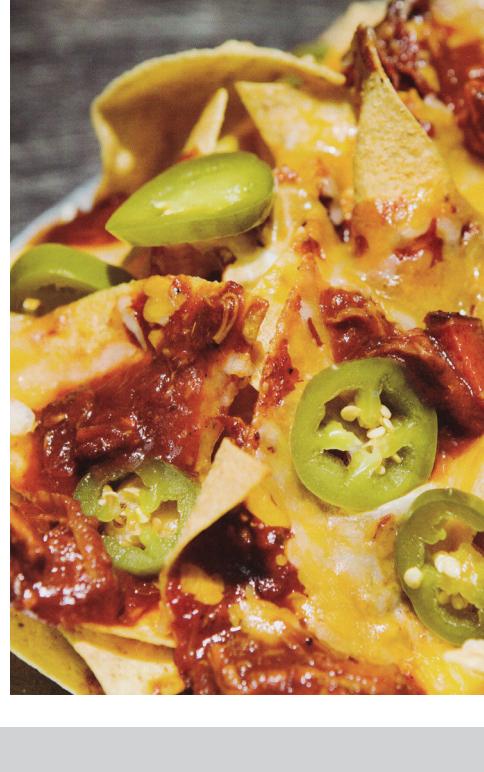
Nacho flavors run the gamut from Latin-inspired to chili-covered to everything in between. These "Outrageous Barbecued Nachos," courtesy of "Virgil's Barbecue Road Trip Cookbook" (St. Martin's Press) by Neal Corman, pair the smoky flavor of slow-cooked barbecue with the zip of some nacho standards like jalapeño peppers and cheese.

Outrageous Barbecued Nachos
Serves 4-6

3 ounces (about 1 cup) pulled pork

3 ounces (about 1 cup) pulled chicken
 3 ounces (about 3 slices) sliced and chopped barbecued brisket
 1 and 1/2 cups favorite mild barbecue sauce
 3/4 (10-ounce) bag tortilla chips
 1 cup shredded Monterey Jack cheese
 1 cup shredded mild cheddar cheese
 15 pickled jalapeño slices

1. Preheat the oven to 400 F.
2. Combine the meats and barbecue sauce in a small saucepan over medium heat.
3. Spread half of the tortilla chips on a small cookie sheet. Cover the chips with half of the meat and sauce. Top with half of each cheese.
4. Repeat the process on top of this layer, using the other half of the ingredients.
5. Bake until the cheese is completely melted, about 10 minutes. Remove and top with the jalapeños.



HOROSCOPES

ARIES - MAR 21/APR 20

Aries, charm is one of your strongest attributes. This week your magnetism is magnified and can work to your advantage. You might attract people who can help with a situation.

TAURUS - APR 21/MAY 21

Taurus, it is never easy to reevaluate finances and cut back. However, this is the week when you likely have to keep your credit card in your wallet; otherwise, the bills add up.

GEMINI - MAY 22/JUN 21

Gemini, now is the time to turn great opportunities into big ideas. Make a plan of action and spell out the steps necessary to see an opportunity come to fruition. Ask for help, if needed.

CANCER - JUN 22/JUL 22

Cancer, others are supportive of a new project you recently proposed. Maintain that support by staying focused on the tasks at hand. It's time to move things along.

LEO - JUL 23/AUG 22

You are open to new activities and friendships, Leo. Luckily, you may not have to work too hard to make these things happen. Bring new members into existing friend groups.

VIRGO - AUG 24/SEPT 22

Do whatever it takes to have some quality time to yourself, Virgo. This may include taking a trip or booking a relaxing day at a nearby spa.

LIBRA - SEPT 23/OCT 23

Libra, allow some time to pass by before offering an assessment. Responding too quickly might produce a knee-jerk reaction that could prove regrettable down the road.

SCORPIO - OCT 24/NOV 22

Scorpio, take extra care dealing with a sticky situation at work, Scorpio. You may need to be very careful about checking for mistakes in detail-oriented tasks without stepping on any toes.

SAGITTARIUS - NOV 23/DEC 21

You might need to bargain to get something you want this week, Sagittarius. Figure out what you are willing to give up and then identify a person you can work with.

CAPRICORN - DEC 22/JAN 20

Clear communication is needed right now, Capricorn; otherwise, you may fall victim to hearsay or crossed signals. Get the facts before sharing your opinion.

AQUARIUS - JAN 21/FEB 18

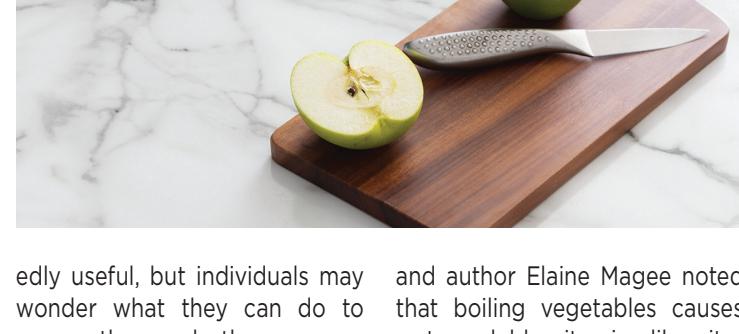
Start contemplating big changes pertaining to your employment situation, Aquarius. An opportunity might come along that proves too good to pass up.

PISCES - FEB 19/MAR 20

The feelings you have for someone will help you overlook any imperfections you have noticed, Pisces. Keep your relationship strong by focusing on this person's good points.

