

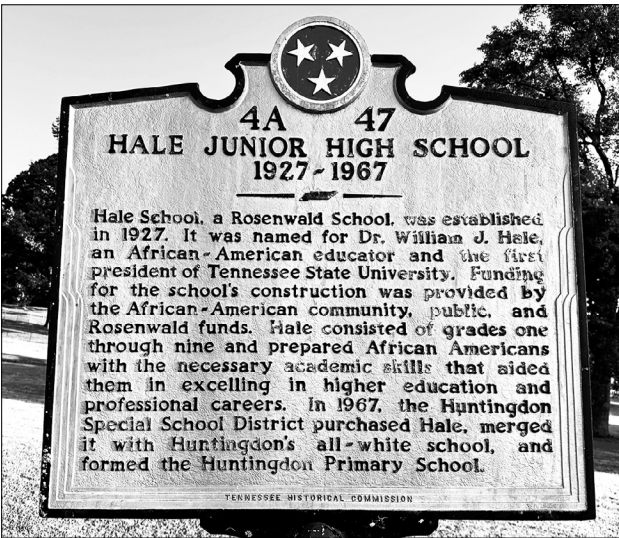
Primary

...From Front Page

with the implementation of the Civil Rights Act in the mid-1960s. Cost-saving LED lighting was also installed system-wide by Trane Technologies. Cost savings on electric bills achieved through the more efficient lights are greater than the debt amortization costs of the lighting. The lighting was financed through a low-interest loan.

Information about Hale Junior High School

Hale Junior High School was constructed in the predominantly African-American neighborhood of the Greer subdivision in 1927. In the 1950s, J. Currits Owens petitioned the Carroll County School Board for assistance in establishing a new modern neighborhood school. Like many



rural southern schools for blacks, Hale Junior High School was built under the auspices of the Rosenwald Foundation. The foundation, established by Julius Rosenwald, president of Sears, Roebuck and Company, was a philanthropic organization which promot-

ed education for Southern blacks between World War I and circa 1930. The focus of the Rosenwald program was elementary school design and construction, and as a result, the most visible legacy of the foundation are its rural school buildings.

Escapees

...From Front Page

Ronnie Sharp was in jail on numerous pending charges, including kidnapping, agg.

assault, assault on an officer, evading arrest, theft of property and burglary. Sharp is 48, 5 foot 11, 160 pounds with a last known address of 960 Meyes Rd., Hazel, Kentucky. The Henry County Sheriff's Office considers both of

these inmates to be dangerous and asks the public not to approach them if seen. Please call the Henry County Sheriff's Office with any information at 731-642-1672 or your local law enforcement agency.

Budget

...From Front Page

Career and Technical Education opportunities and other educational enhancements. The grant generates another \$1.5 million in revenue.

The district budget includes Math and Reading Instructional Coaches, Enrichment teacher at Huntingdon Primary, an additional agriculture teacher at Huntingdon High School, STREAM classes at Huntingdon Middle School and HHS, full-time mental health counselors, a four-percent raise for all teachers and staff, a \$750 bonus for certified faculty and \$500 for non-certified staff, a 10 percent supplement increase for athletic coaches' and band directors' supplements. With the changes in how state funding is generated, funding for transportation and salaries currently funded through grants could be reallocated for any nonrecurring capital improvements for the upcoming fiscal year.

The minimum starting pay for non-certified staff members is \$12.48 per hour, and the starting salary for a teacher with a bachelor's degree and no years of experience is \$43,119. Students in the school system will receive free admission to all regular season home sporting events. Funding will be allocated to each extracurricular activity to support free admission for students while providing revenue to cover overhead costs of each program. Additionally, the initiative aims to potentially reduce fundraising efforts. Each student will sign in at the entry gate for each sport-

ing event. Dr. Kee said free access encourages students to support their peers and become actively involved in promoting the overall success of the school. Free admission will also lighten the cost burden on families attending sporting events.

The three certified police officers (Student Resource Officers — SROs) assigned to the school will be funded by the State of Tennessee and be paid directly to the Town of Huntingdon. The new funding will relieve the school district of the financial obligation of funding the officers.

Overall, the school's funding is allocated as follows: State 62.7 percent, Federal 21.4 percent, and local 16 percent. The school system is required to match state funding with local funds at a minimum of \$1,397,848. The district continues to fund above the minimum math and is proposing using \$2,478,400 of local funds.

It is important for residents to shop locally, said Kee. Each school in Carroll County receives a portion of the locally-generated sales tax regardless of where the money is collected in the county. Each school's share of the local sales tax is distributed according to average daily student attendance. According to Kee, "the more we support our local businesses in Carroll County, the more we support education in Huntingdon and throughout Carroll County."

In other business, the Board approved a policy on medicines to maintain an in-school inventory of common over-the-counter medicines to administer to students.

Dr. Kee said the policy

will allow school staff to contact a parent for permission to provide the medicines and eliminate the need for parents to bring medicines to school for the single occasion.

Board member Brittany Foster sought clarification that parents would first be contacted before administering any medication. Dr. Kee confirmed prior approval is necessary.

All professional staff positions are filled for the 2023-24 school year, said the director.

The Board acknowledged the hiring of Holly Peale as Huntingdon Primary School (HPS) assistant principal; Brooke Jones as HPS educational assistant; Desiree Heeke- HMS fourth grade; Miranda Jones as HMS educational assistant; Jenna Spivey as HHS Educational Assistant, and Hannah Ball as HPS educational assistant.

Kelly Foringer resigned as an HHS educational assistant.

Donna Williams retired after 18 years. She was an HPS intervention teacher.

The Board approved a part-time position for clerical staf member to answer phones and perform clerical duties for three hours daily at the Central Office. Kee said the pay should not exceed \$7,000 for the school year. The extra staff members is to work during lunch breaks of other central office staff members.

Food prices for lunch remain the same as last school year. Breakfast is free for students and lunches are \$2.25 at HPS and HMS and \$2.75 for HHS. Breakfast is \$1.50 for adult staffers and \$1.75 for visitors. Lunch for adult staff members is \$3.50 and \$4.25 for visitors.

Gleason's Kennedy Reese Makes University of Alabama President's List

TUSCALOOSA, Ala. — Kennedy Reese, of Gleason, was named to the University of Alabama's president's list for the spring 2023 semester.

Students on the president's list must be full-time students and maintain an academic record of 4.0 (all A's). Reese was one of 12,487

students enrolled at one of the University of Alabama's 12 colleges and schools to make the dean's list or president's list.

Fundraiser for Matthew Jones

A fundraiser for Matthew Jones of McKenzie is Sunday, July 9 at First Baptist Church, McKenzie. Mathew was diagnosed with ALS and will travel to Texas in mid-July for

treatment. The sandwich fundraiser begins at 9:30 a.m. in the church's gym or one can drive up in the parking lot. The meal contains a sandwich of your choice of rib-

eye steak sandwich or BBQ bologna sandwich, chips, desserts and water for \$12. Pre-order by contacting Karen Toombs Fowler, Laura Beth Milam, or Jennifer Pinson.

Poole

...From Front Page

two crooks just escaped from an asylum and also want the treasure — and they have an advantage: R.A.D.A.R. the bionic dog. The dog, which was created to find the sapphire treasure, is the ultimate decider of who finds the treasure — Gabe and Kylie, or the two escapees.

The film's star is a Belgian Malinois, or Belgian Shepherd, named Beck. While R.A.D.A.R. is supposed to be a tough, bionic dog, Poole said Beck was anything but her character. She was 14 months old during shooting, so she would roll around and play during shooting. Poole said her on-set nickname quickly became "Captain Chaos."

Former "Superman" actor Dean Cain also stars as the duplicitous mayor in the film.

"R.A.D.A.R" is rated PG for mild rude humor and language.

"It's a really fun, little family-friendly movie," said Poole. "I'm very proud of that. It's fun for the entire family."

Poole naturally gravitates toward action and family-friendly movies.

"If I'm going to do this business, I think about what I can do to help," he said. As a Christian, Poole said he likes to include ethical themes in his films for kids to be good and do things for others.

Poole is the president and founder of the Fairway Film Alliance, a full-service independent film sales and production company. Poole, described as an "indie film veteran" on the Fairway Film Alliance website, has a

twenty-year background of world sales and has written and produced a number of successful films. His latest films include the "Bernie the Dolphin" duology (2018-2019) and "Dakota" (2022).

Poole attended the University of Tennessee at Martin majoring in broadcasting. In 1990, he moved to New York City to begin his film career, and he later moved to Los Angeles. Poole currently resides in Venice, California.

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1 pm	Treasure Island Money Hunt 2-12 years
1:00 - 2:00 pm	Auction
2:00 pm	Tug O War Contest 4 man teams \$20 a team. Winners get 10% of entry fee Must sign up at info tent
2:00 pm - 5:00 pm	DJ / Music
3:00 pm - 5:00 pm	Bingo
5:00 - 8:00 pm	Fish Fry \$12/plate \$6 Kid's plate Fellowship Hall
5:00 pm	Corn Hole Tournament by Paris Cornhole
6:00 pm - 9:00 pm	Live Band - Long Shot
8:45 pm	50/50 Drawing (minimum win is \$50.00)
9:00 pm	Fireworks Display

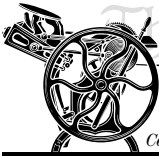
NO COOLERS PLEASE

Go to the Cottage Grove Fire Department
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For Further Information Contact
John Weiher @ 731-782-3657
Michael Stewart @ 731-336-7420



John Luther “Casey” Jones in the 382 Engine he was assigned to at Illinois Central Railroad. Photo: J.E. France/ Water Valley Casey Jones Railroad Museum Right, Casey Jones (right) with fireman J.W. McKinnie in 1898.



THE MCKENZIE BANNER

Weekly 150

E: jmartin@mckenziebanner.com By Jason R. Martin

Celebrating McKenzie's oldest business and historical record

J.L. ‘Casey’ Jones

Hero of the Rails

In the heartland of America, where the sound of lonesome whistle and the rumble of a train echoes through the picturesque landscapes, a legend was born. His name was Casey Jones, and he would become a symbol of bravery and selflessness for generations to come. This is the story of a man who dedicated his life to the rails and made the ultimate sacrifice to protect those entrusted to his care.

Born John Luther Jones on March 14, 1863, in south-east Missouri, Casey Jones developed a deep love for locomotives from an early age. Growing up in the small town of Cayce, Kentucky, his fascination with trains was ignited by the sight of the mighty engines roaring through the countryside. It was this passion that led him to pursue a career on the railroad, where he would soon gain fame as one of the most skilled engineers in the region.

