



Left, Drew Chappell moves in to shoot. Right, Cheyenne Long shoots for two points.

Lady Rebels, Rebels Win Over McEwen

MCKENZIE (January 26) — Following the crowning of the Homecoming queen and the introduction the Homecoming court and escorts, it was time for two big games.

McKenzie Lady Rebels excelled in their game against McEwen to even the record as 1-1 on the season with a 72-62 victory over the visiting ladies.

McKenzie scored 12, 21, 16 and 23 in the respective quarters as compared to McEwen's 11, 10, 17, and 24. That second quarter performance by the home team set the two teams apart in the contest.

McKenzie was led by Savannah Davis, the Homecoming queen, who had 28 points. Mikaela Reynolds, who served in the Home-

coming royalty, matched Davis' score with 28 to show the collective talents of the two seniors.

Davis had six 2-pointers, three 3-pointers, and seven foul shots. Reynolds had six 2-pointers, three 3-pointers, and seven free throws to exactly match Davis. Molly French had 8 points, Cheyenne Long had 4, and Sophie Pate and Madeline Gottshall each had 2.

McEwen was led by Amberlee Hankins with 24, Shana Buhanon with 17, Ellie Littleton with 9, Laken Dodd with 5, Ashton Davidson with 4, Chailyn Soule with 2 and Abigail Harrington with 1.

McKenzie is now 10-5 on the season and 3-1 in region.

In the nightcap, McKenzie Rebels claimed a 61- 53

victory over McEwen.

McKenzie scored 18, 15, 14, 14 in the respective quarters and McEwen scored 10, 12, 15, and 16.

Tate Surber led all scorers with 33 points, including 11 2-pointers, two 3-pointers and five free throws.

Carter Kee was successful in landing five 3-pointers for a total of 15 points. Hayden Garrett had three 3-points for 9 points, and Drew Chappell and Stafford Roditis each had 2 points.

McEwen was led by Caleb Coates with 23, Landon Davis with 10, Case Greene with 9, Cade Dreadon with 6, and Dalton Williams and Zake Harrington with 2 each.

The Rebels are 11-6 on the season and 4-0 in region play.



Above, Brother, Ross; mom, Stephanie McClerkin; Bethel signee, Mikaela Reynolds; and sister, Kylie, who is a freshman on the Lady Wildcat team. Below, Teammates and coaches join in the celebration of Mikaela's signing with Bethel University.



Mikaela Reynolds Signs with Bethel Basketball

MCKENZIE (January 23) — McKenzie High School senior Mikaela Reynolds chose to continue her education at Bethel University and is the newest signee for the Lady Wildcats Basketball Team. During a signing event at MHS on Tuesday, a school snow day, family, friends and Lady Rebels

teammates join in the celebration.

Mikaela is the 17-year old daughter of Stephanie McClerkin. She is a 4-year member of Lady Rebel Basketball and a member of the back-to-back State Championship teams in 2022 and 2023. She was selected as for the All-District, All-Region,

and the All-State teams. She is a member of Beta Club, Leo Club, McKenzie Maniacs, and YoungLife.

In recent statistics, she averaged 16.2 points per game.

She joins her older sister, Kylie, who is a freshman on the Bethel Lady Wildcats Basketball Team.

West Carroll School Board to Meet Thursday

The West Carroll Special School District's monthly meeting is Thursday, February 1 at 6:30 p.m. in the cafeteria at West Carroll Jr/ Sr High School.

The agenda is as follows:

Approve Cafeteria Financial Report and General Purpose (GP) Financial Report.

Discuss/Approve Cafeteria Budget Amendments

and General Purpose (GP) Budget Amendments.

Discuss/Approve School Calendars for 2024-2025 and 2025-2026; Discuss/Approve BETA Club Field Trips to Gatlinburg, Tenn. (one reading required) — Brittany Fowler and Lindsey Morton;

Discuss/Approve FFA Field Trip to Gatlinburg, Tenn. (one reading required) —

Noah Rogers; Discuss asphalt work at West Carroll — Chairman Robinson.

Discuss metal detectors at West Carroll — Director Caldwell; Public Comment (*Prior Approval Required); Principal Reports; Director of Schools Report; Executive Session — Chairman Robinson.

Milan Bulldogs Take Two From War Eagles

ATWOOD (January 27) — Milan Lady Bulldogs and Bulldogs were victorious in two contests with their neighboring school district, West Carroll, in Atwood on Saturday afternoon.

In an inversion of games, the men played first followed by the ladies' contest.

In the opener, West Carroll War Eagles scored 33 points led by Davion Taylor

with 13, Izaia Clark with 12, Mason O'Neal with 6 and Kayden Melton with 2 for a total of 33 points.

The Bulldogs scored 42, led by Carmelo Jones with 14, Gabe Scott with 11, Jayden Brown with 3, J'Viona Johnson with 12, and Kaleb Moore with 2.

In the second contest, it was the Lady Bulldogs who took the 45-37 victory.

For the Lady War Eagles, Airyonna Metcalf scored 10, Aniya Metcalf with 9, Gracelyn Vernon with 8, Hailey Mitchell with 9, and Nnyonna Parker with 2.

The Lady Bulldogs were led by Raela Curry with 10, Ava Reed with 9, Ashley Williamson with 9, Allie Grant with 8, Coco Thomas with 5, Reese Redmond with 3, and Ticama Adkisson with 1.

Greenfield's Darby Makes History

Since joining the Lady Vols Basketball Team in Knoxville, Greenfield's Tess Darby basketball legacy has grown exponentially. Darby's skills from beyond the arc put her in the record book of the storied program.

Currently, the 6-foot-1 guard/forward senior ranks No. 8 in career three-pointers made with 154 following Sunday's game at Ole Miss. Darby, who has started 73 games and played in 99 for the Lady Vols. She had a 38.1 percent rate on her three-pointers which ranks her No. 9 all-time at Tennessee.

She moved into a tie for 10th in career treys at 133 earlier this season after nailing the second of a pair of treys at the 7:04 mark in the second quarter vs. Oklahoma in the Elevance Health Women's Fort Myers Tip-Off on November 25. Against Liberty, Darby hit a career-high six three-pointers and surpassed Taber Spani (143) and Shannon Bobbitt (147) to move into eighth on UT's career three-pointers list. She is closing in on Brittany Jackson (161, 2001-05), Shekinna Stricklen (163, 2008-12) and Ariel Masengale (164, 2011-15), who reside in seventh, sixth and fifth, respectively.

A year ago, Darby connected on 40.9 percent (70-



171) of her treys to card UT's second-best rate over the past 12 seasons. That percentage ranked No. 3 in the Southeastern Conference in 2022-23, and her 70 makes last season stand as the ninth-best total in UT women's hoops history.

Darby, the daughter of State Representative Tandy Darby and Kasi Knott Darby, had a stellar high school career. She led the Greenfield Yellowjackets to a 131-22 record, including 34-0 as a senior. She was part of the 2018 state title

and the team's 2020 run was cut short due to COVID-19. She was named a McDonald's All-American nominee (2020), All-State (2017, 2018, 2019, 2020), All-West Tennessee First Team (2017, 2018, 2019, 2020), All-State Tournament Team (2018, 2019) and a Miss Basketball Finalist (2018, 2020).

Her younger sister, Edie, is a sophomore guard for the Lady Vols.

**Contribution by Eric Trainer, UTK Associate Director of Strategic Communications*

Gleason's Drake Lehmkuhl Recognized for 1,000 Points

On Tuesday, January 23, 2024, in Gleason's game at Dresden, Drake Lehmkuhl surpassed the 1,000-point Club for his career at Gleason High School. Drake was able to accomplish this feat in just 60 games. Drake averaged 10 points a game after moving up from a successful junior high season as an 8th grader. Last season, Drake averaged over 20 points and 10 rebounds a game. This season, Drake is averaging 20 points and 7 rebounds as a sophomore.

Drake was honored was presented a commemorative basketball by Coach Mike Riggs on January 26.



HENRY COUNTY MEDICAL CENTER Management by Outside Healthcare System Possible OB Could Return

PARIS — During a recent meeting of the Henry County Hospital Board, the NW Tennessee Cares organization asked the Henry County Medical Center to appoint a task force to restore the hospital's obstetrics department. Hospital officials said their ongoing exploration into the possible management of the hospital by an outside healthcare system would include a stipulation that an obstetrics department be restored.

Ken and Marsha Banasiewicz of Paris, representing NW Tennessee Cares, read a letter at Thursday night's meeting of the Board of Trustees. "To date, the HCMC Board of Directors has called for no alternative plan, nor requested research that would help our community begin to reverse our embarrassing and deadly status as a maternity desert," they said.

"We are not ignoring the financial reasons for the closure and acknowledge they are real. However, we believe that OB is critical to our community and is the ultimate mission of a rural community hospital geographically removed from alternative options for care. Despite the financial constraints, we feel efforts need

to be made to find the revenues necessary to support this service," the letter read.

"Via this letter, NWTN Cares respectfully requests that the hospital consider convening a task force with community input to formulate potential scenarios that would address the basic needs of pregnant women in the community up to and including the re-establishment of the OB service. To that end, we also would like to offer Tom Gee, former HCMC CEO and a member of NWTN Cares as a potential member of this proposed group."

The letter continued, "Repercussions are being felt deeply and daily. Below are the chief reasons we are requesting your help:

Pregnant women and their partners will lose valuable time traveling to/from appointments causing loss of time at their workplaces and with their families.

Area employers stand to lose work hours/productivity from their pregnant employees/partners due to longer drives to OB appointments in other towns.

Having an OB center in the region is a selling point.

Economic development will suffer if the NWTN region is virtually without OB care. - Rob Goad, Executive Director PHC Industrial Committee

HCMC and the community stand to lose viability as families begin to seek OB care in towns offering those services.

How long will it be before other services, including imaging and specialty clinics disappear?

The 340B Drug Plan will likely not be available due to a decrease in inpatient Medicaid days. This negatively impacts drug access for the entire community.

The following three observations should be noted:

- Two of our OB physicians are still working in/near the community.
- Much of the needed equipment is still on site.
- At least two dozen of our OB nurses are either working in the area or working at HCMC in other capacities."

The concept of management of the hospital by an outside healthcare system was formally introduced at a strategic planning committee meeting by the Hospital CEO John Tucker. Another work session involving the hospital board and the county commission may be planned for the future.

**Information courtesy of Shannon McFarlin, WENK/WTPR.*

Webb

...From Front Page

For a property to be eligible for the National Register of Historic Places, it must meet at least one of four main criteria. Information about architectural styles, association with various aspects of social history and commerce and ownership are all integral parts of the nomination. Each nomination contains a narrative section that provides a detailed physical description of the property and justifies why it is significant historically with regard either to local, state, or national history. The four National Register of Historic Places criteria are the following:

Criterion A, “Event”, the property must make a contribution to the major pattern of American history.

Criterion B, “Person”, is associated with significant people of the American past.

Criterion C, “Design/Construction”, concerns the distinctive characteristics of the building by its architecture and construction, including having great artistic value or being the work of a master.

Criterion D, “Information potential”, is satisfied if the property has yielded or may be likely to yield information important to prehistory

or history.

The criteria are applied differently for different types of properties; for instance, maritime properties have application guidelines different from those of buildings.

According to the nomination form, the description of Webb School states, “The Webb School building sits on 15.1 acres and was constructed in 1958 in the Modern Movement style... The Webb School was moved to this property in 1937 after the other school building in town burned in 1936. The 1937 building was later torn down due to deterioration and the current building was constructed in 1958. The current school gained historical significance from 1958-1966, when it served as a school for local African American students, grades one through twelve. This school was also the only high school for African American students in Carroll County. The school was later desegregated in 1966, however the building continues to be maintained in its current historic state and is used for a variety of community needs.