NUTRITION AND FITNESS

Tips to reduce nutrient loss while cooking



It's not unheard of for people to turn over a healthy leaf at the start of a new year. After a holiday season filled with social engagements and diet-busting meals, it's no surprise many celebrants view January as a time to right the dietary ship.

Home cooking provides an opportunity for people to gain greater control over what they eat, and it's well known that certain methods of cooking are healthier than others. But Healthline notes that nutrient content is often altered during cooking. For example, a 2017 study published in the journal Food Science and Biotechnology noted that vitamin C is a water-soluble and temperature-sensitive vitamin, which means it is easily degraded during cooking. As a result, researchers behind the study noted that elevated temperatures and long cooking times have been found to cause substantial losses of vitamin C.

Such knowledge is undoubt-

edly useful, but individuals may wonder what they can do to ensure the meals they prepare remain as nutritious as possible, even after they've been cooked. When preparing meals, individuals looking to maximize the nutritional value of each meal can consider these tips.

• Consume the liquid left after cooking vegetables. It's commonplace to drain pots and pans of water after using them to cook vegetables. However, when doing so, individuals might literally be pouring nutrients down the drain. In a 2016 interview with CNN, registered dietitian

and author Elaine Magee noted that boiling vegetables causes water-soluble vitamins like vitamin C, B1 and folate to leach into the water, thus denying people some of the nutritional content of these healthy foods. Though it might seem unusual, consuming the water that vegetables are cooked in can ensure no nutrients are poured down the drain of a kitchen sink.

• Consume cooked vegetables within a day or two. Healthline notes that exposure to air after cooking can decrease the vitamin C content of vegetables. This is something for people to keep

in mind, particularly if they like to prepare meals in advance due to hectic schedules that leave little time for daily cooking. Consume cooked vegetables within a day or so of preparing them to avoid losing out on nutrients.

• Avoid pre-cut fruits and vegetables. Some grocery store produce aisles feature an array of pre-cut fruits and vegetables. Though such offerings are undeniably convenient for time-pressed individuals who want to eat healthy, they also might not be as nutritious as shoppers hope. According to Verywell Fit, heat, oxygen and light are the three factors that lead to nutrient loss. When produce is uncut, the interiors are of the food are protected from oxygen and light. Once cuts are made, such as when apples are sliced, then nutrients such as vitamin C, vitamin A and vitamin E might be lost.

Healthy eating is a common New Year's resolution. It's important individuals aspiring to

Get skilled in self-defense for safety and health



A perfect society would have no need for self-defense disciplines, but in an imperfect world, having some skills to protect oneself against various dangers is advantageous. Self-defense disciplines employ various techniques that enable people to defend their health and well-being.

There are many different ways people can defend themselves from potential aggressors. The disciplines of martial arts, boxing and even wrestling/grappling are some examples of such defense strategies. De-escalation and firearm training also may fall under the umbrella of self-defense preparation. The following are some self-defense disciplines that can help people gain confidence and skills, all the while protecting themselves.

Krav Maga

Developed for the Israeli De-

fense Forces in the 1940s, Krav Maga uses techniques derived from various martial arts, including judo and karate. It is known for a focus on real-world situations. Striking, grappling and ground fighting are hallmarks of this technique designed to quickly neutralize threats.

Judo

Judo is a Japanese discipline that is known to be one of the more gentle martial arts. It focuses on grappling and other close-range self-defense tactics.

Boxing

Boxing employs punches and footwork as means to self-defense. Boxing focuses on defensive skills, intense conditioning and powerful striking techniques. Boxing teaches a person to block the blow of an attacker and to actively defend oneself.

Aikido

Another form of martial arts, aikido practitioners employ various skills to immobilize joints and fend off their opponents. Aikido limits the amount of violence doled out, so a person stops an attack rather than fighting back. Aikido relies on timing and technique instead of strength and size.

Muay Thai

This is a Thai boxing technique, and some also refer to it as kickboxing. This form of martial arts uses close-combat actions that involve strikes, sweeps and various clinching techniques. Tiger Muay Thai says the discipline uses the entire body as a weapon.

Individuals interested in developing self-defense skills can enroll in any number of training classes that can teach maneuvers to keep them safer on the streets.

ENTERTAINMENT

WCETE
Central TN

PBS

SCHEDULE FOR JANUARY 20-JANUARY 26

MONDAY, JANUARY 20

7 p.m. - Antiques Roadshow
8 p.m. - Antiques Roadshow
9 p.m. - John Lewis - Get in the Way
10 p.m. - Ida B. Wells: American Stories
11 p.m. - Amanpour and Company

TUESDAY, JANUARY 21

7 p.m. - Finding Your Roots
8 p.m. - Lucy Worsley Investigates
9 p.m. - FRONTLINE
10 p.m. - Reel South
11 p.m. - Amanpour and Company

WEDNESDAY, JANUARY 22

7 p.m. - Nature
8 p.m. - NOVA
9 p.m. - Secrets of the Dead
10 p.m. - Pompeii: The New Dig
11 p.m. - Amanpour and Company

THURSDAY, JANUARY 23

7 p.m. - Where Stories Live with Avery Hutchins
7:30 p.m. - Where Stories Live with Avery Hutchins
8 p.m. - Tennessee Crossroads
8:30 p.m. - Tennessee Wild Side
9 p.m. - The Caverns Sessions
9:30 p.m. - Song of the Mountains