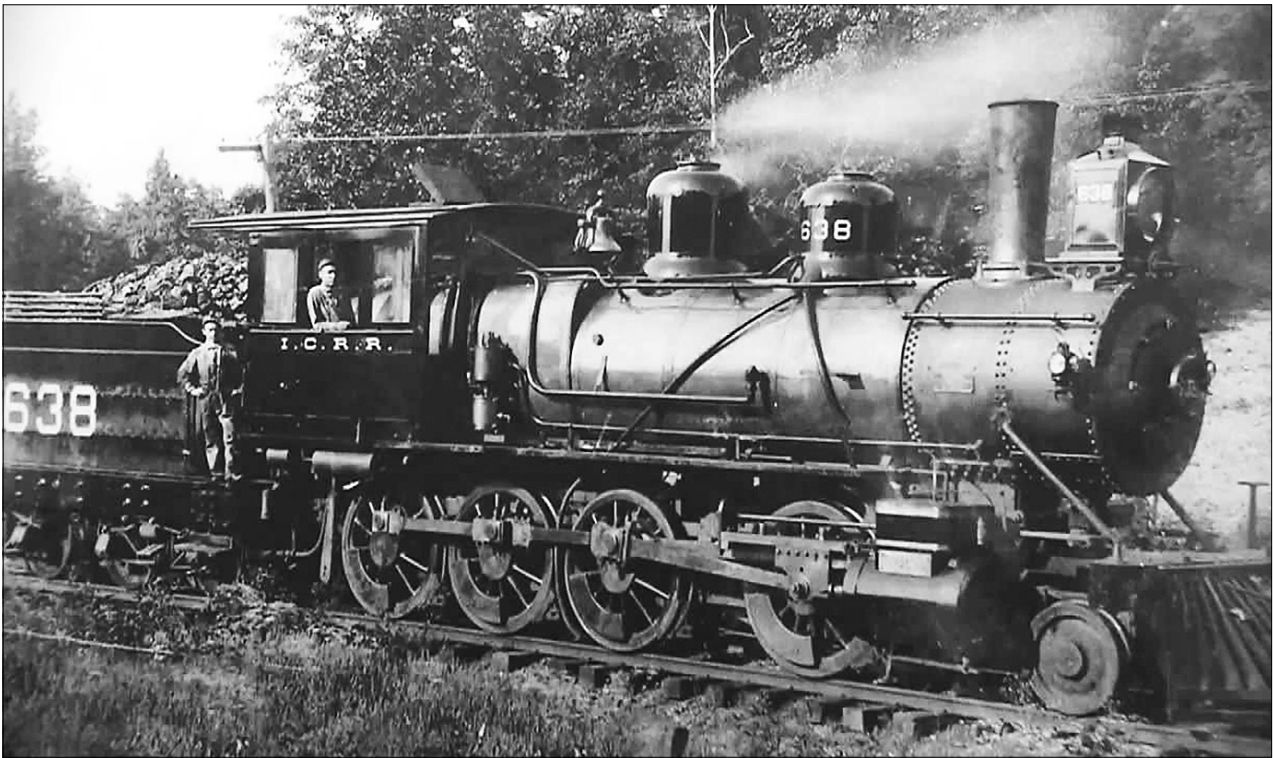
In 1884, at the age of 21, Jones relocated to Jackson, Tennessee, a bustling hub for the Illinois Central Railroad. The city was a vibrant and close-knit community, with a thriving economy centered around agriculture and trade. It was here that Jones found his calling and became a beloved figure among the locals. Known for his friendly demeanor and unmatched work ethic, he quickly earned the nickname “Casey” from his fellow

low railroad workers—an homage to the prominent freight dispatcher, Cayce, where he grew up.

Life in Jackson revolved around the rhythm of the trains. The piercing whistle at dawn signaled the start of a new day, while the steady chug of engines provided a comforting soundtrack to the city’s daily activities. The Illinois Central Railroad, a lifeline for the region, connected Jackson to cities like Chicago, New Orleans, and St. Louis, facilitating the transportation of goods, mail, and passengers. The railroad played a pivotal role in the city’s prosperity, shaping its growth and culture.

Beyond the rails, Casey Jones found solace and support in the love of his family. He was married to Janie Brady Jones, a devoted wife who stood by his side throughout his career. Janie, a woman of strength and resilience, understood the demands and dangers of her husband’s chosen profession. She embraced the railroad community, providing comfort and care not only to Casey but also to their three children, Charles, Helen, and John.

Charles, their eldest son, shared his father’s fascination with trains and would often accompany Casey on his journeys when school allowed. Together, they would explore the intricate workings of locomotives, fueling Charles’ own dreams of one day becoming



ing an engineer like his heroic father. Helen, their daughter, possessed a gentle spirit and took pride in her father’s courageous acts. She, too, understood the sacrifices that came with his profession and offered unwavering support from the sidelines. John, their youngest child, was just a toddler at the time of Casey’s passing, his memories of his father limited to stories and photographs.

The Jones family resided at 211 West Chester Street in Jackson, Tennessee. Their home, a cozy residence nestled within the heart of the community, was a place of warmth and love, filled with memories of Casey’s unwavering dedication to his profession and his family.

On the night of April 29, 1900, Casey Jones found himself at the helm of the fast-paced “Cannonball Express,” a passenger train hurtling through the darkness towards Memphis. Oblivious to the danger ahead, an unforeseen obstruction lay on the tracks—an idle freight train, its presence concealed by the cloak of night.

As the Cannonball Express drew closer, Casey Jones caught sight of the looming threat and realized the imminent catastrophe. Bracing himself for the impact, he took decisive action, sounding the train’s whistle and applying the emergency brakes in a desperate attempt to avert disaster. The screeching of metal against metal filled the air as the Cannonball Express collided with the idle freight train, unleashing a scene of devastation.

The impact was catastrophic, tearing through the carriages and sending

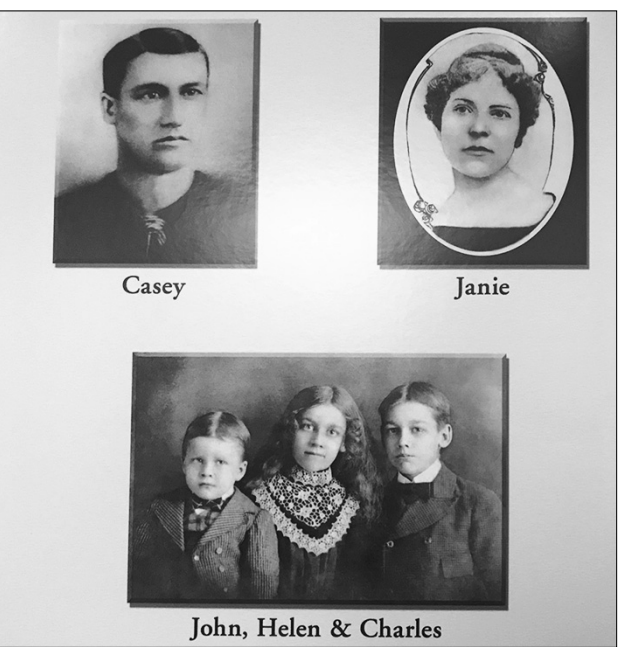
debris flying in all directions. Passengers were jolted from their sleep, their world turned upside down in an instant. Amidst the chaos, Casey Jones, ever mindful of his duty, remained in the cab, steadfastly guiding the train and doing everything within his power to protect those under his care.

The wreckage lay scattered, a testament to the severity of the collision. Casey Jones, the fearless engineer who had dedicated his life to the rails, had made the ultimate sacrifice. In the face of danger, he had chosen to stay on board, fully aware of the risks, and in doing so, he had given his life to protect his passengers and crew.

News of the tragic accident spread like wildfire, capturing the attention of the nation. The heroic actions of Casey Jones were hailed as an example of unwavering courage and selflessness. The people of Jackson mourned the loss of their beloved local hero, but his legacy lived on—a beacon of inspiration for generations to come.

Casey Jones was laid to rest at Mount Calvary Cemetery in Jackson, Tennessee. His final resting place became a site of pilgrimage for those who sought to pay their respects to the heroic engineer who had given his life in service to others.

In the aftermath of Casey’s passing, Janie Jones faced the difficult task of rebuilding her life and raising their children as a single mother. She drew strength from the support of the community, who rallied around her in her time of need. The memory of Casey Jones, the brave and selfless engineer, lived



Pictured is the Jones family, Casey with his wife, Janie, and their three children, John, Helen and Charles.

on in their hearts, and his legacy became a source of inspiration for all who knew his story.

Today, the memory of Casey Jones lives on, not just in Jackson but in the hearts of all who admire acts of courage and sacrifice. The Casey Jones Home and Railroad Museum in Jackson stands as a testament to his legacy, preserving the rich history of the railroad and commemorating the life of a man who exemplified the values of honor, duty, and unwavering dedication.

Casey Jones, a true American hero who, in the face of adversity, demonstrated the indomitable spirit that has come to define this great nation. His story serves as a reminder that in every corner of America, ordinary individuals have the power to

shape history and leave an enduring mark on the communities they call home. And for the Jones family, his legacy remains a cherished reminder of the love, strength, and resilience that bound them together in the face of tragedy.

Jason R. Martin
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Jason Martin is a life-long resident of McKenzie. He graduated from McKenzie High School in 2000; earned a Bachelor of Science in History from Bethel College in 2004; a Masters in Education from Bethel University in 2009 and a Masters in History and Humanities from Fort Hays State University in 2011.

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HUNKER DOWN WITH KES

When You Marry The Queen Of The Hop...

Folks, next week will mark my 49th wedding anniversary. You see my dilemma right off. I have given my first wife a very special gift every year for the past 48 summers. I have about run out of ideas.

If I don't come up with something quick as a wink my streak is going to end. And don't call and suggest I surprise her with a tool box. I did that in 1975. It had a full set of Craftsman screwdrivers, box and open end wrenches, a sparkplug gauge, a line level, duct tape, hammer, a complete socket set, utility knife, safety glasses, four calling birds, three French hens, two turtle doves and a partridge...

It was awesome! And, uh, fairly accessible in case I needed to work on the lawnmower, fix a leaky pipe under the sink or add on to the clock shed.

I'm my own worst enemy here. Leon told me to be careful weeks before we were married, “Don't 'give her the moon' right out of the box. You'll back yourself into the 'how do I top last year' corner!”