“The Webb School retains its integrity and ability to communicate its historical significance as a center for education within the local African American community. The school retains its integrity of location and set-

ting, as the building remains on its historic property from its period of significance and the area continues to be surrounded by residential buildings in a historically African American neighborhood. There have been some alterations to the overall design, materials, and workmanship of the school, including the demolition of the gymnasium in the 1970s due to deterioration, and the addition of ductwork and covering of some windows in the 1980s. Additional changes to the school grounds include the removal of the school agricultural building, dormitory, and cafeteria in the 1960s. However, with the exception of the gym, these other buildings were not attached to the Webb School, and the exterior of the building retains its signature horizontally oriented awning windows, brick siding, flat roof, and original fenestration. Interior changes took place in the late 1970s, which included new floors, paint, and updated classroom doors. However, these interior changes had minimal impact on the integrity of the school, as it retains its original hallway, office, and classroom configuration. As a result, the Webb School also retains its integrity of association and feeling.”

The Nation Park Service could decide as early as March 2024 to allow Webb to join the Historic Register.



McKenzie Rotary President Jason Martin, Vice-President Christy Williams, and WTPUD Manager Brent Dillahunt at the January 23 meeting of the McKenzie Rotary Club.

Rotary Hears About West Tennessee Public Utilities

MCKENZIE (January 23) — Brent Dillahunt, manager of West Tennessee Public Utility District, was the featured speaker at the January 23 meeting of the Rotary Club of McKenzie.

Dillahunt said the Huntingdon-based distributor of natural gas serves all or part of five counties, and provides an energy product that is 92 percent efficient. Natural gas occurs naturally and is piped through underground pipelines throughout the United States.

WTPUD connects to two major pipelines — one in

Gleason and the other in Scotts Hill that provide WTPUD with reliable, low-cost energy. WTPUD has approximately 1,400 miles of main pipeline throughout its service area, which provide natural gas for residents, businesses, industry, and agriculture. Tosh Farms, based in Henry, and Tyson Foods are major drivers for use of natural gas to heat either the companies' or their vendors' livestock houses.

One concern of natural gas distributors is the increased use of natural gas for use by TVA to generate

electricity. The decommissioning of coal-fired steam plants, transferring to natural gas-fired plants, is placing an extra burden on the capacity of the natural gas pipelines. Dillahunt said it could limit the availability of natural gas for any prospective industry that has a large demand for NG. One such TVA natural gas plant is located in Gleason.

With the Gleason tap, northern Carroll County and southern Weakley County — including the McKenzie area — are in one of the best areas for availability.

Solar

...From Front Page

In anticipation of a new substation, Carroll County Electric purchased real estate in 2011. It is located along Highway 70, where TVA's 161 kilowatt passes overhead. CCED has \$2.3 million in reserves earmarked for the project.

Scott Burlison with Allen and Hoshall, a design and engineering company, said the project is estimated at \$6 million and will require up to four years for construction to be complete. The process involves an approval process by TVA, ordering the breakers and transformers. Burlison said the cost is double that of just two to three years ago, and the order lead times are extended compared to the 2020 pandemic.

The Board voted to contract with Allen and Hoshall to engineer and design, secure all the bids, and oversee the project. The company has worked with CCED for many years, said Burlison.

In other business, Burlison said the proposed solar array in Trezevant, to be constructed and owned by Silicon Ranch, will require significant upgrades to the substation in Trezevant. The upgrades will include isolation switches, other protective devices, and a fiber optic line for data transmission to monitor the substation. The estimated cost is \$1,467,000 to be paid by Silicon Ranch. The Tennessee-based solar company has installations throughout the state, including the nearest one at Puryear, which connects to Henry County's Board of Public Utilities.

Silicon Ranch will install the array adjacent to CCED's substation and provide elec-

tricity to the local distributor over a 30-year contract. Construction is expected to take 1.5 to 2 years, said Burlison.

The connection of the array is termed a 'win-win' situation because it will generate reliable power at less cost than TVA while helping CCED to upgrade the Trezevant substation without cost to CCED. The proposed solar farm installation would be a 118-acre solar farm. The proposed 6.25-megawatt array would be more extensive than the one along Interstate 40 near Brownsville.

Extreme temperatures create additional demand costs from TVA, which adds a surcharge for extreme loads during specific time periods.

Commercial customers pay a demand surcharge for the extra load usage. However, residential and small-usage customers pay no such demand surcharge. CCED was charged \$397,697 in demand surcharges that are unrecoverable.

Ryan Drewry, general manager, said the possibility of charge a surcharge during these extreme weather events for the smaller usage customers. The charge for small users would be at most \$6 in the month of the event. Board members will review the proposal during the February meeting. If approved, the charge would be effective July 1.

During the recent cold snap, Drewry added, “Although close, this winter cold snap did not surpass the total system load experienced just prior to Christmas Day in 2022 with Winter Storm Elliot. The Standard Service load peaked, during that event, at 78,379 kW (demand) on the evening of December 23, 2022. This set, to my knowledge, the all-time peak for Carroll County Electric. Preliminary numbers for last's weeks cold indicate our Standard Service load peaked

between the 6:30 a.m. to 7 a.m. window on Wednesday, January 17, at 75,517 kW. In cases of extreme hot or cold events, TVA requests public appeal for voluntary load curtailment. It may seem like an odd request to the public asking for electricity use to be reduced in some way when the hot or cold temperatures drive the personal need, or demand, for electricity upward to stay cool or warm.

Weather anomalies can stress the capacity of electrical generation assets. Similar to a breaker found in your electrical panel at home; transmission lines, substation breakers, and our distribution lines have limits on the amount of amps they can carry. When those limits are exceeded, breakers trip and/or worst case the line can burn up from being overloaded.

“So in extreme situations when capacity limits are heavily loaded or stressed, the small collective actions by many to reduce consumption adds up in a big way to keep electricity flowing.

Much appreciation goes out to TVA's generation and transmission groups during this stretch keeping generation assets online supplying the power for local power companies to distribute.

Carroll County Electric responded to several issues during this time too. Those included but not limited to: a vehicle accident, tree limbs either in the lines or that fell through the line causing it to break, recloser operations sourced from insulators found cracked for those who experience power flickers.

CCED crews navigated the additional challenges of the bitter cold and extremely slick roads to safely arrive and troubleshoot. Response time saw some impacts due to driving conditions. Thank you for your patience and to our linemen for their work.

Unemployment Decreases in Tri-Counties

NASHVILLE (January 2024) — Unemployment rates in the tri-counties of Carroll, Henry and Weakley counties decreased from November to December 2023. The latest labor force estimate from the Department of Labor and Workforce Development indicates the tri-counties' overall employment has improved.

Tennessee recorded an unemployment rate of 3.5 percent for December equaling the rate for December 2022. The United States' rate is 3.7 percent in December 2023.

In December 2023, Carroll County recorded an unemployment rate of 3.7 percent, down from 4.1 percent one

month earlier and 3.5 percent one year earlier. For a labor force of 11,765, there were 11,358 employed and 438 unemployed.

The Banner did cursory research of some of the highest months of unemployment in Carroll County since 1983. A few select months include: February 1983, 22.36 percent; January 1990, 14 percent; July 2010, 14.8 percent; and July 2013, 12.6 percent.

Henry County recorded a rate of 3.5 percent in December 2023, compared to 3.9 one month earlier and 3.5 one year earlier. From a labor force of 13,657, a total of 13,177 were employed leaving 480 unemployed.

Weakley County record-

ed an unemployment rate of 3.2 percent in December 2023, compared to 3.5 one month earlier and 2.9 one year earlier. From a labor force of 15,747, there were 15,245 employed and 502 unemployed.

In Tennessee, unemployment dropped in 92 counties, increased in two and remained the same in one in December 2023. The highest unemployment rate in Tennessee was 4.8 percent in Bledsoe County. The lowest rate was Moore County at 2.1 percent.

West Tennessee has two of the ten counties with the highest unemployment. Those are Lauderdale at 4.7 percent and Hardeman at 4.6 percent.

Year in Review

Lake Tax Ended December 31

HUNTINGDON (January 26) — Skeptics said it would never happened. Well it did and now the Carroll County 1000-Acre Recreation Lake is fulfilling the goals - recreation, flood control, and economic development.

Brad Hurley, president of the Carroll County Chamber of Commerce organized a meeting of former Carroll County Watershed Authority board members to celebrate the end of the \$10 annual wheel tax, the new ownership by the Tennessee Wildlife Resources Agency, and a dream come true.

The late Dale Kelley dreamed of the lake. As the

state representative for the area, he introduced legislation to create the Beaver Creek Watershed Authority. After engineers told him it was impossible to site a lake along Beaver Creek, he then entered legislation to create the Carroll County Watershed Authority. After many years of challenges and setbacks, a site was selected on Reedy Creek in the Leach Community outside of Huntingdon.

The people of Carroll County approved a \$10 annual wheel tax to pay 30 percent of the cost of the lake.

A referendum on November 7, 2000 was approved by a narrow 53 percent margin.

That wheel tax was conditional on a 404 Permit by

the U.S. Corps of Engineers. The permit was granted, the wheel tax started and construction of the 1000-acre lake soon commenced.

In May 2010, construction of the lake was complete and the flood gates were closed at the dam. The natural flow of Reedy Creek and auxiliary water pumps filled the lake. Now it is used for fishing, swimming and pleasure boating. Many new homes were built along its banks.

The tax ended December 31, 2022 after the State of Tennessee appropriated approximately \$11 million to purchase the lake from the Carroll County Watershed Authority. Tennessee Wildlife Resources Agency is now the owner and is improving the lake and its amenities.

Meters

...From Front Page

water usage electronically and requires no personal interaction. The department already has approximately 200 digital meters in service.

The Council approved a contract with J.R. Wauford and Company for engineering services for the Tennessee Department of Environment and Conservation, federal Biden administration American Rescue Plan Act grant for the Barnett Sewer Lagoon improvements.

The project calls for the elevation of the levees sur-

rounding the lagoon to assure those are higher than the 100-year flood plain. Also with the levees, the access road to the lagoon must be elevated.

Councilman Andrew Maddox questioned if the contract was bid competitively. The said J.R. Wauford is always awarded the contracts.

Mayor Nina Smothers and Public Works Director Randy Crossett said professional services, such as engineering, do not have to be bid competitively. Many times, an engineer is retained for many projects because the company is familiar with the water system and past construction projects. Other engineering firms are awarded non-water system projects.

The city also approved an application for a transportation planning grant to access the transportation needs of the city and help develop a 10-year plan. Mayor Smothers said it appears the Town of Huntingdon is the lone applicant for the grant in the west Tennessee area known as TDOT's Region 4. If awarded personnel would analyze the needs of Huntingdon and make recommendations.

The mayor noted former Councilman Jeff Bailey died. He served during two stints on the legislative body.

The mayor gave a recap of the accomplishments during the 2023 year. See the report in the February 6 issue of The Banner.

Deceased

...From Front Page

When the personnel from EMS and MFD arrived, they found Mr. Edwards and as-

sisted back to bed. The patient said he normally has his wife, Beth to assist him, but could not locate her.

Personnel from EMS and MFD located Mrs. Edwards, on the opposite of the bed and deceased.

The coroner was sum-

moned to the scene to determine the cause of death. The MPD report indicates she suffered from a childhood injury in a school bus wreck and suffered throughout her life with pain. She had possibly overdosed on pain medications.

Training

...From Front Page

Four (4) Themed Technical Assistance and Training Modules for Local Business Owners: Omni-Channel Re-

tail Strategies – Get Your Business Online!; Restaurant Resiliency Strategies; Holiday Trends & Predictions; and Property Owner Training and Toolkit — Customized Market Analysis.

The Chamber of Commerce and Industrial Development Board of McKenzie,

Tenn. are providing this training as a service to the community.