10:30 p.m. - My Music with Rhiannon Giddens
11 p.m. - Amanpour and Company

FRIDAY, JANUARY 24

5 p.m. - DW News
5:30 p.m. - BBC News
6 p.m. - PBS NewsHour
7 p.m. - Washington Week with the Atlantic
7:30 p.m. - Firing Line with Margaret Hoover
8 p.m. - Leonardo Da Vinci
10 p.m. - History with David Rubenstein
10:30 p.m. - Where Stories Live with Avery Hutchins
11 p.m. - Amanpour and Company

SATURDAY, JANUARY 25

7 p.m. - Classic Gospel
8 p.m. - Doc Martin
9 p.m. - Doc Martin
10 p.m. - Austin City Limits
11 p.m. - Woodsongs

SUNDAY, JANUARY 26

7 p.m. - Miss Scarlet on Masterpiece
8 p.m. - All Creatures Great and Small on
Masterpiece
9 p.m. - Vienna Blood
10 p.m. - Velvet
11:30 p.m. - Luna & Sophie

HEALTH

Chronic Obstructive Pulmonary Disease

Hello again from Beth, one of your Pharmacy Chicks! Chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema, affects the lungs and makes breathing difficult. About 16 million Americans have been diagnosed with COPD. Millions more suffer from COPD but are not diagnosed and are not being treated. COPD can progress gradually, making it more difficult to breathe over time.

The lung looks something like an upside-down tree. The windpipe, or trachea, is the trunk of the tree. The bronchial tubes are the branches, and the alveoli are the leaves.

Chronic bronchitis irritates the bronchial tubes which carry air to and from your lungs. These tubes can swell, and mucus builds up along the lining which in turn narrows the tubes. This makes it harder for air to get in and out of the lungs. There are small, hair-like structures called cilia on the inside of the bronchial tubes. These cilia will normally move the mucus out of the airways but smoking or chronic bronchitis damage the cilia. When the cilia are damaged, they are unable to clear the mucus from the bronchial tubes.

Emphysema occurs when the walls of the alveoli, tiny air sacs at the end of the bronchial tubes, break down. The alveoli help with the transfer of oxygen into your blood and getting the carbon dioxide out. When emphysema destroys the walls of the alveoli, it makes it much harder to get a full breath.

The main cause of COPD is smoking tobacco. If you currently smoke, or have smoked in the past, you have an increased risk of having COPD. About 90 percent of COPD cases are related to smoking tobacco. Other risk factors for COPD include being over the age of 65, being a woman, a family history of COPD, having multiple respiratory infections during childhood, respiration

Pharmacy Chicks



Jennifer Tatum-Cranford & Beth Kirby



Beth Kirby

tory infections like pneumonia, and exposure to air pollutants (secondhand smoke, chemicals, dust, or fumes) at home or work.

The signs of COPD include the following:

- Cough with mucus that lasts for long periods of time
- Difficulty taking deep breaths
- Shortness of breath with mild exercise (like walking or climbing stairs)
- Shortness of breath when performing regular daily activities
- Wheezing

Treatment of COPD focuses on relieving coughing, reducing breathing problems, and avoiding respiratory infections. The treatments can include rescue medications and maintenance medications. Maintenance medications must be taken or used daily to prevent worsening of COPD symptoms and hospitalizations. These treatments can include rescue and maintenance inhalers, oral medications, oxygen, and pulmonary rehabilitation programs. The Cleveland Clinic lists the following steps to make breathing easier and slow the progression of COPD:

- Quit smoking
- Avoid air polluted by chemicals, smoke, dust, or fumes

• Take prescribed medications as directed by your healthcare provider

• Ask your healthcare provider about a pulmonary rehabilitation program, which teaches you how to be active with less shortness of breath

- Maintain a healthy weight
- Get an annual flu shot

Once you have been diagnosed with COPD, you should seek non-emergency care if your health changes. The Cleveland Clinic recommends contacting your healthcare provider within 24 hours if the following changes occur:

• Shortness of breath that has become worse or occurs more often, such as

- Unable to walk as far as usual
- More tired because you're working harder to breathe

• Need breathing treatments or inhalers more often than usual

• Wake up short of breath more than once a night

• Sputum (mucus) changes including changes in color, presence of blood, odor, or changes in thickness or amount

- More coughing or wheezing
- Swelling in the ankles, feet or legs that is new or has become worse

• Unexplained weight loss or gain of 2 pounds in a day or 5 pounds in a week

- Fever, especially with cold or flu symptoms
- Restlessness, confusion, forgetfulness, slurring of speech, or irritability

• Unexplained, extreme fatigue or weakness that lasts more than a day

COPD cannot be reversed, but the progression can be reduced by following a healthy lifestyle and getting appropriate treatment.

Remember, you can always stop by and see me at Sparta Drug Center or Jennifer at Payless Family Pharmacy with any questions you have about any of our topics or other healthcare needs. Pharmacy Chicks out!

FAITH

Vast treasures of the snow

Steve
Playl

Playl's Ponderings

Remember when the only storms that had personal names were hurricanes? And they were all feminine names? That would certainly be politically incorrect now, but back then the response was simply, "Well who ever heard of a 'him-icane'?" Sorry, I agree that it was wrong. Just illustrating my ability to remember.

In the 21st Century, all kinds of storms are named. Examples are Winter storms Blair and Cora that have swept across the U.S. very close to each other, almost at the same time. Both storms have delivered extremely cold temperatures, snow and freezing rain, plus power outages and all sorts of problems.