We went to St. Louis on our honeymoon. We saw four baseball games in five days! It was a rookie mistake. I set the bar toooo

high right off the bat! My only excuse is I was young...and I was so used to Leon giving me bad, off the wall, crazy advice, I completely ignored him.

And I had to pay the consequences of starting at the top and then continuing to “up” my gift each succeeding anniversary. The second year we were married I gave her the complete box set of Faron Young records.

Cathy has certainly reciprocated. She finds the most thoughtful gifts. One year she got tired of me dragging water hoses back and forth across the yard. She “gave” me an underground sprinkler system. It was perfect! And still in use today!

The year before that she gave me a pair of six-month-old Redbone hound dogs. I named them Minnie and Pearl. Minnie couldn't smell a coon track if the raccoon ran over her! And Pearl turned out to be the family pet. But I loved those two dogs.

We don't keep score about these things but it's important that I honor her each year with an “appropriate” gift. Listen, it took me three months to find a Ronco Veg-o-Matic! But I'm telling you, that thing

would cut, slice, chop, dice, shred...

The year she gave me the sprinkler system, I bought her a right rear tire for the car. It's the way a great marriage works... We both had each other's best interest at heart. She didn't want me sweating myself to death moving those hoses around, I was afraid that old slick tire might “blow out” on her at any moment.

Sometimes I got Divine help with my selections. Cathy was pregnant with Josh and not feeling well so I had to wash the dishes. I mean, like three days in a row! When the next anniversary rolled around you can bet I had an automatic dishwasher delivered to the house!

I only “missed” one time in 48 years. I had a July 1 deadline at work and I got so involved with meeting it, I completely forgot I was even married. Or that I had a 13th wedding anniversary that same week.

I couldn't even fake it. I apologized profusely and told Cathy I would get her anything she wanted...it would just be a little after the fact. She didn't blink, bat an eye or hesitate for a nanosecond, “I would like to go on a cruise.”

It was like she had been

waiting for THIRTEEN years for me to say that!

We drove all the way to Miami to get on a cruise ship bound for “somewhere” in the Caribbean. They had a pre-dawn breakfast, breakfast, brunch, lunch, mid-afternoon spread, first dinner, second dinner and a midnight buffet that started at 11 p.m. I made every one of them! And I ate till I hurt. It was the only way I figured I might could “break even” on this deal.

I realized that she liked to go places. So, the following year I surprised her with a trip to the Goat Roping Festival in Helena, Arkansas.

It has been a fun-filled 49 years for sure. And I absolutely know how doghouse lucky I was to trick Cathy into marrying me. It has been a distinct pleasure to shower her with thoughtful, carefully planned out anniversary gifts over the years.

So you see why I'm a little desperate here. I've got to come up with something spectacular pretty quickly. If I can't figure this out in the next couple of days... there's a good chance I might end up in Aruba...

Respectfully,
Kes



McKenzie, Tennessee

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Obituaries



PAMELA FUCHS CARR PARNELL

HOUSTON — Pamela Fuchs Carr Parnell, 79, of Houston, Texas, and Memphis, Tennessee, died peacefully on the June 22, 2023. She was the daughter of Woody and Rachel Fuchs. Raised in McKenzie, Tennessee, Pam graduated from McKenzie High School as an outstanding student. She was president of the student body, captain of the basketball team, cheerleader, and was voted "Miss McKenzie."

Pam graduated from Memphis State University, where she was a member of Pi Beta Phi sorority. After college, Pam built a career in interior design, working for Kitchens Unlimited and Holiday Inn. She then started her own commercial interior design firm that became Adrian, Carr, Caradine Design. Pam was loved by many and particularly enjoyed tennis, bridge, her Memphis Tigers and Grizzlies.

Pam was preceded in death by her parents, William Woodrow Fuchs and Rachel Morgan Fuchs, her brother, William "Billy" Woodrow Fuchs, Jr.; stepson, Randolph Parnell (Sharon). Pam is survived by her husband, Wray E. Parnell, daughter, Morgan Carr Zanone (Philip), grandchildren Philip Zanone III, Jack Zanone, Henry Zanone; sister Sally Fuchs Lehning; and stepchildren, Craig Parnell (Sherri), Ward Parnell (Jill).

In lieu of flowers, please send donations to Church Health Center.

A memorial service is Thursday, June 29 at 10 a.m. at Church of the Holy Communion in Memphis, Tenn.

Reception to follow at Pam's home.

A visitation and a burial will occur at a later date in McKenzie at Brummitt-McKenzie Funeral Home and Mount Olivet Cemetery. +



JAMES LYNN BARKER
1963 — 2023

HUNTINGDON — Mr. James Lynn Barker, 59, of Huntingdon, Tennessee, died Monday, June 19, 2023, at Baptist Memorial Hospital in Huntingdon, Tennessee.

Funeral services were Friday, June 23, 2023, at 1 p.m. in the Chapel of Chase Funeral Home with Bro. Jason Jackson officiating. Interment was at Union Academy Cemetery.

Mr. Barker was born September 23, 1963, in Milan, Tennessee.

Pallbearers who served are Larry Tippitt Lynn Watkins, Micky Stafford, John Roberts, Clayton Fitzpatrick and Tony Melton.

Mr. Barker was born September 23, 1963, in Milan, Tennessee. He was a line foreman for Black and Decker Company, a member of Union Academy Missionary Baptist Church and Huntingdon Elks Lodge. His favorite hobbies included fishing at the Carroll County 1000 Acre Lake and playing golf at Carroll Lake Golf Course. He was preceded in death by his father, Lyndle L. Barker and three uncles.

He is survived by one son, Brandon Lynn Barker of Michigan, his mother, Robbie Barker, of McKenzie, one sister, Angie Barker of Hunting-

don, one nephew, Zachery Lynn Barker and one uncle, Charles White. He also leaves several cousins and a very special friend.

Chase Funeral Home, Huntingdon. +



DR. WALTER GRIFFEY, JR.
1933 — 2023

PARIS — Walter P Griffey Jr., M.D., 89, of Paris, Tennessee, died at his residence on Saturday, June 17, 2023.

Dr. Griffey was born in San Francisco, California, in 1933, the eldest son of the late Dr. Walter P. Griffey Sr. and the late Christine Johnson Griffey. In addition to his parents, he was also preceded in death by his sister, Ann.

A celebration of life will be held at a later date.

He received his early education in New York City and Baltimore, Maryland, before entering Vanderbilt University as an undergraduate, followed by attending Vanderbilt University Medical School. He followed in the footsteps of his father, Dr. Walter P. Griffey, Sr., class of 1928, receiving his doctorate of medicine in the class of 1958. He served his medical internship and residency at the University of Mississippi at Jackson, Mississippi, where he met and married his wife of 64 years, Carolyn Bourne Griffey. While at the University of Mississippi, he served as chief medical resident before entering the United States Navy as a lieutenant commander in Charleston, South Carolina. While in Charleston, he conducted studies and research on heart disease and hypertension and presented his findings at American Heart Association Conventions. He was certified by the American College of Physicians in 1967. Following his military service, he was persuaded by his college roommate, Dr. Gardner Rhea, to join Rhea's clinic in Paris, Tennessee, and give small-town living a try. From the very beginning, he loved Paris, Tennessee. That led him to go on and establish the Griffey Clinic in 1980, where he completed practicing fifty years of medicine before retiring in 2008.

Shortly after his retirement, his alma mater, Vanderbilt, honored him for his fifty years of exemplary medical practice. His youngest son, Bo Griffey (Vanderbilt University Undergraduate Program class of 1986) now owns and runs the family clinic.

Dr. Griffey served as a member of the board of trustees for the Henry County Medical Center, chief of staff of HCMC, president of the West Tennessee American Heart Association, and was a distinguished supporter of the Boy Scouts of America with himself and all four sons receiving Eagle Scout status. He was a long-time member of the First Methodist Church of Paris, Tennessee, where he served in many capacities. He enjoyed genealogy, history, playing the piano and guitar, sailing, and golf. Along with his wife, he is survived by four sons, Thomas Griffey, Judge Bruce Griffey (Rebecca), Dr. Bo Griffey (Katie), all of Paris, and Dan Griffey (Susan) of Knoxville, Tennessee; six grandchildren, Jackson Griffey (Jayleigh) of Nashville Tennessee, Eliza Stoots (Brett), Madeleine Griffey, and Mary-Alison Griffey all of Paris, Tennessee, Taylor Griffey, and Parker Griffey of Knoxville, Tennessee; his brother, Dr. Thomas Griffey (Joan) of Norfolk, Virginia; his sister-in-law, Jackie (Steve) Cutlip of Carey, North Carolina; and many nieces, nephews, and cousins.

Arrangements are being handled by Ridgeway Funeral Home, 201 Dunlap Street/PO Box 788, Paris, Tennessee 38242.

In lieu of flowers, memorials may be made to Paris Henry County Heritage Center Historical Garden and Grounds Fund, 614 N Pop-

lar Street, Paris, Tennessee 38242, and the First United Methodist Church Capital Campaign, PO Box 25, Paris, Tennessee 38242.



MARY ANN ALLEN TOLBERT
1923 — 2023

MURFREESBORO — Mary Ann Allen Tolbert died Thursday, June 22, 2023, in Murfreesboro, Tennessee.

Mary Ann was born in Murfreesboro on July 17, 1923, to the late James Spencer Allen and Annie B. Nelson Allen. She was preceded in death by her husband, Allen Ashley Tolbert, Sr. and her only brother, William Allen.

Mary Ann and Ashley were married 61 years prior to his death in 2001. They began their married life in Murfreesboro in 1940 and spent many wonderful and happy years raising their seven children. Mary Ann and Ashley moved to Hollow Rock, Tenn., in 1953 where Ashley worked for the L&N Railroad. Upon his retirement in 1972, they moved back to Murfreesboro.

Mary Ann will be remembered first as a devoted wife and mother whose kind and gentle ways served as a role model to many. Her generosity of spirit will always be remembered by those who knew and loved her. She greatly enjoyed gardening, needlework and reading and was a long-time member of the University of Tennessee's Extension Family and Community Education Club (formerly known as the Home Demonstration Club) of Rutherford County. She attended Kingwood Heights Church of Christ for many years and in her later years, attended Believer's Chapel in Murfreesboro.