For more information, contact Monica Heath, executive director of the McKenzie Industrial Board and the McKenzie Chamber of Commerce, 731-352-2004.

Huntingdon Police Reports

Shoplifting — Sheridie Renae Smith, 42, of 141 Highland, Bruceton, was charged with Theft of Merchandise from Walmart on Jan. 20 by Officer Angie Barker.

On Jan. 20 at approximately 1:36 p.m., Officer Barker responded to a call to go to Walmart in regards to a shoplifter that store security had in custody. The Walmart security person stated Smith had knowingly and willingly concealed several items in her purse in an attempt to leave the store without paying for the items. All clothing items worth \$141.64 were recovered, but can't be resold. Restitution is due in the amount of \$141.64. She was cited into General

Sessions Court for theft of merchandise under \$1,000.

Walmart stolen items returned for \$1,143.48 gift cards - On Jan. 18, Officer Brad Allen was dispatched to Walmart who was told by security officers that Cassandra Pierce, 25, of 25, of 29611 Broad St., Bruceton, had on five different occasions and selected different items and then returned the stolen items for gift cards with the total being \$1,143.48. On Jan. 17, she was advised to come to Walmart to speak to store security to whom she admitted stealing the items and returning them for gift cards.

She was charged with five counts of Theft of Property conduct involv-

ing merchandise. Just a few of the items included baby bottles, baby wipes, Pampers diapers, batteries and crib set.

Littering Arrest Made — Christopher Ethan Johnson, 18, of Roy Fields Road, Huntingdon, was arrested on Jan. 14 for littering. On Jan. 3 officer Brad Allen was dispatched to A1 Pro Wash at 19165 Main Street where business owner Anthony Thomas said he had a person on his video camera dumping garbage in one of the car wash bays.

Johnson also did some damage to the boom, foam brush and weep gun as he was leaving the bay. Allen also filed a crash report due to the damage to the property.

Sheriff

...From Front Page

\$3,000 at 24 months and the final \$3,000 supplement at 36 months). For category two officers (no previous certified experience), they will receive a \$8,000 supplement over 36 months (\$3,000 at 12 months, \$2,500 at 24 months and the final \$2,500 supplement at 36 months).

Members of the Budget

Committee asked if the supplements would go towards the County's maintenance of effort for the Sheriff's future budget. Sheriff Dickson stated it would not be considered maintenance of effort as the grant money is a supplement/bonus, not regular salary.

The Sheriff's Office also requested additional budget transfers. \$2,475.89 was requested to be moved from the department's vehicle fund to inmate clothing. Then \$11,146.67 was requested from the vehicles fund

for other equipment. The \$11,146.67 was money from an insurance claim on a totaled vehicle that has been replaced. The funds will go towards equipping the replacement.

Committee Chairman Darrell Ridgely informed the Committee that it is approaching time to begin the yearly work towards setting the Fiscal Year 2024-25 Budget. He said the Committee needed to consider how they wanted to set time frames for budget discussions with department heads.

Obituaries

MARIANN McALPIN DRAPER 1948 — 2024

TREZEVANT — Memorial funeral services for Mariann McAlpin Draper, 75, were Saturday, January 27, 2024, at 1 p.m. at Trezevant First Methodist Church with Reverend Doctor Jerry Caldwell and Reverend Michael Wimberly officiating.

Ms. Draper was cremated. The family received friends on Saturday, January 27, 2024, at the church in Trezevant. Ms. Draper, a retired insurance agent, died at her residence on Monday, January 22, 2024.

She was born in Trezevant, Tenn., to Claude James and Nora Kathryn Brannan McAlpin. She was a member of Trezevant First Methodist Church and a 1966 graduate of Trezevant High School. She was preceded in death by her parents and her sister, Patricia Schneider.

Survivors include her daughter, Melissa Draper (Scott) of Cottage Grove, Tenn., her brother, Tommy McAlpin of Trezevant, Tenn., and her granddaughter, Rebekah Draper.

Brummitt-McKenzie Funeral Home is in charge of arrangements. For more information, please call (731) 352-4848 or visit www.brummittmckenziefuneralhome.com. +

JEFFERY LYNN BAILEY 1959 — 2024

HUNTINGDON — Mr. Jeffery Lynn Bailey, 64, of Huntingdon, Tenn., died Sunday, January 21, 2024, at his home.

Funeral services were Saturday, January 27 at Dil-

day-Carter Funeral Home.

Mr. Bailey was born January 24, 1959, to the late Joe Bailey and Carolyn Britton Bailey. He was preceded in death by one brother, Kenneth Bailey. He was a retired postal service carrier for the United States Postal Service, a former Huntingdon councilman for two different terms, and an Air Force veteran.

He is survived by his wife, Deanna Bailey; one daughter, Hannah Bailey of Morgantown, West Virginia; three sons, Dane (Jenny) Bailey of Marysville, Washington, Ian (Kassidy) Bailey of Buena Vista, Tenn., and Joe Bailey of Bellevue, Washington; one brother, Mike (Donna) Bailey of Huntingdon, Tenn.; and one granddaughter, Hazel Bailey.

Dilday-Carter Funeral Home is in charge of the arrangements 731-986-8281.

MARY L. BOUCHER 1928 — 2024

McKENZIE — A funeral mass for Mary L. Boucher was Tuesday, January 30, 2024, at 11 a.m. at Holy Family Catholic Church, Huntingdon. The family received friends on Monday, January 29, 2024, 5-7 p.m. at the funeral home with a Rosary at 7 p.m. Interment was at Carroll Memorial Gardens.

Mrs. Boucher, 95, died Tuesday, January 23, 2024, at her residence. She was born on May 1, 1928, in Windsor, Ontario, Canada to William and Helen Fisher Belleperche.

She is survived by her daughters, Margaret Boucher of Haywood, Mich., Denise Boucher of Dundee, Mich., Patricia Boucher of McKenzie, Yvette (Jerry) Engerisier of McKenzie, Maryanna (Vince) Doran of Mayfield, Ky., and Yvonne (Donnie) Tadgerson of Bremley, Mich., a sister, Jeannie (Bill) Gagnon of Canada, fourteen

grandchildren and twenty-three great-grandchildren. She is preceded in death by her parents, siblings, husband, Paul A. Boucher, and a grandson.

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

JOEL A. WILLIAMS, JR. 1956 — 2024

HUNTINGDON — Joel A. Williams Jr., 67, of Huntingdon, was born July 21, 1956, in Waukegan, Ill., and died January 19, 2024, at Jackson Madison County General Hospital in Jackson, Tenn.

A Memorial Service is Sunday, February 4, 2024, at 11:30 a.m. in the sanctuary of Huntingdon First United Methodist Church with Dr. Tim Atkins officiating. A reception will follow in the Community Life Center.

Joel was born to the late Joel A. Williams, Sr. and Norma DeFir. He was preceded in death by his father, mother, brother, Charles Williams and sister, Connie Williams. He is survived by his loving wife, Lynn Williams, sisters, Faye (Chuck) Rukstales, Janie Williams, Laurie (Bobby) Bell, his daughter, Lydia, many nieces and nephews and a host of friends.

Joel became legally blind in 2016 and continued losing sight over time. Vision impairment did not stop him from helping his community by picking up trash on Main Street as he walked to and from the gym on the square every day. He never let his blindness get him down and always looked on the brighter side of life. He had a phone ministry, calling folks he knew would appreciate a call.

Instead of flowers, Joel requested that donations be made to Huntingdon TNR (Trap, Neuter and Release)

and Kitten Rescue, an organization that is helping reduce Huntingdon's feral cat population at First Bank in Huntingdon or to an animal shelter of your choosing. Chase Funeral Home.

MICHAEL STEPHENS 1961 — 20224

DRESDEN — Mr. Michael Anthony “Tony” Stephens, 62, of Dresden, Tenn., died Friday, January 26, 2024, at Volunteer Hospital.

Graveside funeral service are 1:30 p.m., Wednesday January 31, 2024, at Fairview Baptist Church Cemetery McKenzie, Tenn., with Brother Rick Crossno officiating.

The family will receive friends at Dilday-Carter Funeral Home on Wednesday, noon until 1:10 p.m.

Mr. Stephens was born October 11, 1961, to the late Robert Jackson Stephens and Annie Lucille Stephens. He was preceded in death by two brothers, Eddie Dean Stephens and Kenneth Shryer Stephens. He was an employee of Champion Homes and a member of Fairview Baptist Church.

He is survived by two daughters, Michelle Copeland and Ashley Stephens; four grandchildren; siblings, Carolyn Willet, Delores Ellis, Anita Christian, Susan Taylor, David (Sheila) Stephens, Jeff (Teresa) Stephens And Kelly (Larry) Matlock; host of nieces and nephews and a special friend of 19 years, Lindy Bratton.

Dilday-Carter Funeral Home is in charge of arrangements, 731-986-8281.

REVEREND GEORGE HILL 1936 — 2024

HUNTINGDON — Reverend George Hill, 87, of Huntingdon, Tenn., died Thursday, January 25, 2024,

at his home.

Funeral services were Monday, January 29, 2024, at Huntingdon First Baptist Church. Interment will was at Hopper Cemetery in Lewisburg, Tenn., on Tuesday, January 30, 2024, at 11:30 a.m. Brother Frank Thomas Webb, Brother Gary Swafford and Brother Ray Jones officiating.

Mr. Hill was born March 17, 1936, to the late Bob Taylor Hill and Stella Burrow Hill. He was a member of Huntingdon First Baptist Church.

He is survived by his wife, Bettie Hill of Huntingdon, Tenn.; one daughter, Kimberly (Jesse Hickman) Bridges of San Angelo, Texas; one son, Kevin Hill of Huntingdon, Tenn.; two grandchildren,

Dilday-Carter Funeral Home is in charge of arrangements, 731-986-8281.

HOWARD PRUETT 1929 — 2024

HUNTINGDON — Mr. Howard “Punk” Pruett, 94, of Huntingdon, Tenn., died Tuesday, January 23, 2024, at his home.

Funeral services were Friday, January 26, 2024, at Huntingdon Church of Christ. Interment was in Carroll Memorial Gardens. Grandchildren and great-grandchildren officiated.

Mr. Pruett was born February 16, 1929, to the late Ronald Imogene Pruett and Callie Pratt Pruett. He was an assistant shift engineer for TVA and a member of the Huntingdon Church of Christ, where he served for 30 years as an elder. He was preceded in death by his son-in-law, Web Maddox; four brothers, James Pruett, Maurice Pruett, Don Pruett, and Joe Pruett.

He is survived by his wife of over 67 years, Marilyn Pruett; two daughters, Jen-

nifer (Walter) Butler and Julia Maddox; one son, Michael (Stephanie) Pruett, all of Huntingdon, Tenn.; two sisters, Patsy (Ray) McDaniel of Westport, Tenn., and Jeanne Pruett of Lebanon, Tenn.; eight grandchildren, and eighteen great-grandchildren.

Instead of flowers, donations may be made to Huntingdon Church of Christ.

Dilday-Carter Funeral Home was in charge of the arrangements, 731-986-8281.

CARLTON ‘DICK’ EUGENE WALLS 1930 — 2024

ATWOOD — Funeral services for Mr. Carlton “Dick” Eugene Walls, 93, of Atwood, were Sunday, January 21, 2024, at the Bodkin Funeral Home with burial in the Campground/Pleasant Green Cemetery in Trezevant.

Visitation with the family was Sunday at the funeral home.

Dick was born February 7, 1930, to the late Elmer and Daisy Spain Walls. He died January 13, 2024, at Baptist Hospital in Huntingdon. Mr. Walls was a retired maintenance man. He worked for Foamex for several years. Dick served his country in the United States Army. He was a member of Pleasant Green Presbyterian Church in Trezevant.