Most of us are not too crazy about freezing weather accompanied by icy roads and loss of power. In fact, it can be more than uncomfortable; it can be deadly. There are truly millions of people in our country who need the prayers of their fellow humans due to the weather. Add to the winter storms the fires in California, fueled by dry conditions and extremely high winds, and we could spend much more time praying and concerned for those who are suffering greatly.

Still, in the midst of all these truly agonizing experiences, my mind wonders, and I reach for a

scripture that reminds me of an aspect of winter that blesses my soul. Every winter in this part of the world, I think of Job's words in the Old Testament, "Have you entered into the treasures of the snow?" (Job 38:22)

A few days ago, we saw some of the biggest snowflakes drifting to streets, yards, and houses that I have ever seen, and I have seen a lot of snow in my lifetime. I was in Chicago, many years ago, when about three feet of snow had been dumped on the Windy City. It was so inconvenient but so beautiful. I have driven for many miles through snow on a Christmas morning - Sammie's and my first Christmas as Mr. and Mrs. - when we were the first on the road and we had a hard time knowing where the pavement ended and the ditches began.

Scary, but gorgeous.

Sometimes we've seen the beautiful snow in the fall, sometimes in the spring, sometimes it brings a white Christmas, other

times it simply means cancellation of schools and other activities.

To me, snow is special for many reasons, memories of the past being just one of the reasons. The most important message snow brings is a spiritual message, or actually messages - plural.

One of the most beautiful spiritual symbols of snow is that of purity and forgiveness. Speaking prophetically of how Jesus washes away our sins and cleanses our lives, Isaiah said, "Though your sins be as scarlet, they shall be as white as snow." (Isaiah 1:18)

One of the greatest testimonies of repentance and grace is the personal testimony of King David in the Fifty first Psalm. As he confesses his sins and pleads for forgiveness, David prays, "Cleanse me with hyssop, and I shall be clean; wash me, and I will be whiter than snow."

Snow can cover the ugliest trash heap and make it breathtakingly beautiful. When we get more snow this winter, think of the cleansing, purifying forgiveness that comes when our sins are covered by the blood of Christ when we confess our sins and accept His Grace by simple, child-like faith.

--Steve Playl, playlslr@yahoo.com

SpartaLive.com

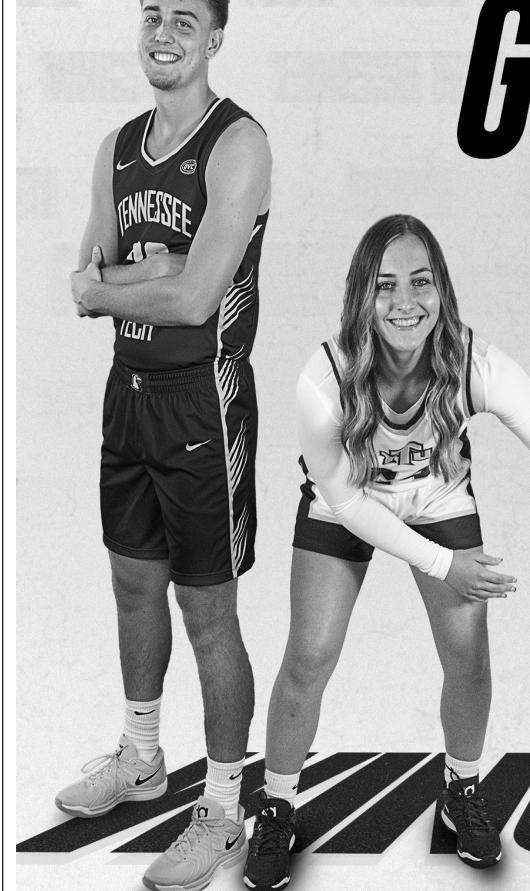


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HELP WANTED

The City of Sparta is accepting employment applications for the position of

Sanitation Truck Driver

Application forms and job descriptions can be obtained at Sparta City Hall, 6 Liberty Square, Monday through Friday, 7:30 AM until 4:30 PM. The open position starts at \$17.11 with benefits and paid time off. Applications will be accepted until the position is filled. For more information, call 931-836-3248.

It is the policy of the City of Sparta not to discriminate on the basis of race, color, national origin, age, sex or disability in its hiring and employment practices, or in admission to, access to, or operation of its programs, services and activities.

Municipal Judge Job Announcement

The City of Sparta is seeking a qualified and dedicated individual to serve as Municipal Judge, presiding over cases involving violations of local ordinances and state laws within the Municipal Court. The ideal candidate will possess strong legal knowledge, excellent judgment, and the ability to maintain a fair and impartial courtroom environment.

Qualifications:

- 1) Applicant must be at least thirty (30) years old.
- 2) Must be a person of good moral character who has not been convicted of a felony under the laws of the State of Tennessee or any other State of the United States.
- 3) Must be an attorney at law having graduated from a fully accredited school or college of law and having a presently valid licenses to practice law in the Courts of the State of Tennessee as issued by the Supreme Court of Tennessee.
- 4) Prior experience as a judge or magistrate in a municipal court setting is highly desirable but not required.
- 5) Thorough understanding of criminal law, procedure, and municipal ordinances.
- 6) Excellent written and verbal communication skills to effectively address legal issues and interact with the public.
- 7) Demonstrate the ability to make sound legal decisions based on evidence and applicable laws.
- 8) Strong commitment to upholding ethical standards and maintaining impartiality in all judicial proceedings.

Interested candidates should submit a cover letter, resume, and a copy of their law license to the City of Sparta by mailing to P. O. Box 187, Spencer, TN 38585 or emailing to spencertngov@benlmand.net. The deadline to apply will be February 14, 2024.