She is survived by all seven of her children, Diane Wright of Huntingdon, Tenn., Allen Ashley Tolbert, Jr. (Rena) of Nashville, Sheryl Sandefur of Murfreesboro, Spencer Tolbert (Nola) of Lanark Village, Florida, Deborah Wallace (Steve) of Murfreesboro, Kathryn Hendrix (Gary) of Palm Coast, Florida and Cynthia Basham (Ronald) of Woodbury; grandchildren, Michael Caplinger of Bruce-ton, Tenn., Kim Dillahunt of Huntingdon, Tenn., Rachel Tolbert Gideon (Marvin) of Nashville, Alex Wallace (Cynthia) of Murfreesboro, Mary Nola Tolbert (Jay Fehring) of Clermont, Florida, Elizabeth Sawhney and Zachary Hendrix (Krista) of Omaha, Nebraska, John Daniel Alexander (Jessica), Matthew Allen Alexander (Rebecca) and Ashley Basham of Woodbury; great-grandchildren, Abi, Miles, Liam and Mary Claire Alexander; Jack, Ben and Noah Wallace, Ava Malia Fehring, Colton, Hattie Ann and Walker Alexander, and Amaan Sawhney; her sister, Marjorie Via of Vermillion, OH; and several nieces and nephews.

Graveside services will be 10 a.m. Friday, June 30, 2023, at Evergreen Cemetery with Pastor Barry Mershon officiating. Cremation arrangements are under the direction of Woodfin Memorial Chapel and an online guestbook is available for the Tolbert family at www.woodfinchapel.com.

Who can find a virtuous wife? For her worth is far above rubies...Strength and honor are her clothing; she shall rejoice in time to come...Her children rise up and call her blessed...Her husband also and he praises her...Many daughters have done well, but you excel them all. Proverbs, Chapter 31, NKJV.

DARRELL D. TAYLOR
1967 — 2023

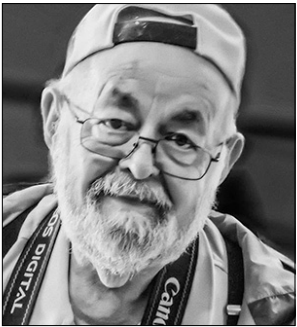
BRADFORD, Tenn. — Funeral services for Darrell D. Taylor were Monday, June 26, 2023, at 2 p.m. at Brummitt-McKenzie Funeral Home.

The family received friends on Sunday, June 25 and Monday. Following the service, Mr. Taylor's remains were cremated.

Mr. Taylor, 57, died Thursday, June 22, 2023, on the job in Big Cliff, Kentucky. He was a truck driver at Dale Nelson's Recycling McKenzie. He was born in Union City on March 24, 1967, to Kenneth Taylor and Joan Hopper Mebane.

He is survived by his wife, Darlene Watson Taylor of Bradford, his parents, Joan (Glynn) Mebane of Henry, Kenneth (Loretta Ann) Taylor of Dresden, three daughters, Kayla (Will) Little of McKenzie, Lisa Warren and Hope Mathis, both of Bradford, two sons, Justin (Elisha) Taylor of Benton, Kentucky and Robert Mathis of Bradford, a sister, Kaci (Scott) Bond of Chapel Hill, a brother, Michael Taylor of Paris, seven grandchildren, Sophie Taylor, Taylor Little, Jude Taylor, Scarlett O'Hara, Lucas Mathis, Wylie Little and Lilly Taylor.

If you need further assistance, please call Brummitt-McKenzie Funeral Home 731-352-4848 or visit our website at brummittmckenziefuneralhome.com. +



BILL McCUTCHEON
1942 — 2023

PARIS — Billy G. "Bill" McCutcheon, 81, of Paris, Tenn., died Tuesday, June 20, 2023, at Murray-Calloway County Hospital in Murray, Kentucky.

Memorial services were Saturday, June 24, 2023, at Ridgeway Funeral Home. Cremation followed the service.

He retired after many years from the Paris Post-Intelligencer newspaper. He was a former broadcaster for WTPR and WMUF.

Bill was born April 7, 1942, in Murray, Kentucky, to the late Earon B. McCutcheon and the late Geraldine Hurt McCutcheon.

He is survived by one daughter, Donna McCutcheon (Tommy) Counts of Paris; one son, Jay (Sam) McCutcheon of Goodlettsville, Tenn.; one daughter-in-law, Crissy McCutcheon of Paris; one stepdaughter, Anna Turner of Auburn, Alabama; six grandchildren, Jordan Counts, Gatlin (Nina) Paschall, Grace Paschall, Griffin Paschall, Daniel Grey McCutcheon, and Lily McCutcheon; the mother of his children, Janet Cooper of Paris; family friend, Beth Ingram; and several cousins.

In addition to his parents, he was preceded in death by one son, William "Danny" McCutcheon; one sister, Betty McCutcheon Rogers; one grandchild, Dylan Counts; and a special friend, Katha Caldwell.

Ridgeway Funeral Home, 201 Dunlap Street, Paris, TN 38242.

DAVID WOOLEY
1980 — 2023

HUNTINGDON — Mr. David Randall Wooley, 43, of Huntingdon, Tennessee, died Thursday, June 15, 2023, at this home.

In lieu of flowers, the family requests donations be made to Chase Funeral Home.

Memorial services will be at a later date.

Mr. Wooley was born January 18, 1980, in Jackson, Tennessee, to the late Gary Randall Wooley and Betty Jean (Brandon) Corder. He was a truck driver for J. B. Hunt Trucking.

He is survived by one brother, Matthew Wayne Quinn of McKenzie, one niece, Jada Quinn and a special friend, Lisa Davis of McKenzie.

Chase Funeral Home, Huntingdon.

CALENDAR OF EVENTS



DIXIE CAR SHOW
TOP 25 JULY 1

The Dixie Car Show Top 25 is Saturday, July 1, 8 a.m. to 2 p.m., in McMoresville. Entry fee is \$20 and food will be provided by the McMoresville Fire Department. For more information, contact Bill Hargrove, 731-415-3952.

CARING HEARTS
FOOD PANTRY

The Caring Hearts Food Pantry offers food distribution the second Saturday of each month, 9-11 a.m., at Mt Zion United Methodist Church, 120 Mt. Zion Road, Huntingdon.

ADULT EDUCATION
CLASSES

Huntingdon Location - Adult Education Building, 14155 Paris Street. Office hours are Monday, Tuesday, Thursday, 8 a.m. to 4:30 p.m. Classes are offered for one-on-one instruction on Mondays, 1-4 p.m. and Thursdays, 9 a.m. to NOON. For more information, phone 731-364-5481.

SMALLTOWN
CRUISERS ANTIQUE
CAR CLUB MEETS
MONTHLY

The Smalltown Cruisers Antique Car Club meets the second Thursday of every month at 6 p.m. at the Hollow Rock Fire station, 21280 Seminary Street, Hollow Rock. The monthly Cruise-Ins begin in April. For more information, contact Jan Ostiguy at 217-304-2606 or email jano1970@att.net.

SHEPHERD'S
TABLE COMMUNITY
KITCHEN

The Shepherd's Table community kitchen serves meals the third Tuesday of each month at First Presbyterian Church located at 19835 East Main Street, Huntingdon. Meals are served restaurant style with drive-through available after 6 p.m. It is open to the public and there is no cost. Donations are accepted. All are invited. It is our mission to create a community atmosphere where individuals can come in and have a meal in a comfortable setting. We encourage friendly

conversation, prayers and laughter. If you would like to volunteer to help prepare the meal, serve the meal or help in any way, please call 731-415-9199 and leave a message or email fpcshepherdstable@gmail.com or write PO Box 651, Huntingdon, Tennessee.

CARROLL COUNTY
COMMISSION
MEETS MONTHLY

Carroll County Commission meets the second Monday of each month, 7 p.m., in the Conference Room of the Carroll County Office Complex, High Street, Huntingdon. There are no meetings in December, February, and July.

TAKE OFF POUNDS
SENSIBLY

The McKenzie TOPS (Take Off Pounds Sensibly) Chapter meets on Mondays at 3 p.m. at the McKenzie Church of Christ gym. Anyone interested in losing weight can join. Visitors are welcome. For more information, contact Linda Lawrence at 731-352-7309. If no answer, leave a message.

MINISTRY OF
CHRIST MEETS
SUNDAYS,
THURSDAYS

The Ministry of Christ Church is Apostolic in faith and holds services Sundays at 1:30 p.m. and Thursdays at 6:30 p.m. The church is on 6680 Terry Road, Lavinia, Tenn.

For more information, contact Brother Melvin Allan at (731) 225-2970.

McKENZIE CITY
COUNCIL MEETS
MONTHLY

The McKenzie City Council meets at 6 p.m. the second Thursday of each month.

CARROLL COUNTY
DEMOCRATIC PARTY
MEETS

The Carroll County Democratic Party meets the third Thursday of every month at 6 p.m. at 12740 Lexington Street, Huntingdon.

CARROLL COUNTY
REPUBLICAN PARTY
MEETS

The Carroll County Republican Party meets the fourth Tuesday of every month at 7 p.m. in the court room of the Public Safety building, 12740 Lexington Street, Huntingdon.