Surviving Family includes his wife, Rebecca Walls of Atwood; son, Steven Walls and wife, Melinda of McKenzie; grandchildren — Brandy Auvenshine and husband, Brent, and Matthew Walls and wife, Tanya; and great-grandchildren - Briley Auvenshine, Braylin Auvenshine, and Ethan Walls.

Besides his parents, Mr. Walls is preceded in death by a son, Michael Walls; brothers, Clifford and Tommy Walls; and sisters, Lois Berry and Betty Crews. +



Chocolate Oatmeal Cookies (Microwave)

1/2 cup milk
2 cups sugar
1/4 cup butter
3 cups oats
1/2 cup peanut butter
1/4 cup cocoa
1 teaspoon vanilla extract
Place sugar milk and butter in large microwave safe bowl and cook on high 4-5

minutes, just until mixture comes to a full boil. Stir in remaining ingredients until blended. Drop by spoonful onto wax paper. Let cool until firm.

Peanut Butter Swirls

1/2 cup peanut butter
1/3 cup softened margarine
3/4 cup white sugar
3/4 brown sugar
2 eggs
2 teaspoons vanilla
1 cup flour
1 teaspoon baking powder
1/4 teaspoon salt
6 oz. chocolate chips
Mix all ingredients except chocolate chips. Spread in greased 9x13 pan and sprin-

kle chips on top. Place in 350 degree oven for 3 minutes, remove and run knife through to marblize. Return to oven for 15 minutes. Cool and cut into squares.

Fruit Bake

1 large can pear halves
1 large can peach halves
1 large can chunky pineapple
1 can bing cherries (dark)
1 large can apricot halves
1 can mandarin oranges
Drain overnight. Line 9x13 pan. Mix 3/4 cup brown sugar, 1/3 cup melted margarine, 2 tablespoons lemon juice. Pour over fruit. Bake 325 for one hour.

Gasoline Prices Rise During Week

TENNESSEE (January 29) — Average gasoline prices in Tennessee rose 8.8 cents per gallon in the last week, averaging \$2.76/g today, according to GasBuddy's survey of 3,821 stations in Tennessee. Prices in Tennessee are 2.0 cents per gallon higher than a month ago and stand 49.9 cents per gallon lower than a year ago. The national average price of diesel has fallen 0.5 cents in the last week and stands at \$3.87 per gallon.

According to GasBuddy price reports, the cheapest station in Tennessee was priced at \$2.21/g yesterday while the most expensive was \$3.52/g, a difference of \$1.31/g. The lowest price in the state yesterday was \$2.21/g while the highest was \$3.52/g, a difference of \$1.31/g.

The national average price of gasoline has risen 4.5 cents per gallon in the last week, averaging \$3.07/g today. The national average is down 4.1 cents per gallon from a month ago and stands 41.2 cents per gallon lower than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the country.

Historical gasoline prices in Tennessee and the national average going back ten years:

January 29, 2023: \$3.26/g (U.S. Average: \$3.49/g).
January 29, 2022: \$3.08/g (U.S. Average: \$3.36/g).
January 29, 2021: \$2.22/g (U.S. Average: \$2.42/g).
January 29, 2020: \$2.22/g (U.S. Average: \$2.48/g).
January 29, 2019: \$2.02/g (U.S. Average: \$2.27/g).
January 29, 2018: \$2.39/g (U.S. Average: \$2.58/g).
January 29, 2017: \$2.07/g (U.S. Average: \$2.26/g).
January 29, 2016: \$1.61/g (U.S. Average: \$1.81/g).
January 29, 2015: \$1.88/g (U.S. Average: \$2.04/g).
January 29, 2014: \$3.08/g (U.S. Average: \$3.27/g).
Neighboring areas and their current gas prices:
Chattanooga — \$2.73/g, up 11.6 cents per gallon from last week's \$2.61/g.
Nashville — \$2.81/g, up 14.8 cents per gallon from last week's \$2.66/g.
Huntsville — \$2.82/g, up 1.5 cents per gallon from last week's \$2.80/g.

“We’ve seen the national average price of gasoline bounce back up after cold weather related refinery shutdowns pushed up the wholesale price of gasoline. Plus, recent GDP data and new attacks in the Red Sea have pushed oil prices to their highest level since November,” said Patrick De Haan,

head of petroleum analysis at GasBuddy. “While prices have inched up and may continue to slowly rise, I believe the larger increases will be witnessed in a few weeks as we enter mid-February, lasting through April or May, during which the national average could rise 35 to 85 cents per gallon. Other issues and tensions could complicate how quickly prices rise or how high they go, so while the rise is not completely charted, it could deviate from our expectations.”

GasBuddy is the authoritative voice for gas prices and the only source for station-level data. GasBuddy's survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide, the most comprehensive and up-to-date in the country. GasBuddy data is accessible at <http://prices.GasBuddy.com>. SOURCE GasBuddy

Area Students Named to Bethel’s Honor Roll, Dean’s List

McKENZIE (January 22) — On Monday, Interim President Robert Watkins announced Bethel University's College of Arts and Sciences, College of Health Sciences, and College of Professional Studies Fall Semester 2023 Honor Roll and Dean's List.

“Our students and faculty work so closely together to accomplish these achievements. Congratulations to all of you and thank you for making us proud,” stated Dr. Watkins.

To qualify for the Honor Roll, undergraduates must have completed 12 or more hours of academic work with an average GPA of 3.7 or above and no grade lower than a “C.”

To qualify for Bethel's Dean's List, undergraduates must have completed 12 or more hours of academic work with an average GPA of 3.5 – 3.69 and no grade lower than a “C.”

College of Arts and Sciences Deans List

Arguedas, Ariel - McKenzie, Barrick, Morgan-Lee - Paris, Bishop, Kassey - Martin, Crocker, Owen - Hollow Rock, Tn, Essary, Kimberly - McKenzie, Etheridge, Todd - McKenzie, Garza, Sebastian - McKenzie, Hixson, Hayden - McKenzie, Holladay, Rylee - Huntingdon, Holt, Anayah - McKenzie, Houston, Alexis - McLemoresville, Hunter, Nathan - McKenzie, Lyons, Nicholas - McKenzie,

Mcclain, Madison - Gleason, McClure, Jacey - Dresden, McCormack, Dylan - Atwood, Moyo, Hilda - McKenzie, Neil, Jaymie - Springville, Peevyhouse, Ethan - Huntingdon, Snider, Lexia - Gleason, Wallace, Braden - McKenzie, Ackerman, Lucas - Buchanan.

Honor Roll

Alton, Abby - Paris, Amick, Chloe - McKenzie, Anderson, Jesse - Huntingdon, Auvenshine, Briley - McKenzie, Baird, Brielle - Buena Vista, Bennett, Kayla - McKenzie, Beveridge, Teryn - McKenzie, Bomar, Ema - Buchanan, Chappell, Allie - McKenzie, Childress, Rachel - Martin, Crossno, Kensley - Huntingdon, Crouch, Hanna - Paris, Freeman, Lillian - Dresden, George, Brandi - Dresden, Hamilton, Kadin - Martin, Harrell, Hannah - Martin, Hayes, Jackson - Buchan-

an, Heckert, Aaron - Atwood, Henderson, Jackson - McKenzie, Hernandez, Jimena - McKenzie, Ones, Alyson - McLemoresville, Jones, Katelyn - McKenzie, Jones, Raina - McKenzie, Lima Viera, Norberto - McKenzie, Neel, Lillian - McLemoresville, Oliver, Tatum - Greenfield, Orr, Sarah - Paris, Parker, Savannah - Paris, Parnell, Elizabeth - Martin, Price, Esther - Huntingdon, Reindl, Terry - Huntingdon, Ruiz, Juan - McKenzie, Scott, Hansford - Paris, Secker, Baylie - McKenzie, Sharp, Benjamin - Martin, Simmons, Reanna - Huntingdon, St. Clair, Abigail - McKenzie, Travis, Mary - McKenzie, Tucker, Jenna - McKenzie, Vazquez, Sabrina - McKenzie, Walker, Lilly - Huntingdon, Wallace, Hailey - McKenzie, Webb, Gracie - McKenzie, Wright, Isabelle - McKenzie.

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Bethel, Eastside FCE January News

Bethel/Eastside FCE met in the home of Mary and Penny Mays for their January meeting. There were nine ladies present for this the first meeting of the new year. The hostess was Penny Mays.

Attendees were asked their favorite winter activity from childhood. The minutes from the November meeting were read because we do not count December as a business meeting. They were accepted as read with no changes. The treasurer's report was given.

Old business: the cluster meeting is coming up on January 26, to be discussed more after the new business is taken care of.

New business: Which charity do we want to support this year? In the past we have donated to Carl Perkins, and Beating Hearts. We want to keep it in the county. It was suggested we help McKenzie/Carroll County United Neighbors. Penny will look into this for us

Educational program: Planning for your leftovers. Penny passed out several soup recipes for using leftover chicken. Plan ahead to make several meals out of leftovers.

Next meeting is February 8 with Gail Eubanks as hostess.

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CALENDAR OF EVENTS

CELEBRATION OF FOUR CHAPLAINS' SERVICE

The American Legion in Huntingdon is hosting a Celebration of Four Chaplains Service on Saturday, February 10, 5 p.m. at the Carroll County Civic Center. Commander Dennis Simpson invites everyone to the event. Chaplain Wilma Pearson is officiating. For more information, contact Simpson at 731-358-3031 or Pearson at 731-406-9889.

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.

FOOD COMMODITY GIVEAWAY

The Northwest Tenn. Economic Development Council will conduct USDA Commodity Distribution for Carroll County residents at 13355 Paris Street, Huntingdon on February 7 and 8, 8 a.m. to 12 noon or until food runs out. This is a first-come first-served basis. Residents must be signed up to receive assistance but can sign up on site if eligible requirements are established. This organization is an equal opportunity provider.

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.

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.

HUMANE SOCIETY EVENTS KITNIP

Do you want cute toys and yummy treats for your kitty/kitties and to help CCHS at the same time? This is a monthly subscription box that can easily be canceled but our cats at the shelter love their Kitnip toys! If you use our code, you will receive 15% off your first box and CCHS will receive a donation from Kitnip!

Go to www.kitnipbox.com/subscribe?coupon=CCHS15 and enter the code CCHS15 before you finalize your order. Thanks so much!

BOW WOW AT THE BARN

Save the date on your calendar for an evening with the Humane Society on Saturday, March 9. Saturday, March 9th with the awesome band 24Seven and great food catered by Bealla Q. More details coming soon regarding tickets, menu, etc. As a reminder, CCHS always have cat spay/neuter vouchers for \$50 each to be used at the Paris Vet Clinic. Dog vouchers will be available once the program is finalized in the near future.

MARRIED FOR A PURPOSE

Beech Springs Missionary Baptist Church, Brawners Levee Road, Gleason, is hosting a conference and a catered dinner on February 10, 4 p.m. David and Joy Parkman will conduct the seminar. The price is \$30 for couples and \$15 for individuals.

VFW SUPER BOWL PARTY

McKenzie Veterans of Foreign Wars Post 4939 is hosting a 2024 Super Bowl Party, February 11. Included is a chili cookoff and a raffle. For more information, phone 731-207-1027.

LARRY MORGAN DANCE PARTY

McKenzie Senior Citizens Center is hosting a dance party on Saturday, February 3, 7 p.m. at the center at 172 Main Street. S. Admission is \$6.

McKENZIE INDUSTRIAL TO MEET

McKenzie Industrial Development Board meets Thursday, February 15, at 6 p.m. at The RailYard Workspace for a training session.



Left, Kaydence Banks #4 drives toward the basket as Stafford Roditis guards. Right, Madeline Gottshall #24 shoots as she is guarded by Lilly McGee and Kelsea Maness.

McKenzie Wins Two Over Central

McKENZIE (January 23) — Hollow Rock-Bruceton Central Lady Tigers and Tigers traveled to McKenzie to compete against the Lady Rebels and Rebels. The home team claimed victories in both contests.