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PUBLIC NOTICE

PUBLIC NOTICE

PUBLIC NOTICE

NOTICE OF SUBSTITUTE TRUSTEE'S SALE

WHEREAS, default has occurred in the performance of the covenants, terms and conditions of a Deed of Trust dated April 24, 2019, executed by CRYSTAL A DAVIS and BENJI S DAVIS conveying certain real property therein described to ACCESS TITLE & ESCROW, INC, as Trustee, as same appears of record in the Register's Office of Van Buren County, Tennessee recorded April 26, 2019, in Deed Book RB99, Page 402; and

WHEREAS, the beneficial interest of said Deed of Trust was last transferred and assigned to FIRSTBANK who is now the owner of said debt; and

WHEREAS, the undersigned, Rubin Lublin TN, PLLC, having been appointed as Substitute Trustee by instrument to be filed for record in the Register's Office of Van Buren County, Tennessee.

NOW, THEREFORE, notice is hereby given that the entire indebtedness has been

declared due and payable, and that the undersigned, Rubin Lublin TN, PLLC, as Substitute Trustee or his duly appointed agent, by virtue of the power, duty and authority vested and imposed upon said Substitute Trustee will, on March 19, 2025 at 11:00 AM at the Main Entrance of the Van Buren Administrative Building, 121 Taft Drive, Spencer, TN 38585, proceed to sell at public outcry to the highest and best bidder for cash or certified funds ONLY, the following described property situated in Van Buren County, Tennessee, to wit:

ALL CERTAIN TRACT OR PARCEL OF LAND IN THE THIRD (3RD) CIVIL DISTRICT OF

VAN BUREN COUNTY, TENNESSEE, BOUNDED AND DESCRIBED AS FOLLOWS: BEING LOT 28 OF THE HOMESITES OF THE LAKES, SECTION II OF LONG BRANCH LAKES AT FALL CREEK FALLS, PHASE I, AS APPEARS ON THAT CERTAIN PLAT OF RECORD IN PLAT CABINET 1, PAGE 210, AND AMENDED AT PLAT

CABINET 1, PAGE 248, REGISTER'S OFFICE OF VAN BUREN COUNTY, TENNESSEE, TO WHICH PLAT REFERENCE IS

HEREBY MADE FOR A MORE COMPLETE AND ACCURATE DESCRIPTION.

Parcel ID: 036 169.00

PROPERTY

ADDRESS: The street address of the property is believed to be 1885 LONG BRANCH RD, SPENCER, TN 38585.

In the event of any discrepancy between this street address and the legal description of the property, the legal description shall control.

CURRENT OWNER(S): CRYSTAL A DAVIS, BENJI S DAVIS OTHER INTERESTED PARTIES:

DISCOVER BANK

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 set-back lines that may be applicable; 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. This property is being sold with the express reservation that

it is subject to confirmation by the lender or Substitute Trustee. This sale may be rescinded 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. All right and equity of redemption, statutory or otherwise, homestead, and dower are expressly waived in said Deed of Trust, and the title is believed to be good, but the undersigned will sell and convey only as Substitute Trustee. The Property is sold as is, where is, without representations or warranties of any kind, including fitness for a particular use or purpose.

THIS LAW FIRM IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Rubin Lublin TN, PLLC, Substitute Trustee 3145 Avalon Ridge Place, Suite 100 Peachtree Corners, GA 30071 rlselaw.com/property-listing

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WHITE COUNTY CHANCERY COURT, SPARTA, TENNESSEE

NOTICE TO ROY LOUIS WHITED AND OTHERS WITH INTEREST IN THE PROPERTY OF ROY LOUIS WHITED

PETITION FOR RECEIVERSHIP FOR ABSENTEE ROY LOUIS WHITED DOCKET No. 2024-CV-40

Notice is hereby given that a Verified Petition was filed on June 21, 2024 concerning ROY LOUIS WHITED, an absentee with his place of domicile in White County, Tennessee and with property in that County. The absentee ROY LOUIS WHITED was last seen in May 2024 and has not been heard from since that time. Petitioners

PIERCE BRADFORD WHITED and PARKER OWENS WHITED assert that a diligent search has been made and that the absentee ROY LOUIS WHITED has not been located. The Petitioners seek appointment as Receiver to take charge of the Estate of ROY LOUIS WHITED, pursuant to Tenn. Code Ann. § 30-3-101, et seq, including particularly § 30-3-104.

ROY LOUIS WHITED, and ALL PERSONS resident and non-resident who would have an interest in the property of ROY LOUIS WHITED were he deceased, ARE HEREBY GIVEN NOTICE pursuant to Tenn. Code Ann. § 30-3-106 and § 30-3-107 that the Petitioners will appear before the Honorable

Ronald Thurman, Chancellor, holding the Chancery Court for

White County, Tennessee, on the 21st day of February, 2025, at the Putnam County Justice Center, 421 E. Spring St., Cookeville, Tennessee 38501, at 10:00am or as soon thereafter as this cause may be heard, upon the Verified Petition and seek appointment as permanent Receiver to take charge of the Estate of ROY LOUIS WHITED, pursuant to Tenn. Code Ann. § 30-3-101, et seq, including particularly § 30-3-104. Any interested persons must come forward and be heard.