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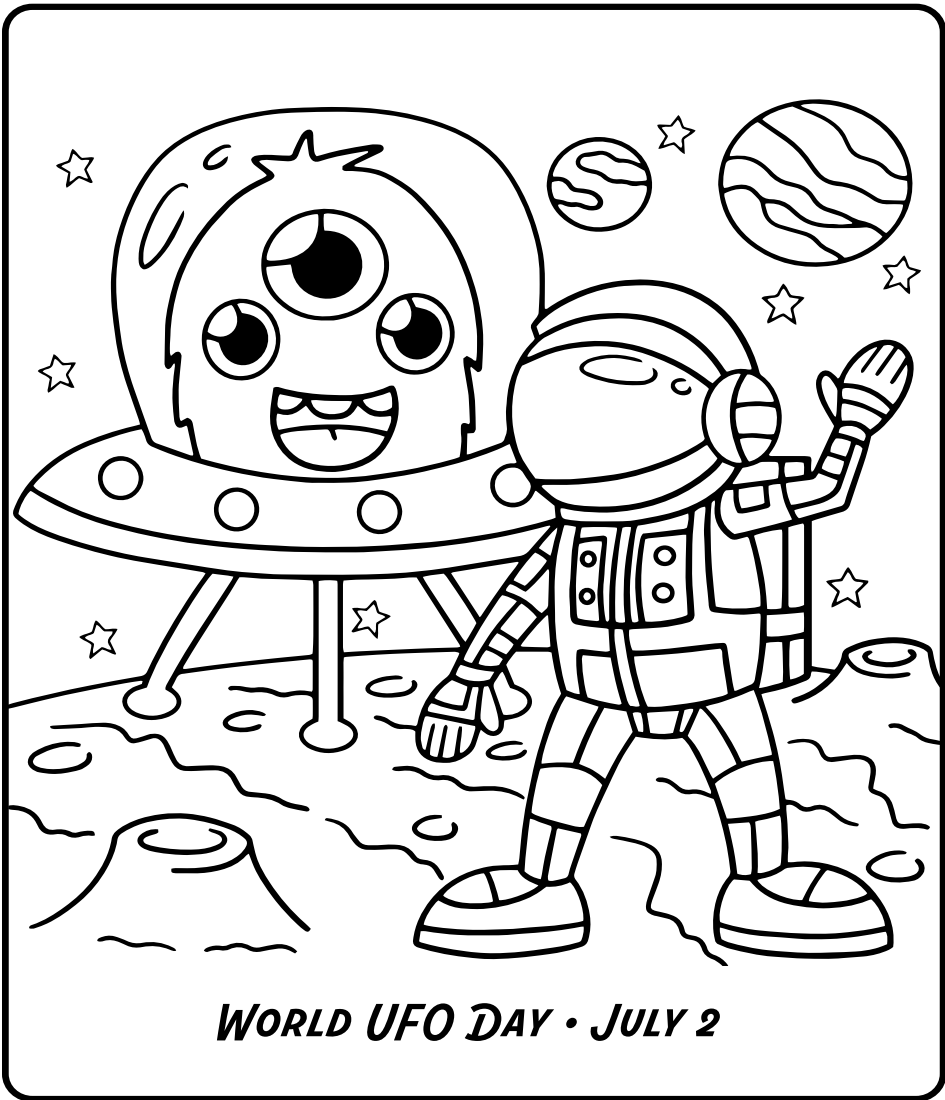
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Weekly Crossword

CLUES ACROSS

1. Excited movements
8. Soap opera actress Patsy
13. Unknowing
14. Dangerous mosquitoes
15. Exaggerated and sensationalized
19. Military policeman
20. Touch softly
21. Wrap
22. A story of one's life
23. Midway between east and southeast
24. Toward the mouth or oral region
25. A list of dishes available at a restaurant
26. Changes the meaning of
30. Semitic Sun god
31. Sneaker parts
32. Capital of Zimbabwe
33. Breezed through
34. Partner to pedi
35. Becomes less intense
38. Bottoms
39. Tested
40. Vistas
44. Take care of
45. Traditional rhythmic pattern
46. S. African political party
47. Cologne
48. Men
49. The Science Guy
50. Gospel author (abbr.)
51. Act of signing up
55. Human feet
57. A very short time
58. Streetcars
59. Cuplike cavities

CLUES DOWN

1. A type of pool
2. Malaise
3. Seasoned

4. A pair
5. Young male
6. Make a mistake
7. Experienced
8. It often accompanies injury
9. Old world, new
10. Commercial
11. Course of lectures
12. Promote
16. Female horses
17. Greek mythological figure
18. Small amount
22. Orthodox church altar
25. Actress Tomei
27. Excited
28. Looked directly at
29. Popular cold desserts
30. More reasonable

32. Disk above the head of a saint
34. Devoted to the extreme
35. Make an effort
36. It's in the surf
37. Member of aboriginal people of Japan
38. Discounts
40. Cliff in Hawaii
41. Extremely wild person
42. All persons
43. Aromas
45. Popular kids' game
48. A difficult situation
51. Popular Georgia rockers
52. It's in all living cells
53. Unspoken language
54. 'Talk to you' abbreviation
56. Influential lawyer

Week 26

See solution in next week's edition.

Ancient Aliens Word Search

Akua
Aliens
Ancient
Anunnaki
Area Fifty One
Astronauts
Chariots of the Gods
Close Encounters
Crop Circles
Crystal Skulls
Enoch
Evidence
Flying Saucers
Forbidden
Galaxy
Giants
Gobekli Tepe
Gold
Government
Green
Greys
Mars
Megalithic
Moai
Moon
Mt Shasta

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

MUFON
NASA
Nazca Lines
Orion
Peru
Pleiades

Puma Punku
Pyramids
Rituals
Secret
Sirius
Space

Stargate
Technology
Temples
UFO
Visitors
Zones

THIS DAY IN...

JUN
29

HISTORY

• 1613: THE GLOBE THEATRE IN LONDON BURNS TO THE GROUND.

• 1976: THE SEYCHELLES GAIN INDEPENDENCE FROM THE UNITED KINGDOM.

• 2007: APPLE INC. RELEASES ITS FIRST MOBILE PHONE, THE IPHONE.

Week 25 Crossword Puzzle Solution

PUZZLE SOLUTION

SUDOKU SOLUTION WEEK 25

SUDOKU WEEK 26

Level: Intermediate

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Wed. 1:35, 4:35, 7:35
Thurs. 7:35

ELEMENTAL (PG)
Tues. 4:35 (3D), 7:35
Wed. 1:35, 4:35 (3D), 7:35
Thurs. 4:35 (3D), 7:35

THE FLASH (PG-13)
Tues. 4:35, 7:30
Wed. 1:20, 4:35, 7:30
Thurs. 4:35, 7:30

TRANSFORMERS: RISE OF THE BEASTS (PG-13)
Tues. 4:30 (3D), 7:30
Wed. 1:30, 4:30 (3D), 7:30
Thurs. 4:30 (3D), 7:30

THE LITTLE MERMAID (PG)
Tues. 4:25 (3D), 7:25
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Carroll County General Sessions Court

HUNTINGDON (June 21) — The following cases were heard in Carroll County General Sessions Court on June 21.

The following cases resulted in a guilty plea or finding. Erica Jonea Armstrong, Everett Street, McKenzie, pre-trial diversion, Schedule VI Drugs-Manufacture, Deliver, Sell, or Possess-Conspiracy, 11/29 probation.

Daniel Barnhart, Old Paris Road, McKenzie, guilty, Probation Violation, 11/29 supervised probation, extended probation for six months.

Myles Bottorff, McDonald Avenue, McKenzie, guilty, DUI-First Offense, \$350 fine, 11/29 jail suspended to 48 hours, not to drive for one year, alcohol and drug evaluation, supervised probation. Dora Lee Ewald, Paris Street, Huntingdon, guilty, Probation Violation, Failure to Appear, Simple Possession/Casual Exchange, Unlawful Use of Telecommunications Device While Driving, \$250 fine, 11/29 jail -suspended to time served, supervised probation.

Russell Grigsby, Buttonwood Drive, Jackson, guilty, DUI-First Offense, \$350 fine, 11/27 jail, suspended to 48 hours, DUI School, not to drive for one year, must complete Alcohol and Drug Counseling.

Michael Groves, Blackhill Drive, Oakdale, Tenn., guilty, DUI-Second Offense, \$600 fine, 11/29 jail-suspended to 45 days, supervised probation, not to drive for two years, DUI School ordered, alcohol and drug evaluation; dismissed Registration Violation, dismissed, Implied Consent, dismissed, Driving While Revoked.

Tiffany Howard, Walnut

Circle, McKenzie, guilty, Probation Violation, 17 days jail, probation extended six months.

Sean Jackson, West Troy Avenue, Obion, guilty, Failure to Appear, Unlawful Drug Paraphernalia, \$750 fine, 11/29 jail suspended to 10 days, supervised probation; dismissed, Schedule II Drugs-Manufacture, Deliver, Sell or Possess; dismissed, Driving While Suspended.

Edward Lee Koebel, North Street, Hollow Rock, guilty, Simple Possession, guilty, Unlawful Drug Paraphernalia, \$750 fine, 11/29 jail suspended except 10 days.

Gregory Paul Martinez, Jr., College Street, Bruceton, guilty, DUI-First Offense, guilty, Resist Stop, Arrest, or Search, \$350 fine, 11/29 jail suspended to 48 hours, DUI School, not to drive for one year, alcohol and drug evaluation.

Steven Glenn Marrell, Hatch Lane, Yuma, guilty, Unlawful Drug Paraphernalia, \$5000 fine, 11/29 supervised probation; dismissed, Schedule II Drugs - Meth. Randall Joe Newbill, Highway 436, Trezevant, guilty, Sexual Offender Registry Violation, 11/29 jail, suspended to time served, probation.

Michael O'Daniel, Hidden Acres Road, Paris, guilty, Probation Violation, six months jail, extend probation for six months.

Kenneth Wayne Payne, Jr., Forrest Avenue Trailer Park, McKenzie, guilty, Probation Violation, 60 days jail, probation extended four months.

Jazzlyn Price, Baker Road, Huntingdon, guilty, Driving While License Canceled, six months supervised probation; dismissed, Light Law Violation.

Samuel B. Robertson,

Addell Street, Hollow Rock, pre-trial diversion, Theft of Services, no contact with the victim, 11/29 probation.

Bianca Tidwell, Bear Creek Road, Bon Aqua, Tenn., guilty, Simple Possession, \$250 fine, supervised probation; dismissed, Resist Stop, Arrest, Search; dismissed, Public Intoxication.

Bradley Umstead, Bowden Road, Huntingdon, guilty, Criminal Trespass, 30-day sentence, no contact with the victim.

Brandon Vestal, Bray Road, Beech Bluff, Tenn., guilty, Resist Stop, Arrest, Search, six months supervised probation, 12 days credit for time served.

Priest Weathers, Cotton Lane, Huntingdon, guilty, Possession of Unlawful Drug Paraphernalia, \$500 fine, 11/29 jail suspended to time served, supervised probation.

Kenneth Whitson, Park Circle, McKenzie, guilty, DUI by Allowing, \$350 fine, Simple Possession, \$250 fine, 11/29 jail suspended to 48 hours, not to drive for one year, complete DUI School, alcohol and drug counseling.

Blake Williams, Sandy Point Road, Camden, guilty, Possession of Drug Paraphernalia, \$1,500 fine, 11/29 supervised probation; dismissed, Schedule VI Drugs; dismissed, Failure to Yield to Stop Signs; dismissed, Possess Substance with Intent to Manufacture Schedule I or II drugs.

Loretta Lynn Williams, Sherwood Drive, Camden, guilty, Schedule II Drugs-Meth, guilty, Theft over \$1,000, \$750 fine, supervised probation, no contact with victims, restitution to the victim of \$1,000, 11/29 jail suspended to 30 days.

The following cases were dismissed.

Stephen R. Milton, Cotton Creek Road, Bruceton dismissed, Aggravated Burglary, charges might be reinstated if the victim comes forward.

Lisa Montgomery, Greenhill Road, Atwood, dismissed Casual Exchange, dismissed, Drug Paraphernalia.