In the opener, the Lady Rebels claimed a 74 to 28 victory.

A slow start for the Lady Rebels was marked by 14 and 16 points in the first two quarters for a total of 30 points. The Lady Rebels added another 30 points in the third quarter and 14 in the final quarter for a total of 74 points.

Savannah Davis chipped in 35 of those points including eight 3-pointers. Mikaela Reynolds scored 18 points, Sophie Pate scored 10, Molly French 5, Cheyenne Long scored 4 and Madeline Gottshall scored 2. The Lady Rebels are 9-3 on the season and 2-1 in the region.

The Lady Tigers scored 9, 7, 4, and 8 in the respective quarters. Lady Tigers took



Martez Teague shoots as he is guarded by Sal Sala, Nic King and Brody Huff.

an early lead in the contest, which quickly disappeared. Scoring was led by Keely Williams with 7, Lilly McGee with 6, Taleigha Woodley 5, Addison Hampton with 5, MyKenzie Burton with 3, and Ady Olds with 2. In the nightcap, the Rebels claimed a 76-36 victory over the Tigers.

McKenzie Rebels scored 24, 20, 17 and 15 in the respective quarters. Tate Surber led the Rebels with 24 points, followed by Hayden Garrett with 18 from six

3-pointers, Carter Kee with 11, Stafford Roditis with 6, Drew Chappell and Martez Teague with 4 each, Landon Brown with 3, Cordell Orgain, Eli Vinson and Avery Brown with 2 each. The Rebels are 10-6 on the season and 3-0 in the region.

The Tigers scored 11, 13, 1, and 11 in the respective quarters. The team were led by Nic King with 10, Sal Sala with 8, Kaydence Banks with 7, Bryce Frye with 3 and Brayden Maness with 2.

Local Residents Graduate UT Martin

MARTIN — Several Carroll County residents were among students who received degrees from the University of Tennessee at Martin during fall commencement ceremonies held Dec. 9, 2023. Some 345 students participated in UTM's fall commencement ceremonies, which officially awarded degrees to eligible students from both the summer and fall semesters. The students receiving un-

dergraduate degrees were: Bruceton — Sara Beth Eason; Trent Casey Taylor. Huntingdon — Caley E. Harris; Dylan Wade Hicks. McKenzie — Lilli N. Taylor. The students receiving graduate degrees were: Clarksburg — Sydney Mae Roney. Huntingdon — Rachel Lauren Simonton. McKenzie — Kimberly Hudgins; Bailey Faith Nelson.

UT Martin is a comprehensive regional institution in the University of Tennessee System offering 18 bachelor's degree programs and nine master's degree programs. The main campus in northwest Tennessee is one of five primary UT campuses, and UT Martin regional centers are located in Jackson, Parsons, Ripley, Selmer and Somerville. For more information, visit utm.edu.

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Left, Huntingdon's Quinn Kelley puts up a shot against the Camden Tigers. Right, Fillies Josie Stokes slides in for a lay-up against Dyersburg.

Huntingdon Fillies Continue to Add Wins

BY KATHY BUSH
banner@mckenziebanner.com

During the week the Huntingdon Fillies advanced their district record to 3-0, 18-4 for the season overall, as they defeated both the Camden Lady Lions and the Dyersburg Lady Trojans. The 73-54 victory over the Class 3-AAA Lady Trojans was especially sweet after suffering a loss to Dyersburg earlier in the season. The Fillies followed this with a 58-24 win over Camden, a district 12-AA opponent. Conversely, the Mustangs ended the week 6-16 for the season, 1-2 in district play, with an 80-53 loss to Dyersburg, and an 81-67 loss to Camden.

Despite a December 8th, 63-59 road loss to the Lady Trojans, the Fillies dominated the court against Dyersburg at home. Lilly Kee posted 26 points, 15 rebounds,



Huntingdon's Braylin Dearmon faces off against the Tigers.

and 2 blocked shots to lead Huntingdon for the evening. Quinn Kelley added 20, Josey Stokes 8, Delaney Byars 8, Annabelle Singleton 6, Sara Beth Smith 4, and Anna Beth Crews 1. Joya Crawford was the leading scorer for the

Lady Trojans. Friday evening Huntingdon faced district opponent Camden. After starting the game with four straight three-point shots, the Fillies dominated the remainder of the game behind leading scorer Lilly Kee with 13 points and 4 blocked shots, Josey Stokes and Quinn Kelley with 12 points, Kelly Crossno 8, Delaney Byars 5, Annabelle Singleton 5, and Sara Beth Smith 3. Leading scorer for the Lady Lions was Abbie Wallace with 10.

After trailing by nine points at the half, the Mustangs suffered an 80-53 loss against the Dyersburg Trojans on Tuesday night. They were led by Kenton Smith with 19 points, followed by Caleb Ezell with 11, Bryson Whiteside 9, Braylin Dearmon 6, Graham Bartholomew 4, and Rayshawn Bailey 4. Ace Mahaffey and Breyden Turnage led the Trojans with 21 points each.

Despite trailing by double digits in the third quarter Friday night, the Mustangs showed promise against district opponent Camden Lions when they narrowed the gap to 58-54. However, the Lions prevailed and ended the game with an 81-67 win over the Mustangs. Huntingdon was led by Graham Bartholomew with 14, Kenton Smith 13, Tylen Willis 13, Caleb Ezell 9, Rayshawn Bailey 9, Braylin Dearmon 7, and Bryson Whiteside 2. The Lions were led by Ayden Melton with 37 points.

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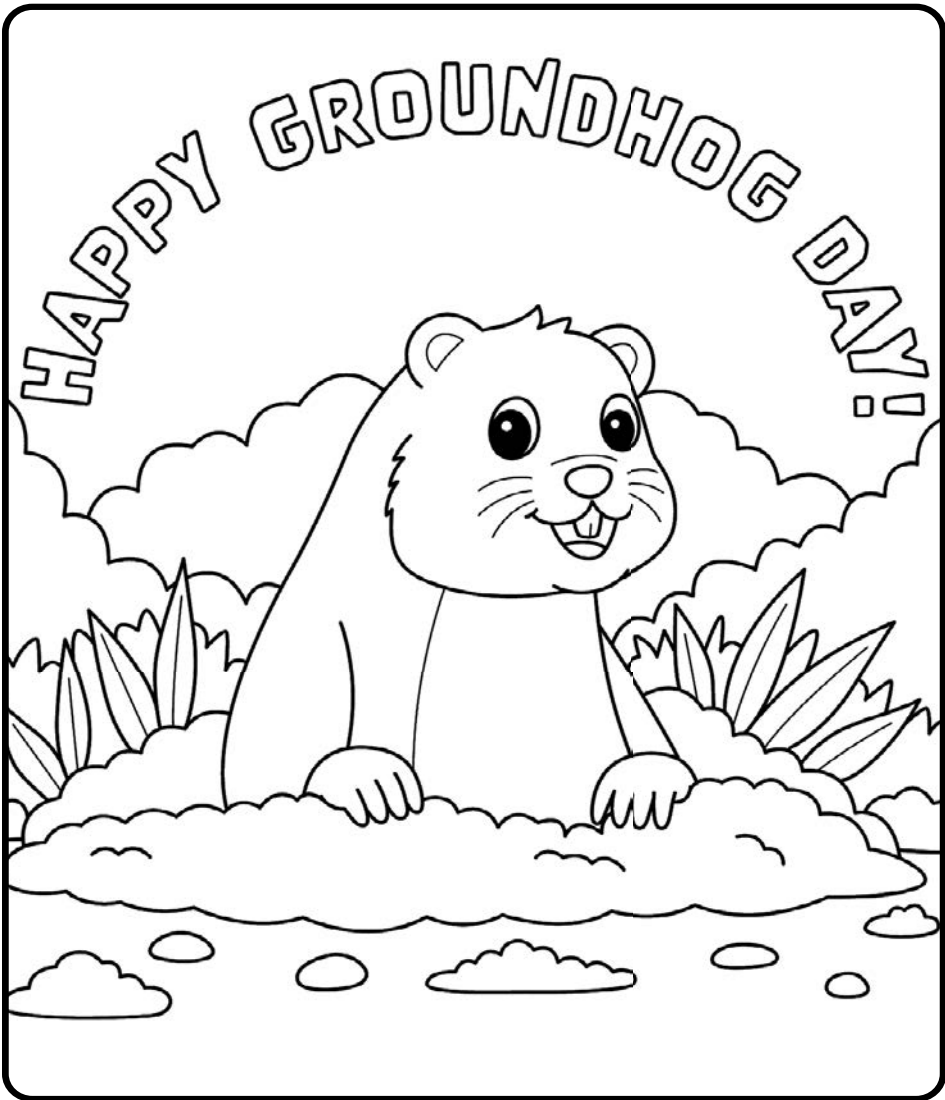
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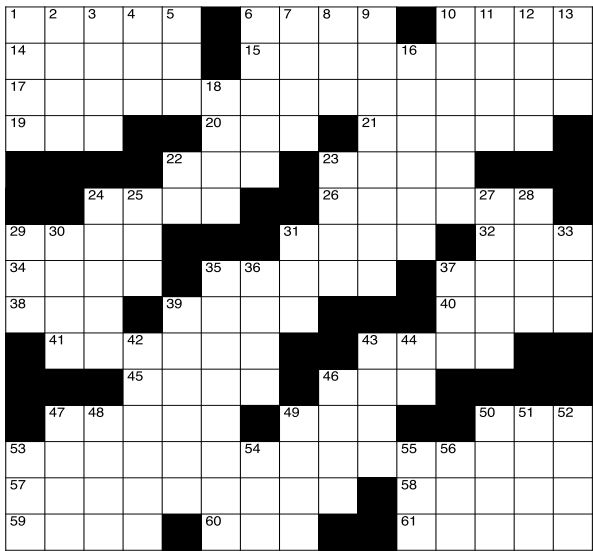
Weekly Crossword

CLUES ACROSS

- 1. Become less intense
- 6. Variety of pear
- 10. Religion native to China
- 14. Type of tooth
- 15. Fitted out
- 17. Make every effort
- 19. Autonomic nervous system
- 20. Complete
- 21. Alternate name
- 22. River in France and Belgium
- 23. Miami's mascot is one
- 24. Turfs
- 26. Most cognizant of reality
- 29. Broad volcanic crater
- 31. Canadian surname
- 32. Satisfaction
- 34. Traitorous Greek mythological prince
- 35. Collide
- 37. Immune response
- 38. Feline
- 39. High opinion of one's own appearance
- 40. Thin strip to align parts
- 41. Containers
- 43. Convicted American spy
- 45. Breathe noisily
- 46. Taxi
- 47. Pancakes made from buckwheat flour
- 49. Swiss river
- 50. I.M., architect
- 53. Have surgery
- 57. Formal withdrawal
- 58. Dutch and German surname
- 59. Square measures
- 60. 2,000 lbs.
- 61. Degrade someone

CLUES DOWN

- 1. Siberian river
- 2. Blessing
- 3. Substitutes (abbr.)
- 4. Principle underlying the universe
- 5. Work unit
- 6. Yellow edible fruits
- 7. Gemstone



- 8. A place ships dock (abbr.)
- 9. Evergreen tropical tree
- 10. Reality TV star Richards
- 11. Nonflowering aquatic plant
- 12. Stakes
- 13. Antidiuretic hormone
- 16. Make warm again
- 18. Light beams
- 22. Lethal dose
- 23. Terrorist group
- 24. Kids love him
- 25. Naturally occurring solid
- 27. German surname meaning "man from Saxony"
- 28. Popular cuisine
- 29. Partner to cheese
- 30. Type of horse
- 31. _ _ Diego
- 33. Defensive nuclear weapon
- 35. Most shrewd
- 36. It may be for shopping
- 37. Midway between south and southeast
- 39. A stock of foods
- 42. The bindings of books
- 43. Swiss river
- 44. Megabyte
- 46. Sammy __, songwriter
- 47. Dutch colonist
- 48. Clare Booth __, American writer
- 49. Sun or solar disk
- 50. Popular type of bread
- 51. Transfers of money (abbr.)
- 52. Association of engineering professionals
- 53. Young women's association
- 54. City
- 55. Niger-Congo branch of languages
- 56. Pointed end of a pen

Week 5

See solution in next week's edition.