Pierce Bradford Whited Parker Owens Whited PETITIONERS

Daniel H. Rader IV ATTORNEY FOR PETITIONERS Cookeville, Tennessee

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PUBLIC NOTICE

NOTICE OF SUBSTITUTE TRUSTEE'S SALE

WHEREAS, default has occurred in the performance of the covenants, terms, and conditions of a Deed of Trust dated December 14, 2015, executed by Joe Sullivan, a married man and Mary Elizabeth Sullivan, to Victory Title and Escrow as Trustee, for Mortgage Electronic Registration Systems, Inc., as beneficiary, as nominee for Total Media Management LLC, dba New South Mortgage, its successors and assigns, and appearing of record on December 21, 2015, in the Register's Office of Van Buren County, Tennessee, at Book RB82, Page 792, and Instrument Number 15001198.

WHEREAS, the beneficial interest of said Deed of Trust was last transferred and assigned to Carrington Mortgage Services LLC, the party entitled to enforce said security interest; and having appointed Clear Recon LLC, the undersigned, as Substitute Trustee by instrument filed or being filed for record in the Register's Office of Van Buren County, Tennessee, with all of the rights, powers, and privileges of the original Trustee named in said Deed of Trust.

NOW, THEREFORE, notice is hereby given that the entire indebtedness has been declared due and payable as provided in said Deed of Trust, and that the undersigned, Clear

Recon LLC, as Substitute Trustee or his duly appointed agent, by virtue of the power, duty, and authority vested and imposed upon said Substitute Trustee will, on February 18, 2025, at 11:00

AM, local time, at the Van Buren Courthouse, located in Spencer, Tennessee, proceed to sell at

public outcry to the highest and best bidder for cash or certified funds ONLY, paid at the conclusion of the sale, the following described property situated in Van Buren County, to wit:

The land referred to herein below is situated in the County of Van

Buren, State of

Tennessee, and is

described as follows:

A CERTAIN TRACT

OR PARCEL OF

LAND LYING AND

SITUATED IN

THE 1ST CIVIL

DISTRICT OF VAN

BUREN COUNTY,

TENNESSEE, AND

BEING MORE

PARTICULARLY

DESCRIBED AS

FOLLOWING, TO-WIT:

BEGINNING ON

A 1/2 INCH PIPE IN

A FENCE ON THE

WESTERN SIDE

OF HILL ROAD AT

A SHARP CURVE,

SAID PIPE IS THE

COMMON

CORNER OF THIS

DESCRIBED PAR

CEL AND JOE B. MCCOY, THENCE LEAVING HILL ROAD AND GOING WITH MCCOY ALONG A FENCE NORTH 82 DEGREES 00 MINUTES 18 SECONDS WEST 194.14 FEET TO A SET STONE AND SOUTH 04 DEGREES 21 MINUTES 49 SECONDS WEST 444.96 FEET TO A SET STONE, THENCE LEAVING MCCOY AND GOING WITH HENRY SULLIVAN SOUTH 73 DEGREES 15 MINUTES 14 SECONDS WEST 180.62 FEET TO A CEDAR POST, SOUTH 74 DEGREES 36 MINUTES 48 SECONDS WEST 149.11 FEET TO A SET STONE AND SOUTH 74 DEGREES 02 MINUTES 50 SECONDS WEST 418.89 FEET TO A SET STONE MARKING THE SOUTHWEST CORNER OF THIS DESCRIBED PARCEL AND ALSO A CORNER FOR HENRY SULLIVAN

TNFC - Notice of Sale 1823-690A AND MARY SULLIVAN IN THE EASTERN BOUNDARY OF HIWASSEE, THENCE LEAVING HENRY AND MARY SULLIVAN AND GOING WITH HIWASSEE NORTH 07 DEGREES 51 MINUTES 49 SECONDS EAST 826.47 FEET TO A SET STONE IN A DEPRESSION (NATURAL POND), THENCE LEAVING HIWASSEE AND GOING WITH RODNEY HILL SR. NORTH 07 DEGREES 51 MINUTES 49 SECONDS EAST 314.49 FEET TO A 1/2 INCH PIPE ON THE SOUTHERN SIDE OF A GRAVEL ROAD, THENCE LEAVING HILL AND GOING WITH SAID ROAD NORTH 23 DEGREES 44 MINUTES 24 SECONDS EAST 45.74 FEET, NORTH 49 DEGREES 01 MINUTES 59 SECONDS EAST 43.08 FEET TO A 30 INCH WHITE OAK, SOUTH 73 DEGREES 51 MINUTES 11 SECONDS EAST 49.61 FEET, NORTH 74 DEGREES 45 MINUTES 07 SECONDS East 46.78 FEET TO A 4 INCH SAWED POST, SOUTH 84 DEGREES 35 MINUTES 42 SECONDS EAST LEAVING SAID ROAD AND GOING WITH JEWELL MILLER 203.87 FEET TO A 1 AND 1/2 INCH PIPE ON THE SOUTHERN SIDE OF THE AFORE MENTIONED GRAVEL ROAD, THENCE LEAVING MILLER AND CONTINUING WITH SAID GRAVEL ROAD SOUTH 64 DEGREES 36 MINUTES 38 SECONDS EAST

Commonly known as 19 Vincent Rd Spencer, TN 38585 The street address and parcel number(s) of the above described property are believed to be correct; however,