Carr Named to OVC Anniversary Team

BRENTWOOD (June 19) — Derek Carr was named to the Ohio Valley Conference (OVC) 75th Anniversary Team on Monday, June 19. Carr, a 2008 graduate from McKenzie High School and a 2012 graduate from the University of Tennessee at Martin (UTM), was one of eight Skyhawk honorees and one of 135 football players chosen for the team.

The OVC began in 1948 and is the eighth-oldest Division I Conference. The 2022-23 academic year marked the 75th anniversary of the OVC. As part of the celebration, a Committee working with

current and former schools in the league gathered a list of the “best of the best” athletes in each sport to celebrate the top athletes in the league.

Carr was the quarterback for the McKenzie Rebels and helped lead the team to the TSSAA State Championship game in 2006.

Carr played quarterback at UTM from 2008 until 2012. During that time, he ran 8,428 yards and completed 69 touchdowns. In a press release from UTM, Carr was described as one of the most prolific quarterbacks in OVC history. He ranks in the

league's top-10 in pass completions (665, fifth), passing touchdowns (69, fifth), passing yards (8,428, seventh), and total offense (8,484, eighth). As a senior, he shattered UTM's single-season record for pass completions (264), passing yards (3,276), and touchdowns (31), and he was named to the All-OVC second team squad. He also set an NCAA record for passing efficiency (42-of-46, school records of 560 yards and seven touchdowns) at Murray State.

Carr was inducted in the UTM Hall of Fame in 2021.

Carroll County Sheriff's Department Reports

Multiple Charges — Adrine McClerkin, 45, of Atwood was arrested for Possession of Schedule II (meth) and cited for Simple Possession, Possession of Drug Paraphernalia, and Failure to Obey Traffic Control Device.

On June 7, a traffic stop was conducted for a vehicle failing to stop. While speaking with the driver, the officer could smell marijuana. A search was conducted where 0.5 grams of meth, a glass pipe, and 2.67 grams of marijuana was located.

Multiple Charges — David Sanders, 50, of Henry was charged with aggravated criminal trespass and vandalism.

On 06/18/23, the sheriff's department received a call about a man attempting to break into a place of busi-

ness. Officers arrived and spoke with the owner, the owner stated that the man was walking down the road nearby. The man was identified as, David Sanders, and seen walking. He is in fact the man from the camera footage. Damage was done to the front glass door, estimated cost of repairs is \$1000.

Theft — On June 15, a report was made for theft in Hollow Rock. The victim stated his bucket and grapple for a skid was missing as well as about 80 gallons of fuel was stolen.

Multiple Arrests, Multiple Charges — Jason Mercer, 39, of Springville was arrested for Theft and Unlawful Possession of a Weapon.

Zachary Perales, 32, of Clarksville was arrested for Theft, eight counts of

Aggravated Assault, Felony Evading, and Unlawful Possession of a Weapon.

On June 17, the Sheriff's Department assumed a pursuit from Benton County on a vehicle with a stolen trailer attached. Spike strips were deployed causing the vehicle to wreck into a fence. The driver, Zachary Perales struck several patrol units as well as an officer knocking him down before being taken into custody. The passenger, Jason Mercer, was detained as the incident was being investigated. Both denied knowing the trailer was stolen and fled because they had active warrants out. Officers located a loaded 40 cal. Smith and Wesson pistol, again both parties denied the gun and are convicted felons.

McKenzie Police Reports

Harassment — Timothy Kevin Ricketts, 36, Highland Drive, McKenzie was charged with Harassment after he made a series of phone calls, left voicemails, threatened to break into a home and steal items.

Officer Kyle Beauchamp took the complaint from a

McKenzie resident on June 17. Ricketts was found at the Relax Inn and cited into General Sessions Court.

Sexual Registry Violation — Norman Michael Watne, 55, McKenzie was arrested for Violation of the Sexual Offender Registry on June 22.

Assistant Chief Trey

Boucher and Patrolman Jeremy Brooks located Mr. Watne as he was living in an outer storage building on Booker Street. He had temporarily changed his residence to the outer building while working for the property's owner.

He had registered his residence as the Relax Inn and had yet to submit an updated address listing.

NOTICE

The Carroll County Beer Commission has received an application for a beer permit for Clayhill Motor Sports Park LLC. Application is for on-premises consumption.

The business is located at 1315 Rimmer Road, Atwood, TN. The business is bounded on the north by John Holmes Peacher-Ryan, east by Betty Sullivan, south, east and west by Scott Rimmer. A hearing will be held Wednesday, July 19, 2023, at 11 a.m. at the Carroll County Office Complex conference room, Huntingdon, TN.

All persons who wish to be heard may be present at this time.

Carroll County Beer Board

A403/26-2

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 8, 2019, executed by BOBBY J CANTRELL conveying certain real property therein described to W. KENT JONES, as Trustee, as same appears of record in the Register's Office of Carroll County, Tennessee recorded April 9, 2019, in Deed Book 678, Page 296; and

WHEREAS, the beneficial interest of said Deed of Trust was last transferred and assigned to FREEDOM MORTGAGE CORPORATION 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 Carroll 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 **August 3, 2023** at 12 p.m. At the Carroll County Courthouse, 99 Court Street, Huntingdon, TN 38344, proceed to sell at public outcry to the highest and best bidder for cash or certified funds ONLY, the following described property situated in Carroll County, Tennessee, to wit:

IN THE TOWN OF McLEMORESVILLE AND BEGINNING AT A STAKE IN THE PROPERTY LINE OF TOM CARY NOW PHIL WILLIAMS , SAID STAKE BEING 18 FEET EAST FROM THE CENTER OF HARRELL STREET, AND RUNS THENCE EAST AND WITH THE TOM CARY, NOW WILLIAMS , SOUTH LINE 200 FEET TO AN IRON STAKE; THENCE SOUTH WITH THE LINE OF BOBBY VINSON, NOW TIMOTHY ARNOLD, 100 FEET TO AN IRON STAKE; THENCE WEST AND WITH THE NORTH LINE OF BOBBY VINSON 200 FEET TO A STAKE, 18 FEET EAST FROM THE CENTER OF HARRELL STREET; THENCE NORTH WITH MARGIN OF HARRELL STREET, 100 FEET TO THE POINT OF BEGINNING.

THE ABOVE DESCRIPTION IS THE SAME AS IN THE PREVIOUS DEED OF RECORD.

KNOWN AS: 70 HARRELL STREET, McLEMORESVILLE, TN.

FOR SOURCE OF TITLE, SEE DEED BOOK 387, PAGE 661, REGISTER'S OFFICE OF CARROLL COUNTY, TENNESSEE. MAP 81-B, GROUP A, PARCEL 2.01, ASSESSOR OF PROPERTY'S OFFICE FOR CARROLL COUNTY, TENNESSEE.

Parcel ID: 081B-A-002.01

PROPERTY ADDRESS: The street address of the property is believed to be **70 HARRELL STREET, McLEMORESVILLE, TN 38235**. 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): BOBBY J CANTRELL

OTHER INTERESTED PARTIES:

VOLUNTEER LENDERS, INC.

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
1661 International Drive, Suite 400, Memphis, TN 38120
rslaw.com/property-listing
Tel: (877) 813-0992 Fax: (470) 508-9401

A7202/26-3

SUBSTITUTE TRUSTEE'S SALE

Sale at public auction will be on **August 17, 2023 on or about 2 p.m. local time**, at the East Door, Carroll County Courthouse, 99 Court Square, Huntingdon, TN 38344, conducted by the Substitute Trustee as identified and set forth herein below, pursuant to Deed of Trust executed by JERUNA COZART AND REGGIE COZART, to Premier Title and Escrow Co., Inc., Trustee, on April 6, 2006, at Record Book 547, Page 1099-1120 as Instrument No. 113750 in the real property records of Carroll County Register's Office, Tennessee.

Owner of Debt: U.S. BANK NATIONAL ASSOCIATION, AS SUCCESSOR TRUSTEE TO BANK OF AMERICA, N.A., SUCCESSOR BY MERGER TO LASALLE BANK NATIONAL ASSOCIATION, AS TRUSTEE FOR MERRILL LYNCH MORTGAGE INVESTORS TRUST, MORTGAGE LOAN ASSET-BACKED CERTIFICATES, SERIES 2006-RM3

The following real estate located in Carroll County, Tennessee, will be sold to the highest call bidder subject to all unpaid taxes, prior liens and encumbrances of record:

A certain tract or parcel of land located in the 5th Civil District of Carroll County, State of Tennessee, bounded and described as follows:

Located in the Town of McLemoresville on the west side of Church Street and beginning on a stake the same being the southeast corner of Vernie M. Brown formerly Hudkins Barker lot, and runs thence west 200 feet to a stake, the same being Nell Chandler's line, thence south 75 feet to a stake, the same being the northwest corner of Austin Bush and wife, Agnes Bush, formerly Connie Lewis lot; thence east 200 feet to the Bush (formerly Lewis) northeast corner; thence north 75 feet to the beginning, containing 1/2 acre, more or less.

Statement required by T.C.A. 66-24-121: the foregoing legal description is the same contained in the previous deed of record.

This being the same real estate conveyed to Jeruna L. McCullough, by warranty deed from Billy Norris Joyner, dated June 15, 1992, of record in Deed Book 253, Page 616, Register's Office of Carroll County, Tennessee. Jeruna L. McCullough is now known as Jeruna Cozart.

Tax ID: 081B A 00900 000

Current Owner(s) of Property: JERUNA COZART AND REGGIE COZART

The street address of the above described property is believed to be 175 Church Street, McLemoresville, TN 38235, but such address is not part of the legal description of the property sold herein and in the event of any discrepancy, the legal description referenced herein shall control.

SALE IS SUBJECT TO OCCUPANT(S) RIGHTS IN POSSESSION.

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. THE TERMS OF SALE ARE CASH. ANY TAXES OR FEES WILL BE THE RESPONSIBILITY OF THE PURCHASER. IF THE SALE IS SET ASIDE FOR ANY REASON, THE PURCHASER AT THE SALE SHALL BE ENTITLED ONLY TO A RETURN OF THE PURCHASE PRICE. THE PURCHASER SHALL HAVE NO FURTHER RECOURSE AGAINST THE GRANTOR, THE GRANTEE, OR THE TRUSTEE.

OTHER INTERESTED PARTIES: DISCOVER BANK AND HARPETH FINANCIAL SERVICES, LLC, DBA ADVANCE FINANCIAL

THIS IS AN ATTEMPT TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

If applicable, the notice requirements of T.C.A. 35-5-101 have been met.