Groundhog Day Word Search

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

- | | | | |
|----------|---------------|----------------|-----------|
| Burrow | Groundhog Day | Repeat | Spring |
| Cloudy | Hide | Rodent | Sunny |
| Come Out | Holiday | Scared | Tradition |
| February | Marmot | Shadow | Weather |
| Forecast | Phil | Sign | Winter |
| | Prediction | Six More Weeks | |

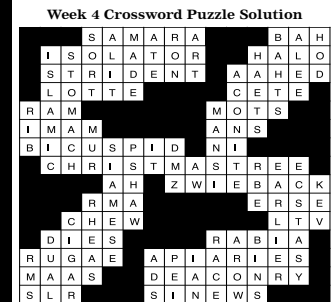
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SOLUTION WEEK 4

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

SUDOKU

WEEK 5

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

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See solution in next week's edition.

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Above Left, Savannah Davis is the 2024 McKenzie High School Basketball Homecoming Queen. Above Right, The 2024 Queen and Court (L to R): Ava Mae Warman, Abbie Young, Queen — Savannah Davis, Mikaela Reynolds, and Natalia Alonso Barrero. Below, MHS Homecoming court and their escorts (L to R): Hayden Garrett, Mikaela Reynolds, Tate Surber, Abbie Young, Drew Chappell, Savannah Davis, Stafford Roditis, Ava Mae Warman, Christopher Beck and Natalia Alonso Barrero.



Davis is McKenzie Homecoming Queen 2024

Members of the McKenzie High School Homecoming Royalty were selected by nominations from each homeroom. The M-Club then selected the five beautiful young ladies being presented Friday. The basketball teams and cheerleaders chose the queen from these five young ladies.

The first candidate was Natalia Alonso Barrero. She is the 17-year-old host daughter of Hunter and Heather Garrett. She is a foreign exchange student from Madrid, Spain. She is a 1-year member of Lady Rebel Soccer and Rebel Track teams. In Spain, she was part of the All-Star game in soccer. She is member of the First Cumberland Presbyterian Youth group. She was voted Most Courteous by her senior class. Natalia plans to attend a 4-year university and study medicine.

Escorting Natalia was senior Christopher Beck, son of Michael and Shannon Beck.

Savannah Davis is the 17-year-old daughter of Boo and Andrea Davis. She is a 4-year member of Lady Rebel Basketball and was part of the back-to-back State Championship team in 2022 and 2023. She was selected as the 2023 Miss Basketball winner. She was selected for All-District, All-Region, and the All-State Teams. She is a member of Beta Club, FBIA, FCA, M-Club, McKenzie Maniacs, Interact Club, YoungLife, and First Baptist Church youth. She was voted as Most Athletic

and Most Likely To Be Famous by her senior class. She plans to attend MTSU and play basketball and major in business.

Escorting Savannah was senior Drew Chappell, son of Brad and Christie Chappell.

Mikaela Reynolds is the 17-year old daughter of Stephanie McClerkin. She is a 4-year member of Lady Rebel Basketball and a member of the back-to-back State Championship teams in 2022 and 2023. She was selected as for the All-District, All-Region, and the All-State teams. She is a member of Beta Club, Leo Club, McKenzie Maniacs, and YoungLife. Mikaela plans to attend Bethel University to play basketball and further her education.

Escorting Mikaela was senior Hayden Garrett, son of Hunter and Heather Garrett.

Ava Mae Warman is the 18-year-old daughter of Kerry and Stacie Warman. She is a 4-year member of Rebel Cheer and received Most Spirited, Best Overall Cheer, and serves as captain. She is a member of Beta Club and serves as President, President of DECA, FCA Treasurer, Interact Club, Student Council, M-Club, McKenzie Maniacs, MHS Blood Drive team, Senior Class Officer, the current student liaison to the School Board Member, Kiwanis Club Student Facilitator, and a member of the First Cumberland Presbyterian

Youth. She is a FBIA National Qualifier and placed second in Public Speaking I and II, a Beta National Qualifier and placed nationally in the Painting Division I and II and a Beta State Leadership Representative, a Girls State Delegate and served as Party Chair and Secretary and awarded Best Citizen, and was voted Most Talented by her senior class. Ava plans to attend Sewanee - The University of the South and major in biology and continue into orthopedics.

Escorting Ava Mae was senior Stafford Roditis, son of Spiro and Sandi Roditis.

Abbie Young is the 17-year-old daughter of Brandi and Kyle Parham and Nathan Young. She is a 4-year member of Rebel Cheer and received the Best Team Player award. She is a member of the Beta Club, FFA, Science Club, Spanish Club, McKenzie Maniacs, YoungLife, and First Cumberland Presbyterian Youth and serves as Youth Ministry Planning Council. She is a Beta Club National qualifier and received the Green Hand award in FFA. Abbie plans to attend the Paul Mitchell Cosmetology School of Jessup, Maryland.

Escorting Abbie was junior Tate Surber, son of Tommy and Meredith Surber.

The crowning of the queen, Savannah Davis, was presented by senior cheerleaders Belle O'Brien and Ava Jones.



Above, The 1969 Gleason Bulldogs and family representatives of deceased members of the team. Below, The 1969 Gleason Lady Bulldogs. Photos courtesy of Gary Owens



Gleason's 1969 Basketball Teams Recognized for History-Making Season

GLEASON (January 26) — Fifty-five years ago, Gleason was dominating the basketball courts in west Tennessee. Last Friday night, they were back on the Gleason basketball court to be honored for their highly successful seasons.

The 1969 Girls and Boys basketball teams, along with the cheerleaders were the invitees. Both the girls' and boys' teams made the state tournament together in 1969, a feat that was not accomplished before nor since.

The 1969 cheerleaders were: Carol Morgan Davis, Tuva Paige Stephens, Tana Doniece Blessingame Shaw, Teresa Dellinger Julian, Gail Wiseman Muzzall, and Sherry Pachl.

The 1969 Gleason Lady Bulldogs:

Vicki Wray Smith, Pam Floyd Belew, Nettie Martin Dilday, Debra Hatch (represented by her three children Jody Arnold, Charlotte McAbee and Randy Kent), Beverly Dunn Orr, Pat Lovett Sawyers, Charlene McCullar Snider, Kathy Wray Fight, Sandy White Hicks, Beverly Clark Bell, Sherry Suddath, Kim Robison Sturgeon, Debbie Black Boone, Kathy Ross, Pam Crossett Trevathan, Carol Fisher Lemonds, Valrie Edwards, Debbie Steele Hagler, Gengi Segraves Brown, and Peggy Essary Jackson.

The first coach of this group was Mrs. Ruby Moore and Mr. Edgar Floyd in Junior High. Their interest in Junior High basketball was as volunteers with no compensation and taking the team to games in their own vehicles. With one gym, practice was when the high school teams were done.

The Managers were Debbie Jones Robbins and Jozella Taylor Johnson.

Mr. Floyd contributed to Gleason Junior High School by being instrumental in starting an organized girls' and boys' junior high basketball program. This began with the 1963-1964 basketball season. For the first five years of the program, Mr. Floyd coached both the girls' and boys' teams. The first boys' team he coached placed second in Weakley County and his second boys' team enjoyed an undefeated season.

The members of the team expressed their gratitude to these two pioneers who devoted time and effort to the young team with a dream to win and to rise to the top of the sport from a small school. Also, the team thanked Mr. Robert Clark who got the players to every game safely and even warmed up the bus. He was one of their biggest fans.

In 1969 the head coach of these 12 girls was Dudley Sanders, represented that evening by his two children Kay Sanders Hudson and Ken Sanders. The team attributed all their success to their coaches.

The 1969 team's record was 29 wins with three losses: one regular season loss by one point, one regional loss and the one-point loss in the 1969 state tournament. The team won the 1968 Northside Christmas Tournament, then the Weakley County tournament, and the District 25 tournament and placed in the regional tournament to make the Gleason girls' first appearance in the TSSAA state tournament. The 1969 team opened the tournament at Omena Arena in Jackson on March 18. They lost 42-41 to Huntland High School from Middle Tennessee Gleason was the smallest school with



Calvin Bailey was honored as an outstanding player in 1969. Photo by Gary Owens

an enrollment of 150 in high school.

There were no classifications at that time. Only one point kept them from playing Bradley County Central with an enrollment of 1700; and they would have loved the opportunity to play them.

The 1969 Gleason Bulldogs:

Greg Ellis, John Sasser, Jack Barber, Harold Reed, Roger Morris, Eddie Julian, Terry Suddath, Bobby Bailey (represented by his son, Justin Bailey), Gary Doster (represented by his wife, Teresa and daughters, Terri Trotter, Tonya Leo and Tara Cooper), John Rocchietti, Bobby Travillian, Ken Sanders, Billy Sawyers (represented by his daughter, Christie Sawyers Wallace), Danny McElhiney (represented by his wife, Sandra McElhiney), Calvin Bailey, and Stan Steele.

Stan was a member of the team, but was injured and could not play his junior and senior year.

The head coach of the 1969 Bulldogs was Mr. Jerry McClain, represented by his wife, Emily Krudsen and sons, Scott McClain and Mark McClain.

The record of the 1969 Boys' Basketball team was 27-4, with only losses to Jackson Northside, Huntingdon, Union City and Jackson-Central Merry. The team won the 1969 Weakley County Tournament, with four team members selected to All-County and one named MVP of the county. The team won the District 25 tournament, with four team members selected as All-District.

The team participated in the Regional Tournament in Martin, losing the championship game by 6 points to Union City. Two players were selected to the All-Region team.

The team advanced to the 1969 Boys' State Basketball Tournament at Vanderbilt Memorial Gym in Nashville. They lost the game to Jackson Central-Merry High School, who was led by Ed "Too Tall" Jones, a future Dallas Cowboy All-Pro. At this time, there were no classifications in Tennessee and all teams across the state played for one state championship. Gleason High School was the smallest participating school with 150 students and a senior class of 25.

The year was such a dream for the small town of Gleason. The combined season record of the girls' and boys' teams was 56 wins and 7 losses. It was an unforgettable year and the only time in school history when both the girls' and boys' basketball teams made the state tournament together. The teams thanked "the best fans in the state who were there for

the ride."

On the boys' team, Gleason recognized two players for their outstanding individual achievements.

The late Danny McElhiney, represented by his wife, Sandra McElhiney, Danny was a four-year member of both the football and basketball teams. His football accolades include being named GHS Mr. Football and serving as team captain for two years. He was selected as All-Conference two years and played in the East/West All-Star Game. In basketball, Danny was a two-time all-county player, two-time all-district player and one-year all-region selection.

Calvin Bailey played two years of football and was a four-year member of the basketball team from 1965-1969. He was an all-county selection in both 1968 and 1969 and all-district and all-region in the 1969 season. During his senior year, he led the team with 620 points and 651 rebounds. His greatest single game accomplishment was 51 points and 30 rebounds in one game. After high school, Calvin continued his athletic career at Jackson State Community College, where he set the school record for single-game rebounds with 27. During the 1970 season, he achieved all-conference, 22 points per game and was the leading rebounder in the Tennessee Junior College Athletic Association. He also set a rebound record in the 1971 season with 398 rebounds. Calvin then played at David Lipscomb University, where he set the single-season point record with 618 points and most rebounds with 431. He also obtained the single-game rebound record with 29. He would later go on to break his own records by recording 30 rebounds in one game, scoring 47 points in one game and obtaining 14 blocked shots in a single game. After graduating college, Calvin was invited to play in the European Basketball League.