60.27 FEET, SOUTH 60 DEGREES 40 MINUTES 39 SECONDS EAST 98.88 FEET, SOUTH 55 DEGREES 24 MINUTES 50 SECONDS EAST 47.25 FEET, SOUTH 46 DEGREES 32 MINUTES 58 SECONDS EAST 72.85 FEET, SOUTH 41 DEGREES 52 MINUTES 39 SECONDS EAST 104.06 FEET, SOUTH 43 DEGREES 11 MINUTES 16 SECONDS EAST 105.85 FEET, SOUTH 31 DEGREES 59 MINUTES 28 SECONDS EAST 62.72 FEET AND SOUTH 64 DEGREES 46 MINUTES 23 SECONDS East 52.13 FEET TO THE INTERSECTION OF HILL ROAD, THENCE LEAVING SAID GRAVEL ROAD AND GOING WITH HILL ROAD SOUTH 09 DEGREES 27 MINUTES 00 SECONDS WEST 152.71 FEET TO A 1/2 INCH PIPE, THENCE LEAVING HILL ROAD AND GOING WITH JERRY WAYNE SULLIVAN NORTH 56 DEGREES 59 MINUTES 01 SECONDS WEST 195.65 FEET TO A 1/2 INCH PIPE, SOUTH 31 DEGREES 40 MINUTES 18 SECONDS WEST 93.59 FEET TO A 1/2 INCH PIPE AND SOUTH 57 DEGREES 22 MINUTES 11 SECONDS EAST 256.93 FEET TO A 1/2 INCH PIPE ON THE WESTERN SIDE OF HILL ROAD, THENCE LEAVING JERRY WAYNE SULLIVAN AND WITH SAID ROAD SOUTH 31 DEGREES 59 MINUTES 28 SECONDS EAST 21.20 FEET AND SOUTH 07 DEGREES 32 MINUTES 34 SECONDS WEST 9.91 FEET TO THE BEGINNING, AS SURVEYED BY THE DAVID H. BRADLEY, LAND SURVEYING COMPANY R.L.S. #1137 ON 30 JUNE 1995.

Being the same property conveyed to Joe Sullivan and wife, Mary Elizabeth Sullivan, by Warranty Deed from Joe Sullivan, Executor and Only Heir to the

TNFC - Notice of Sale 1823-690A Estate of Jerry Wayne Sullivan, dated 9-13-13 and recorded 9-13-13 of record in RB Book 72, Page 813, in the Register's Office for Van Buren County, Tennessee.

Map and Parcel Number: 023-059.00 Parcel ID: 023 059.00 000

Commonly known as 19 Vincent Rd Spencer, TN 38585

The street address and parcel number(s) of the above described property are believed to be correct; however,

such references are not a part of the legal description of the property sold herein, and, in the event of any discrepancy, the legal description herein shall control. This sale is subject to tenant(s)/occupant(s) rights in possession. 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: Joe Sullivan, Mary Elizabeth Sullivan, Estate/Heir(s) of Joe Sullivan, Estate/Heir(s) of Mary Elizabeth Sullivan, Secretary of Housing and Urban Development, Chester Sullivan. If the United States or the State of Tennessee have any liens or claimed lien(s) on the Property, and are named herein as interested parties, timely notice has been given to the applicable governmental entity, and the sale will be subject to any applicable rights of redemption held by the entity as required by 26 U.S.C. § 7425 and/or Tennessee Code § 67-1-1433.

All right and equity of redemption, statutory and otherwise, homestead, and dower are expressly waived in said Deed of Trust, and the title is believed to be good; however, the undersigned will sell and convey only as Substitute Trustee. The transfer shall be AS IS, WHERE IS, AND WITH ALL FAULTS, and without warranties of any kind, express or implied, as to the condition of the Property and the improvements located thereon, including merchantability or fitness for particular purpose. Trustee shall make no covenant of seisin or warranty of title, express or implied, and will sell and convey the subject real property by Substitute Trustee's Deed only. 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.

TNFC - Notice of Sale 1823-690A This property is being sold with the express reservation that the sale is subject to confirmation by the lender or trustee. This

sale may be rescinded by the Substitute Trustee at any time. THIS OFFICE IS ACTING AS A DEBT COLLECTOR AND IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Clear Recon LLC Substitute Trustee 651 East 4th Street Suite 200 Chattanooga, Tennessee 37403 Phone: (877) 319-8840 File No: 1823-690A

WHITE COUNTY PROBATE COURT, SPARTA, TENNESSEE NOTICE TO CREDITORS ESTATE OF THOMAS LEE ENGLAND, DECEASED

Notice is hereby given that on the 3rd day of January 2025, Letters of Administration in respect to the estate of THOMAS LEE ENGLAND, Deceased, who died the 28th day of November 2024, were issued to the undersigned by the Probate Court of White County, Tennessee. All persons, resident and non-resident, having claims, matured or unmatured, against this estate are required to file the same with the Clerk of the above-named Court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred:

(1) (A) Four (4) months from the date of the first publication (or posting, as the case may be) of this notice if the creditor received an actual copy of this notice to creditors at least sixty (60) days before the date that is four (4) months from the date of the first publication (or posting); or

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

(GG) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors, if the creditor

4 Tips for a Fresh Start in 2025

FAMILY FEATURES

Moving from one year to the next is a perfect opportunity to think about the new chapter you want to write for yourself. It's a time to celebrate your wins, identify your growth opportunities and define the goals you want to accomplish. This fresh start is an ideal moment to put pen to paper and set your goals for the year.

Writing your goals on paper can increase the likelihood you achieve them. Pick up a journal and your favorite pens and find a comfortable place to sit. Spend a little time thinking about what will bring you the most joy and fulfillment in the coming year. Utilize the power of color as part of bringing these resolutions to life. Whether you're resolving to reset mentally or want to get organized, you can achieve more (and have fun doing it) by adding color to your self-mastery toolkit.