All right of equity of redemption, statutory and otherwise, and homestead are expressly waived in said Deed of Trust, but the undersigned will sell and convey only as Substitute Trustee.

If the U.S. Department of Treasury/IRS, the State of Tennessee Department of Revenue, or the State of Tennessee Department of Labor or Workforce Development are listed as Interested Parties in the advertisement, then the Notice of this foreclosure is being given to them and the Sale will be subject to the applicable governmental entities' right to redeem the property as required by 26 U.S.C. 7425 and T.C.A. §67-1-1433.

This property is being sold with the express reservation that the sale is subject to confirmation by the lender or trustee. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the purchase price. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney.

MWZM File No. 17-001225-670-4

Mackie Wolf Zientz & Mann, P.C., Substitute Trustee(s)
Cool Springs Commons, Suite 273
7100 Commerce Way, Brentwood, TN 37027
TN INVESTORS PAGE: HTTP://MWZMLAW.COM/TN_INVESTORS.PHP

A7202/26-3

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SUBSTITUTE TRUSTEE'S SALE

Sale at public auction will be on **July 27, 2023 at 11 a.m.** local time, at the east door, Carroll County Courthouse, 99 Court Square, Huntingdon, Tennessee pursuant to Deed of Trust executed by Douglas Ryan Bullington and Trilby Layne Bullington, to Old Republic Title Company of Tennessee, Trustee, as trustee for Mortgage Electronic Registration Systems, Inc., as nominee for Advantage Mortgage and Consulting, LLC on December 12, 2001 at Trust Deed Book 481, Page 502; and modified by agreement recorded June 4, 2003 in Trust Deed Book 505, Page 266 and further modified by agreement recorded December 10, 2014 in Trust Deed Book 638, Page 1010; conducted by LLG Trustee TN LLC, having been appointed Substitute or Successor Trustee, all of record in the Carroll County Register's Office. Default has occurred in the performance of the covenants, terms, and conditions of said Deed of Trust and the entire indebtedness has been declared due and payable.

Party Entitled to Enforce the Debt: Federal Home Loan Mortgage Corporation, as Trustee for the benefit of the Freddie Mac Seasoned Loans Structured Transaction Trust, Series 2021-2, its successors and assigns.

The real estate located in Carroll County, Tennessee, and described in the said Deed of Trust will be sold to the highest call bidder. The terms of the said Deed of Trust may be modified by other instruments appearing in the public record. Additional identifying information regarding the collateral property is below and is believed to be accurate, but no representation or warrant is intended.

Street Address: 211 Allen St, Bruceton, Tennessee 38317
Parcel Number: 66F A 018.00
Current Owner(s) of Property: Douglas Ryan Bullington

This sale is subject to, without limitation, all matters shown on any applicable recorded plat; any unpaid taxes; any restrictive covenants, easements, or setback lines that may be applicable; any statutory right of redemption of any governmental agency, state or federal; any prior liens or encumbrances including those created by a fixture filing or any applicable homeowners' association dues or assessments; all claims or other matters, whether of record or not, which may encumber the purchaser's title and any matter that an accurate survey of the premises might disclose.

The following parties may claim an interest in the above-referenced property to be affected by the foreclosure: any judgment creditor or lien holder with an interest subordinate to the said Deed of Trust or any party claiming by, through, or under any of the foregoing. Such parties known to the Substitute Trustee may include: None.

Terms of Sale will be public auction, for cash, free and clear of rights of homestead, redemption and dower to the extent disclaimed or inapplicable, and the rights of Douglas Ryan Bullington and Trilby Layne Bullington, and those claiming through him/her/it/them.

Any right of equity of redemption, statutory and otherwise, and homestead are waived in accord with the terms of said Deed of Trust, and the title is believed to be good, but the undersigned will sell and convey only as Substitute Trustee.

The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above. **If you purchase a property at the foreclosure sale, the entire purchase price is due and payable at the conclusion of the auction in the form of a certified/bank check made payable to or endorsed to LOGS Legal Group LLP. No personal checks will be accepted. To this end, you must bring sufficient funds to outbid the lender and any other bidders. Insufficient funds will not be accepted. Amounts received in excess of the winning bid will be refunded to the successful purchaser at the time the foreclosure deed is delivered.**

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 only by the Substitute Trustee at any time. If the Substitute Trustee rescinds the sale, the purchaser shall only be entitled to a return of any money paid towards the purchase price and shall have no other recourse. Once the purchaser tenders the purchase price, the Substitute Trustee may deem the sale final in which case the purchaser shall have no remedy. The real property will be sold AS IS, WHERE IS, with no warranties or representations of any kind, express or implied, including without limitation, warranties regarding condition of the property or marketability of title.

This office may be a debt collector. This may be an attempt to collect a debt and any information obtained may be used for that purpose.

LLG Trustee TN LLC, Substitute Trustee
10130 Perimeter Parkway, Suite 400, Charlotte, NC 28216
Phone (704) 333-8107 Fax (704) 333-8156

File No. 22-122760

A7202/25-3

Tera Townsend Headed to Miss Tennessee Stage This Weekend

BY LYNDESEY SUMMERS
lsummers@mckenziebanner.com

Tera Townsend was born to shine on the pageant stage. The Huntingdon native began competing in pageants at as early as six months old, and now she is traveling to Memphis to represent West Tennessee in the Miss Tennessee Pageant June 29-July 1.

Townsend, the daughter of Terry and Wanda Townsend, said she knew she was meant for the stage when she was three years old. It was the first pageant she had competed in that had a talent portion, and she sang “Barney and Friends.” Her mom was supposed to hold the microphone while Townsend sang, but the three-year-old snatched the microphone and put on a show on her own.

Townsend participated in her fair share of pageants after that day. She became Little Miss Huntingdon and Little Miss Carroll County. She fell in love with the dresses, and she loved getting her hair and makeup done. As she got older, though, she found new reasons to love pageantry.

Townsend was bullied in school for her speech impediment and learning disability. She said pageant interviews helped her persevere past her disabilities and gain confidence.

“I have learned from pageantry that it’s not about just the beauty on the outside but the beauty inside your heart as well,” she said. “You have to have great communication skills. And that is something that I think I’ve learned the most through pageants these past five years, is that communication really is the key to success.”

When Townsend turned 18, she had the honor of being in the Strawberry Festival’s territorial court. From there, she said she decided she would set her sights on the bigger pageant systems. She had her eyes on Miss America.

Townsend was Miss Jackson the first year she competed in the Miss Tennessee Pageant, from the Miss America Organization. When the Miss America Organization removed the swimsuit portion of the pageant, the Miss America Volunteer Organization was born. Townsend competed in the Miss Tennessee Volunteer pageant for



Tera Townsend is Miss West Tennessee in the upcoming Miss Tennessee Pageant.

two years, once as Miss West Tennessee Soybean Festival Volunteer and again as Miss Midlands Volunteer.

This year, she decided to return to the Miss America Organization, but she didn’t want to stress over it. She was confident in herself, which was all that mattered to her. She walked onto the Miss West Tennessee Pageant stage with no expectations, not knowing that, in a few hours, she would once again be on the road to compete for Miss Tennessee.

“I walked into Miss West Tennessee thinking that I was there just for fun. I was not gonna win. I was just gonna go there to have fun, make friends, and get some connections for future business sponsorships,” she said.

She started a new business venture, called “The Pageant Prepper,” in Nashville in December 2022, and she moved it westward to her mom’s New Image Salon at 19230 W. Main Street in Huntingdon in March 2023. As The Pageant Prepper, Townsend coaches young women, offering walking classes, interview training, talent preparation, personal platform building, paperwork building, wardrobe building, and custom track building. She has a selection of pageant dresses for rent on-location. She also does on-location and in-studio pageant headshots. Going into the Miss West Tennessee Pageant, she was hoping to build clientele.

The Miss America Organization consists of three portions: evening gown, fitness and talent. Although

the organization ended its swimsuit portion in 2018, it introduced the fitness portion this year. The girls will wear sports bras and leggings from Rebel Athletics, an official Miss America sponsor.

Townsend is branching out for this year’s talent portion. She decided to compete in the Miss America Organization this year because she knew there was a bigger focus on talent. She earned her associate’s degree in audio engineering from the SAE Institute in Nashville. She was later signed to a subsidiary of Sony Music and Universal Music, and she released several singles. In past Miss Tennessee and Miss Tennessee Volunteer pageants, she performed country songs. This year, she is singing the Christina Aguilera version of “Reflection” from the movie “Mulan.”

“This year, I wanted to try something different, maybe go in a different direction since I have been preparing a little bit differently this year. Try something that’s a little bit out of my comfort zone because I love a challenge,” she said. “It’s a big song.”

Townsend kickstarted the “Star Foundation” nonprofit in 2020, which she will promote through the Miss Tennessee Community Service Impact initiative. Her main goal with the foundation is to provide financial assistance to cancer patients. She said 16 of her family members were diagnosed with cancer in her lifetime, and 14 of them died from the disease. She has hosted several fundraisers on behalf of the foundation.

The next fundraiser is on October 28 at the Carroll County Civic Center. The day’s events include a Runway Superstar Fashion Show, a 5K, pageants, a silent auction, and an awards ceremony. Tickets to the fundraiser go on sale on September 1.

Townsend said winning the Miss Tennessee title would change her life. It would spread the word about the Star Foundation and her new coaching business. She knows winning would multiply the number of people she can help.

The Miss Tennessee Pageant is Thursday, June 29 through Saturday, July 1 at the Cannon Center for the Performing Arts in Memphis. The final night of the competition will be televised on local channels.

Baptist Nurse Nominated for Florence Nightingale Award

GERMANTOWN (May 5) — Kallie Berry, a nurse at Baptist Memorial Hospital-Carroll County was nominated for the 2023 University of Tennessee Health Science Center Nurse Hero Award at the 2023 NightinGala. Berry was one of 60 nurses in the mid-south to be nominated for the Florence Nightingale award.

The award is named after Florence Nightingale, the founder of modern nursing. It is intended to honor the value and tireless dedication Nightingale brought to

the nursing profession.

Sarah Pitcher, marketing director at Baptist Memorial Hospital-Carroll County, says Berry’s nurturing heart and team mindset make her a valued member of the Baptist-Carroll County team.

The NightinGala was Friday, May 5 at the Great Hall and Conference Center in Germantown. The event was the seventh annual recognition of Nurse Heroes and celebration of the nursing profession hosted by the UTHSC College of Nursing.



Kallie Berry, RN at the 2023 NightinGala in Germantown.