The Gleason High School Wall of Fame was originally founded using qualifying data from 1970 forward. Thanks to the Gleason Alumni Association and their partnership with Gleason School for their help identifying athletes for this recognition who are deserving, but may have played under a different formula or criteria prior to 1970. For their tremendous athletic accomplishments, the school recognized both Danny McElhiney and Calvin Bailey with a commemorative plaque and addition to Gleason's sports Wall of Fame.

From this team came many children and grandchildren who accomplished great accolades in the world of sports. Those family accomplishments include: 19 who played in state tournaments for basketball, softball and baseball; 19 were selected as all-state, honorable mention or all-tournament team; one most valuable state tournament player; four state tournament championships; three state championship runner-ups; two Miss Basketballs; one Tennessee Gatorade Player of the Year; eight total collegiate athletes, four of which are in a college or county Hall of Fame; one All SEC player; one recently-signed SEC player; one with multiple division I scholarship offers; one selected as all-conference and all-region in football and track, winning the region in shot put; one college all-conference honorable mention with pro football offers.

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Did You Know?

According to the World Health Organization, roughly 5 percent of the world's population, or more than 400 million people, requires rehabilitation to address disabling hearing loss. And that could only prove the start, as the WHO estimates that

2.5 billion individuals will have some degree of hearing loss by 2050. The consequences of hearing loss can be profound. Unaddressed hearing loss can adversely affect cognition and contribute to social isolation. The WHO notes that adults with hearing

loss have considerably higher rates of unemployment than individuals with no hearing deficits. In addition, unaddressed hearing loss can be costly, with estimates from the WHO suggesting the annual global costs are around \$980 billion. Those costs include a number of expenses, including hearing devices, education support and lost productivity.

SIGNS YOU MIGHT BE ALLERGIC TO YOUR MEDICATION

Medicine helps billions of people across the globe stay healthy. Medicines are used to treat existing illnesses and reduce a patient's risk of developing others. As effective as medicines can be, no two humans are the same, so medications that may help one person could prove harmful to another.

The American Academy of Allergy, Asthma & Immunology notes that all medications can cause side effects, but only 5 to 10 percent of adverse reactions are due to allergies. Allergic reactions begin in the immune system, which controls how the human body defends itself. If a person is allergic to a certain type of medication, his or her immune system identifies the drug as an invader or allergen and it can respond in various ways. The AAAAI notes that the most common immune response to medication is a result of the expansion of T cells. These cells identify the drug as foreign and create a delayed immune response that most often affects the skin.

While allergic reactions to medications may not be very common, the AAAAI says that such reactions can be life-threatening. That highlights the importance of learning the signs of allergic reactions.

Symptoms of Drug Allergies

The American College of Allergy, Asthma & Immunology advises anyone who experiences these symptoms while taking medication to speak with their physicians, including an allergist, immediately:

- ▶ Skin rash or hives
- ▶ Itching
- ▶ Wheezing or other breathing problems
- ▶ Swelling
- ▶ Anaphylaxis

Anaphylaxis is a rare but severe allergic reaction that can occur suddenly and quickly worsen. Symptoms of allergic reactions to medication are not often life-threatening, but anaphylaxis can be deadly. The ACAAI notes that anaphylaxis occurs when an over-release of chemicals forces a person to go into shock. Even people who have already administered epinephrine, the drug used to treat severe allergic reactions, should visit an emergency room immediately at the first sign of anaphylaxis, which may include trouble breathing, tightness of the throat, hoarse voice, nausea, vomiting, abdominal pain, diarrhea, and dizziness. Rapid heart-beat, low blood pressure,



a feeling of doom, cardiac arrest, and fainting are some additional signs of anaphylaxis.

According to the AAAAI, most anaphylactic reactions occur within one hour of taking a medication or receiving an injection of the medication. However, such reactions also can take place hours after a medication has been taken.

Antibiotics are the most common cause of anaphylaxis, but the AAAAI notes that recent research has shown that chemotherapy drugs and monoclonal antibodies also can induce anaphylaxis.

People take medicine to feel better, but sometimes their bodies and certain medications are not a match. As a result, people must be vigilant when taking medications for the first time, paying particular attention to how their bodies react. More information about allergic reactions to medication is available at www.aaaai.org.

Signs Kids Could Be Hard of Hearing

Hearing loss is often associated with aging, and understandably so. Individuals from all walks of life undoubtedly have an aging friend or relative who has experienced some degree of hearing loss, and millions of seniors across the globe would admit to having some difficulty with their hearing. But hearing loss also can affect children and, if undiagnosed, it can have an adverse affect on nearly all aspects of their lives.

The World Health Organization estimates that, as of 2021, approximately 34 million children present with hearing loss that requires rehabilitation. Johns Hopkins Medicine notes that hearing loss in children can be present at birth or develop later in childhood. Hearing loss that develops later in childhood is known as acquired hearing loss, and parents can look for various signs that kids could be losing their hearing. The American Speech-Language-Hearing Association notes that the signs of hearing loss in children may include:

- ▶ Delayed speech and/or language development
- ▶ Speech sound disorder:

The ASHA notes that speech sound disorders include any difficulty or combination of difficulties with perception, motor production, or phonological representation of speech sounds and speech segments

- ▶ Difficulty in following or understanding instructions
- ▶ Frequent requests for repetition
- ▶ Use of increased volume on devices, including televisions, personal music players and tablets
- ▶ Difficulty effectively expressing themselves: Children can exhibit difficulty expressing themselves verbally and/or via written language
- ▶ Frustration with communication breakdowns
- ▶ Feeling of exhaustion at the end of a school day
- ▶ Difficulties at school: Children with hearing loss may experience academic, behavioral, or social difficulties in the classroom and on campus

What Causes Acquired Hearing Loss In Children?

The causes of hearing loss in children can be as simple as cerumen (ear wax) or as complex as damage to middle or inner structures after suffering trauma to the head. Children's Healthcare of Atlanta notes that over-the-counter ear wax removal drops can effectively clean ears and restore kids' hearing, though such drops may need to be part of routine preventive health care measures. Ear infections, encephalitis, excessive noise exposure, meningitis, the presence of a foreign body in the ear, and viral infections like measles or mumps also can contribute to hearing loss in kids. Physicians can direct treatment of hearing loss based on the cause of kids' hearing loss, but it's worth noting that some hearing loss may require long-term use of hearing aids, surgery or medication.

Though often seen as a byproduct of aging, hearing loss affects millions of children as well. More information about children and hearing loss can be found at asha.org.

SAFELY MANAGE MULTIPLE MEDICATIONS

Prescription medications prolong individuals' lives and can make their daily lives more comfortable and manageable. As individuals age, their doctors may recommend various prescriptions, some of which they may need to take long-term. Managing multiple medications at once can be difficult, as it can be easy to lose track of which medications have been taken when individuals are prescribed more than one. In recognition of that difficulty, the National Institutes of Health offers the following tips to help individuals safely manage multiple medications.

- ▶ **Maintain an updated list of all medications you take.** A medication list should include both prescription and over-the-counter medications. OTC medicines include vitamins, supplements

and herbal products.

- ▶ **Share your medication list with family or close friends.** A medication list should be accessible, and seniors can share it with close family members, who can then advise medical professionals which medicines you are taking in emergency situations when you may not be conscious.
- ▶ **Routinely review your medicine list with health care providers and pharmacists.** The NIH recommends individuals discuss their medicines with their physicians during each appointment. Ask if all medicines still need to be taken and if dosages should be changed. When visiting specialists, be sure to provide a list of all medications you are

currently taking.

- ▶ **Ask questions about newly prescribed medications.** Drug interactions can be dangerous, so it's important to ask if and how any newly prescribed medications may interact with drugs, vitamins or supplements you are already taking.
- ▶ **Alert health care providers to any new side effects.** Immediately contact your physician if any new side effects present. The NIH recommends individuals continue to take their medications unless their doctor says otherwise.
- ▶ **Use a pill organizer.** A pill organizer makes it easy to manage multiple medications and can help individuals remember which pills they have taken.

Millions of individuals 60 and older take more than one medicine each day. Some simple strategies can ensure seniors safely manage their medications.

5 WAYS TO PROTECT HEARING EVERY DAY

People rely on headphones or ear buds to listen to music, stream movies or participate in work-related meetings more than ever before. Having the volume too loud can contribute to hearing loss over time.

The Centers for Disease Control and Prevention says five in 10 young people listen to their music or other audio too loudly. Overall, 48 million people in the United States have trouble hearing in one or both of their ears. Johns Hopkins Medical Center reports approximately 15 percent of adults 18 years of age or older report some trouble hearing, and the risk of hearing problems increases with age.

Once it's gone, hearing cannot be restored in many cases. To protect hearing and guard against future hearing loss, consider these recommendations.

- 1 **Ask for a baseline hearing test.** It's easier to measure hearing

loss if there is a baseline by which it can be measured. During your annual physical, ask for a hearing test or a referral to an audiologist. This can set the course for monitoring progression of any future hearing loss.

2 **Wear hearing protection.** There are various types of hearing protection that can filter out certain levels of sound. Many earplugs, like the ones musicians wear or those worn when attending rock concerts, can reduce the sound by approximately 25 dB. Custom fit ear plugs provide more noise reduction, in upwards of 35 to 40 dB. They are optimal for high-noise environments, such as when mowing lawns or operating machinery.

3 **Turn down the volume.** Experts recommend adhering to the 60/60 rule when enjoying audio through headphones. This suggestion is to listen with the headphones at no

more than 60 percent volume for no more than 60 minutes a day. Earbuds fit directly next to the eardrum and can be harmful to your hearing. If possible, choose over-the-ear headphones instead.

4 **Have custom molds made.** Rather than turning up the volume, people can have custom ear molds made for use with earphones. The custom ear molds will block outside noise, allowing for higher quality listening.

5 **Keep your ears dry.** Moisture in the ear can cause bacteria to grow and potentially lead to infections. Towel-dry ears gently after showering or swimming. Avoid the temptation to use cotton swabs to dry the ears. For the most part, ears are self-cleaning, and using a cotton swab can push wax and cause it to become compacted in the ear canal.

In addition to these tips, discussing hearing health with a doctor is a wise idea.

How to Avoid Drug Interactions

Hundreds of millions of people across the globe rely on medications for their survival. According to the National Center for Health Statistics' National Health and Nutrition Examination Survey 2015-16, nearly 46 percent of the population of the United States used prescription drugs in 2015-16. The Centers for Disease Control and Prevention notes that prescription drug use is similar in Canada, where the Canadian Health Measures Survey found that roughly two-thirds of adults between the ages of 40 and 79 used at least one prescription drug in a 30-day period.

Prescription drugs may be vital to many people's survival, but they also can prove deadly if mismanaged. That's especially true for people taking more than one medication. Taking multiple medications each day may be necessary, but it's equally necessary that people taking more than one medication every day take steps to avoid drug interactions.

- ▶ **Discuss all medications with your doctors.** Pri-

mary care physicians and specialists should be kept in the loop regarding which medications their patients are taking. Patients should never assume their doctors know every medication they're taking. When prescribed a new medication, mention to your prescribing doctor what else you are taking. Include prescription medications but also over-the-counter, or OTC, drugs, supplements and even vitamins. Use a notes app on your smartphone to create a running list of your medications so you can easily access it during doctor's appointments.

- ▶ **Read all labels.** Prescription drugs and OTC medications list potential side effects in different ways. Each prescription medication comes with a lengthy list of potential side effects, while OTC labels cite potential side effects in the "Warnings" section on their labels. Familiarize yourself with all potential side effects of a given medication prior to tak-

ing it. Err on the side of caution and wait to speak with your physician before taking an OTC medication you're unfamiliar with.