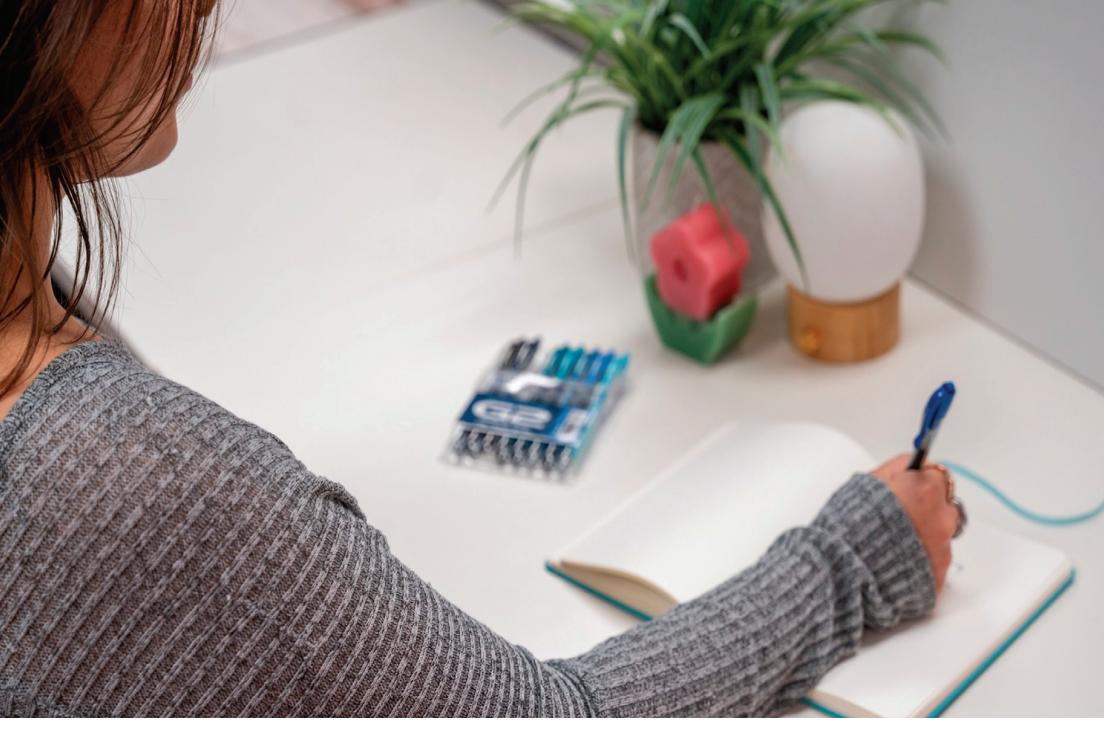
Begin setting and achieving your goals with the G2 Boost Collection from Pilot Pen to make this year about your personal growth. Here are some steps you can take, with the additional assistance of color science, to boost your goal-reaching potential.

1. Reflect on last year's progress – and the goals you didn't achieve.

Write down the goals you achieved last year and those that remained out of reach to give yourself an empowered fresh start.

2. Select your goals and intentions for 2025.

Review the goals you didn't achieve last year. Select and rewrite those you want to carry forward as goals for 2025. Pick up a G2 Boost "Optimism" pack to write these goals in pink. Color science has shown writing with shades of pink can improve focus and calm nervous energy. If the goal you're carrying forward is to have a more positive mindset, rewrite it in brighter shades of pink to feel more optimistic about achieving it this year. You can also spend time journaling about your emotions surrounding this goal in lighter shades of pink to feel soothed and comforted.



3. Map out your action plan.

Define the steps you'll take to achieve your goals using blue shades. Blues can power your forward momentum and critical thinking ability, while also evoking feelings of peace and tranquility, thus making you more productive. Mapping out your plan in shades of blue can help you visualize the big picture and identify each of the key steps to get it all done. Writing with darker shades of blue may help your decision-making process while lighter shades of blue can help you focus on the details.

4. Practice self-compassion.

Revisit your goals and action plan monthly. Note your wins and setbacks. Use the shades of green in the G2 Boost "Balance" pack to help nurture yourself and maintain momentum. The colors of green are associated with nature and evoke feelings of balance and harmony. Greens can be especially beneficial when you're feeling overwhelmed. Lighter shades of green inspire positive thinking and harmony, while darker shades can boost your memory.



Your blank page awaits – you have the power to create the life you want. Using color can be a powerful tool to help elevate your well-being and maximize your mindset as you write your story for the year ahead.

This year, find the colors to help reach your resolutions by visiting amazon.com/pilotpen.

FIGHT THE FREEZE



FREE DRAWING!!!

A drawing will be held in NOVEMBER, DECEMBER, and JANUARY. Each month, one lucky person will get their energy bill paid (up to \$300).

One name will be drawn the last week of the month from each sponsor's location. Those names will then be placed in a final drawing for that month (November, December, January).

Fill out entry form at one of the participating businesses to the right, must provide name, address, and phone number

(Expositor employees and their immediate family members are not eligible to participate.)

Participating Businesses

Payless Family Pharmacy
285 W. Turn Table Rd.
Sparta, Tennessee
(931) 836-3187



Xceed Limitz Screen Printing
25 Rhea St.
Sparta, Tennessee
(931) 837-4957



Mark's Heating and Air Conditioning
250 N. Spring St.
Sparta, Tennessee
(931) 510-6684



Pizza Hut
220 Mose Dr.
Sparta, Tennessee
(931) 738-8889