Suite is New Principal at Riverside High School

Lex Suite is the new principal at Riverside High School, according to Decatur County Director of Schools Chris Villafior. Suite has 30-plus years experience in education with three of those as assistant principal at Riverside High School.

Lex has been in education for over 30 years with three years of experience at Riverside High School. Mr. Suite graduated from Lebanon High

School in 1993. He earned both a Bachelor’s Degree and Master’s Degree from Cumberland University. Lex received his Master’s + 30 in Administration and Supervision from the University of Memphis.

Mr. Suite served in the Marines, as principal at West Carroll Junior/Senior High and director of schools at South Carroll Special School District.

He and wife, Lana, reside in McMoresville.



Lex Suite

TCAT McKenzie Students Earn ITSM Certifications

TCAT McKenzie students Eric Flores of Henry and Ryan Chaney of Huntingdon recently earned certifications in Information Technology Systems Management (ITSM).

Flores earned his Linux Essentials certification, the industry standard for launching IT careers in today’s digital works.

Chaney earned his A+ certification.

Flores and Chaney are both students in the Information Technology Systems Management program taught by Tim Fann.



Ryan Chaney



Eric Flores

Holt Speaks to Rotarians About Bethel Renaissance

MCKENZIE (June 20) — Matthew Holt was the featured speaker at the meeting of the Rotary Club of McKenzie’s weekly meeting on June 20.

Holt is the executive director of the Renaissance, the Performing Arts Experience, at Bethel University. The McKenzie native is in his 16th years with Bethel University.

Holt and wife, Lindsey, reside in McKenzie with their four children: Fletcher, Ridley, Carver, and Mary Mae. In addition to being the executive director of Renaissance, Holt travels with Bill Gaither and the Gaither Vocal Band as the pianist. In 2015, he received his first Grammy nomination, the music industry’s most sought-after award.

He was honored to be the pianist at the televised funeral services of Billy Graham, a renowned evangelist. Holt is also the music director at First Baptist Church, McKenzie.

Renaissance consists of



Matthew Holt, executive director of Renaissance, and Jason Martin, president-elect of the Rotary Club of McKenzie.

choir, quartet, Resound - a sixteen-member vocal group, bluegrass band, theatre, and production. Last year, the groups performed approximately 100 events. Renaissance serves as the university’s main church relations outreach group.

One of the biggest productions is the annual “Christmas with Renaissance” show performed on the campus of Bethel University. The multi-day event features all the Renaissance groups, who perform to sold out audiences.

County Residents Graduate from UT Martin

MARTIN — Several Carroll County residents received degrees from the University of Tennessee at Martin during two spring commencement ceremonies on May 6.

Students receiving undergraduate degrees were:

Bruceton — Lucien James Alexander Park Chatham.

Hollow Rock — Riley Paige Walker, Ana-Kate Maree Welsh, Hannah Elizabeth Work.

Huntingdon — Kody Byrd, Emily Denise Coleman, Payton Elizabeth Connell, Elizabeth Ann Hudgins, Danielle Thearea-Jarnagin, Caitlin Elise

Kreuziger, Kelby Bryce Pearson, Joseph Thomas Richardson, Austin Carroll Russell, Molly Brooke Sturgis, Christopher Allan Sullins, Reagan Elizabeth Wallace, Katilyn Elizabeth Wortham.

McKenzie — Emily Ann Bolin, Lori Brown, Leah Beth Cox, Pedro Flores Rodriguez, Spencer R. Fornera, Dan Ellsworth Hoffman, Jackson Lawrence, Nicole Raye Mercer, MaKenna Scott, Krista Dawn Taylor, Braulio Vega, Paul Watkins.

McLemoresville — Shelby Kathryn Browning.

Students receiving graduate degrees were Veronica Leigh Yeager, Cedar Grove;

Julie L. Reeves, Huntingdon; Nicholas Bradley Chappell, McKenzie; Lindsey Leann Cobb, Yuma.

Another Success Story

“I thought everyone here was very friendly and certainly selfless. My stay was great.”

- Ms. Smith, AHC McKenzie patient

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Loral Winn Graduates from Ole Miss

OXFORD, Miss. — Loral Winn, of Dresden, was among more than 3,100 students invited to walk across the stage at the University of Mississippi’s 170th Commencement exercises. The

university’s individual colleges and schools held the commencement ceremonies during May 10-14.

Winn received a Bachelor of Arts from the School of Journalism and New Media.

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HOW TO ESTABLISH FITNESS GOALS FOR KIDS

Physical activity benefits people of all ages, including kids. Despite widespread recognition of the positive impact physical activity has on children, many kids are not getting enough exercise. In an analysis of data collected as part of the 2019 Youth Risk Behavior Survey, the CDC found that less than one in four children between the ages of six and 17 participates in 60 minutes of physical activity per day.

When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life. Parents often look for ways to promote physical activity to their youngsters. Setting fitness goals is one way to help young people exercise more, and the following are a handful of strategies parents can try as they seek to promote a love of physical activity in their children

▲ Include fun activities in a fitness plan. Adults recognize the importance of planning when aspiring to achieve certain goals, and a plan can be just as integral to getting kids to be more physically active. When devising a fitness plan, parents should be sure to include activities kids find fun. Identify activities kids enjoy, whether it's hiking or cycling or playing an organized sport, and include that in the fitness plan.

▲ Involve kids' friends. Parents often make exercising a family affair, but a 2015 study led by a researcher affiliated with Cincinnati Children's Hospital Medical Center found that children who exercised with friends were far less likely to cite barriers such as lack of enjoyment or lack of energy as reasons for not exercising. Kids are more inspired to exercise with friends than they are with family members. When establishing fitness goals for kids, parents can work with other parents so their kids can pursue those goals together, increasing the chances that those pursuits will be successful.

▲ Set aside time to exercise each day. Physical activity should be part of everyone's daily routine, and kids are no exception. Such activity does not need to be a grueling workout, and children's bodies will need time to recover after especially strenuous exercise. But setting aside time each day to be physically active is a good way to ensure kids' lifestyles are not predominantly sedentary.

▲ Make the goals attainable. Parents may know before kids begin exercising or notice shortly after they start being more physically active how much kids can reasonably handle. The YMCA notes that's an important factor to consider, as fitness goals should be attainable so anyone adjusting to a new regimen, even kids, stays motivated. A child's pediatrician can advise on how much exercise youngsters should get each day, and parents can help kids gradually reach that point by setting challenging but attainable goals.

Regular physical activity can benefit kids for the rest of their lives. Parents can pitch in by embracing various strategies to help kids establish attainable goals that make fitness fun.

Did You Know?

Veterinarians and rescue organizations stress the significance of spaying or neutering pets. This is a relatively minor procedure with an excellent recovery rate, and it renders the animals sterile so they cannot reproduce. Many animal shelters won't allow people to adopt pets before the pets have undergone the spay/neuter surgery. Prospective pet owners may wonder why spaying/neutering is so important. Here are four reasons.

1 Increased longevity: A study focusing on Banfield Pet Hospitals' database of 2.2 million dogs and 460,000 cats found, compared to animals not neutered or spayed, neutered male dogs lived 18% longer and spayed female dogs lived 23% longer. Spayed female cats in the study lived 39% longer, and neutered male cats lived 62% longer.

2 Curbs unwanted behaviors: Unaltered dogs and cats may roam to find mates, meow or bark, mark territory, and engage in other unwanted behaviors.

3 Prevents litters: Undesired litters of puppies or kittens lead to overpopulation, resulting in animals being placed in shelters or humanely euthanized.

4 May prevent cancers: Spaying/neutering can reduce the risk for certain cancers in animals, such as reproductive system cancer or pyometra. Spaying and neutering increases the likelihood that pets can live longer lives, and also helps reduce medical treatment costs.

There are several reasons to neuter and spay pets. It may be possible to find a low- or no-cost spay and neuter clinic to handle the procedure.

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How to Pair Food with Exercise

Food pairing is often discussed in terms of which wines best complement particular dishes. But pairing food with exercise merits consideration, as it can create the balance needed for overall health.

Food plays an important role in workouts, giving individuals the energy necessary to perform at their peak. Timing meals appropriately and knowing what to eat before or after a workout can make a difference.

Creatine Benefits Weight Lifting

Creatine is an organic acid that is an important ingredient for short duration, high-intensity exercises, such as weight lifting. According to Kelly Pritchett, Ph.D., RDN, director of the nutrition graduate program and assistant professor of nutrition and exercise science at Central Washington University, foods rich in protein from meat, poultry and fish can help optimize stores of creatine. Creatine also may be found in foods and beverages targeted to athletes, like protein shakes and snacks.

Pre-Workout Mixes Include Protein & Carbohydrates

A snack or mini meal one to three hours before a workout is ideal so that digestive issues don't occur during a workout when the body directs more blood to muscles than digestion. Food pairings including a high quality carbohydrate, like whole grain bread or oatmeal, with a protein source, such as peanut butter or milk, can be key. Blood sugar will stay steady with whole grain carbs, and the protein will help you to feel full and avoid overeating after a workout.

Glucose, Glycogen & Running

Distance running or other exercises requiring endurance, such as skating or biking, require ample energy stores. Low-carbohydrate diets are popular for people looking to lose weight, but they're not ideal for people who engage in endurance sports and need carbohydrates for energy, states Johns Hopkins Medicine. Endurance athletes need more carbs than those who aren't training. These activities use both glucose in the blood and glycogen, which is sugar stored in the liver and muscles. Eating plenty of healthy carbs helps bolster energy stores. Whole fruits and grains are good sources of carbohydrates.

Benefits of Bananas

For those with limited time to eat before a workout, bananas might be the perfect option. According to WebMD, bananas have easily digestible carbs that won't weigh you down. The potassium in bananas may help prevent muscle cramps during and after workouts.

Power Up With Potatoes

Potatoes are whole foods, so they contain a balance of all the essential amino acids despite being low in whole protein. They're also rich in vitamin B6, which is critical to protein metabolism, says Mark Anthony, Ph.D., adjunct professor of science and nutrition at St. Edwards University, Austin. Potatoes also contain the right mix of sodium and potassium to maintain an electrolyte balance in the body.

Recover Right

A mix of carbohydrates and lean proteins is ideal for exercise recovery. Mix in good fats like avocado and olive oil. Carbs help replenish depleted levels of glycogen, and high-quality protein helps build and repair muscle. Don't forget to drink plenty of fluids to replace what was lost while working out.

Food and exercise go hand in hand. It's important to eat well to keep the body in top form.

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