- ▶ **Order all prescriptions from the same pharmacy.** Ordering all prescriptions from the same pharmacy makes it easy to access all prescriptions. Pharmacists can look up all prescriptions and crosscheck interactions that may result from taking certain medications at the same time.
- ▶ **Utilize online resources.** The Drug Interactions checker at www.drugs.com/drug_interactions.html is a convenient way to learn about the potential interactions that can result when taking more than one medication or even mixing it with certain foods or beverages.

Drug interactions can be deadly, which only underscores the importance of being careful when taking more than one medication at a time.



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Did You Know?

Cancer is a disease most often discussed in regard to its effect on human beings, but animal lovers' furry friends also are vulnerable to cancer. According to the National Cancer Institute, there are roughly six million new cancer diagnoses made in dogs and a similar number in cats each year in the United States. The gravity of that number is even greater when considering that estimates indicate there are roughly 100 million dogs and cats in the United States. That

means cancer is diagnosed in approximately 12 percent of all dogs and cats in the United States in a given year. Though animals may experience cancer differently than humans, the NCI reports that cancers that affect dogs and cats share tumor biology and behavior with human cancers.

HOW PT CAN BENEFIT SOFT TISSUE INJURY RECOVERY

Soft tissue injuries are more common than people may realize. In fact, anyone with an undiagnosed pain in his or her body may be suffering from a soft tissue injury. Soft tissue injuries, when left untreated, can be troublesome and jeopardize individuals' athletic pursuits. Verywell Health defines soft tissue injuries as trauma to any muscle, skin, tendon, or ligament in the body. Injuries may result from overuse or acute trauma, which is an external force applied to the body. Common examples of soft tissue injuries are lacerations, abrasions, contusions, sprains/strains, bursitis, and tendinitis. Strains are injuries to muscles or tendons and sprains are injuries to ligaments, which are elastic bands of tissue that connect and stabilize bones. Both strains and sprains are common soft tissue injuries. Bursitis and tendinitis also are common.

Bursitis is an inflammation of the bursa, a fluid-filled sac that provides a cushion between the bones and muscles or tendons. Tendinitis is an inflammation of the tendons, which connect muscles to bones. Many minor (Grade 1) soft tissue injuries that involve muscles, tendons and ligaments may heal when injured persons follow the protocol known as R.I.C.E., which is an acronym for Rest, Ice, Compression, and Elevation. R.I.C.E. is widely recommended for these types of injuries. However, more serious soft tissue injuries may take extended time to heal. Some of these injuries also may lead to permanent changes in muscles, tendons and ligaments, causing certain body parts to cease functioning how they used to. That may be the case with Grade 2 (moderate) or Grade 3 (severe) injuries. Further medical attention may be

needed and physical therapy may be prescribed. The Ace Physical Therapy & Sports Medicine Institute says soft tissue injuries account for most of the injuries that outpatient physical therapists treat. A therapist will analyze the type of injury and the pain or impairment it is causing to develop a rehabilitation program. Physical therapists often perform various treatments geared toward reducing swelling and inflammation. Manual therapies to help restore normal motion also are part of soft tissue treatment plans. Stretching and strengthening exercises may be incorporated to improve endurance and repair soft tissue. Orthotic therapy may be needed to correct certain imbalances, advises Algonquin Chiropractic Center. Physical therapists also can educate patients about how to strengthen the body to help reduce risk for future injuries. Soft tissue injuries are common and usually can resolve with rest. Guided physical therapy may be prescribed for more severe cases.

The Basics of SPRAINS

Athletes and fitness enthusiasts often must contend with injuries. Proper technique and safety protocols can greatly reduce a person's risk for injury while competing or exercising, but no one can completely eliminate their risk of being injured while engaging in physical activity. Many an athlete has experienced a sprain at one point or another. In fact, the American Academy of Orthopaedic Surgeons notes that sprains are among the most common soft-tissue injuries. Because of that, it can benefit athletes to learn about sprains so they're better prepared to confront one should they get hurt while competing or training. **What Is A Sprain?** According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, a sprain is an injury to a ligament, the tissue that connects two or more bones at a joint. When athletes suffer a sprain, one or more of their ligaments are stretched or torn. **What's The Difference Between a Sprain and a Strain?** It's easy to mistake sprains with strains, or assume both injuries are the same. But unlike sprains, which affect the ligaments, strains are injuries to muscles or tendons. Tendons are the fibrous cords of tissue



that connect muscle to bone. When a person has a muscle strain, a muscle or tendon is stretched or torn. **Which Areas Of The Body Are Vulnerable To Sprains?** The AAOS notes that the ankles, knees and wrists are most vulnerable to sprains. Many basketball players have experienced sprained ankles, which occur when the foot turns inward, placing extreme tension on the ligaments of the outer ankle. Sudden twists can result in a sprained knee, while sprained wrists are often the result of falling onto an outstretched hand. **Are There Different Types Of Sprains?** Not all sprains are the same, and the AAOS notes some may be mild while others more severe. The three categories of sprain are: **Grade 1:** Considered a mild sprain, a grade 1 sprain is marked by slight stretching and some damage to the fibers of the ligament. **Grade 2:** A grade 2 sprain causes partial tearing of the ligament and is marked by abnormal looseness in the joint when it moves in certain ways. **Grade 3:** Significant instability can result from a grade 3 sprain, which is characterized by a complete tear of the ligament. No matter which type of sprain a person suffers, he or she is likely to experience pain, bruising, swelling, and inflammation. The intensity of these symptoms is linked to the grade of the sprain. Sprains are an unfortunate side effect of physical activity. Learning to recognize sprains can help athletes better understand their bodies should they suffer an injury.



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THE BASICS OF LONG-TERM CARE INSURANCE

Many older adults get some peace of mind by taking steps to finance long-term care should they become incapable of living independently.

LT Care Consumer, a health care advisory company, says 70 percent of people over age 65 will require some type of care at some point in their lives. According to the 2017 Cost of Care study by Genworth Financial, the average annual cost for a private room at a nursing home is \$97,455. Such costs illustrate why long-term care insurance can be a wise investment.

Long-term care, or LTC, encompasses services and support that assist individuals with the activities of daily living. ADLs include bathing, eating, dressing, toileting, and more. In addition, LTC may support needs such as caring for pets, household chores, medicine management, and meal preparation. LTC may be provided by specialized assisted living facilities or by in-home care workers.

The resource Long Term Care Primer advises that individuals typically must fund their own long-term care. Many facilities are not subsidized by government assistance programs under Medicare in the United States. Medicaid may step in for certain individuals who are of limited means,

but that assistance may be exclusive to those living in skilled nursing facilities. That means the bulk of paying for long-term care rests on the individual.

Long-term care insurance can pay for care to treat chronic health conditions and meet personal needs over an extended period of time. This is known as custodial care. Individuals who have habits or health issues that could result in the need for LTC in the future should look into LTC insurance. LTC insurance also can be a sound investment for individuals who cannot afford extended nursing care out-of-pocket.

The Ohio Department of Insurance notes that policies may vary, but they typically include a deductible or elimination period, which is a time when the policy holder is liable for payment before the insurance begins. Policies typically include a daily benefit as well. This is the maximum amount the insurance company will pay toward each day in the nursing facility; the policy holder may be responsible for the difference. Policies also include a benefit period, or the length of time the policy will pay the daily benefit, which can be a few years or a lifetime.

Individuals also have other options in regard to securing long-term care. Care

com says comprehensive LTC policies, combination policies and riders to current life insurance policies may help augment long-term care needs. Because LTC insurance - and paying for health care in general - can be quite confusing, people are urged to speak to professionals about their options and whether LTC insurance is necessary. A 2014 study by the Center for Retirement Research at Boston College estimated that only 20 to 30 percent of people would benefit from a policy. Researchers concluded that, while many people do need long-term care, they may not need it for an extended period of time and may be able to cover their care with their own savings. Furthermore, cost for policies may be \$2,000 a year - which is a concern for some people.

Individuals who purchase LTC insurance should know that medical underwriting for policies can be extensive. Coverage may be denied for current or past health conditions. Most people find that the best age at which to buy LTC insurance is in one's mid-50s. Healthy individuals may be eligible for discounts on LTC premiums.

Long-term care insurance is a consideration for older adults facing the potential for care assistance in the future. Because considerable cost is involved, potential policy holders should discuss their options with insurance and financial professionals.

CHALLENGES NEW MOTHERS FACE, HOW TO HANDLE THEM



Pregnancy is an exciting time in a woman's life. Whether a woman is a first-time mother or expecting again, this is a unique time that's unlike any other in a woman's life.

Once the baby shower gifts have been tucked away and it's been a few weeks postpartum, that high of new motherhood may be replaced with various challenges, which can be especially unique for new mothers. Life as a new mom certainly can bring about immense modifications to lifestyle, physical appearance and even mood.

Here are some common changes that come from new motherhood and strategies regarding how to handle them.

Breastfeeding Struggles

The saying "breast is best" has been around for some time. According to Breastfeeding Mama, breast milk has antibodies that help a baby fight off infection. It also evolves as needed to meet the needs of babies as they grow and develop. Some women are unable to breastfeed successfully, and some moms may feel the stigma of not being able to provide naturally for their children. According to the Office on Women's Health, low milk supply, sore nipples, engorgement, plugged ducts, inverted or flat nipples, and infections may make breastfeeding difficult for women. Working with a lactation consultant could help new mothers iron out any difficulties they encounter. Choosing to pump breast milk and then using bottles

are some additional ways to work around the challenges of breastfeeding.

Physical Recovery

Many people talk about how difficult childbirth can be, but there isn't much shared about the recovery. Those who had vaginal deliveries can expect soreness and injury recovery if tears occurred during delivery. After delivery, a woman will shed the superficial mucous membrane that lined the uterus during pregnancy, says the Mayo Clinic. A discharge made up of this and blood can occur for weeks. Afterpains, which are like contractions, may occur as well. Incontinence and hemorrhoids also may occur after delivering a baby.

Women who have undergone Cesarean sections will have to recover from the surgery. Fatigue, pain at the incision site, and avoidance of heavy lifting is necessary. It can take weeks before a new mother starts to feel like herself. Patience, relying on others for help and making time to focus on oneself can help new moms heal.

Mood Changes

According to PostpartumDepression.org, one in 10 women will experience postpartum depression after giving birth (other studies suggest one in seven women develop postpartum depression). The condition generally lasts between three and six months. Younger mothers under age 25 may be more vulnerable to postpartum depression.

Even if full-blown postpartum depression does not occur, hormonal changes post-delivery can cause mood swings that are similar to those experienced during pregnancy. Feeling overwhelmed, short-tempered, resentment, and similar emotions can occur. Talking to others or even a professional therapist can assist new moms. In the event of severe symptoms, a doctor may suggest a short course of antidepressants or anti-anxiety medication.

Changes are to be expected when baby arrives. Moms can do their best to cope with the ups and downs.

Potential Pregnancy Complications

Women anticipate many changes to their bodies when they become pregnant. Of course, there are the visual effects that take place, namely the uterus expanding to accommodate the growing fetus. But there are many less visible changes going on that ensure both mother and child can thrive.

March of Dimes says there were 3,664,292 live births in the United States in 2021, while Statistics Canada says there were 351,679 live births, excluding Yukon, across Canada in 2022. Millions of children are born each year across North America, and many of these pregnancies and births are free from complications. However, complications can arise during pregnancy. Here's a look at some of the issues women may experience.

uid sac that surrounds the fetus, says Johns Hopkins Medicine. Too much fluid can cause the sac to rupture and result in preterm labor. Common causes of excessive amniotic fluid include diabetes, multiples pregnancy, incompatible blood types, and birth defects.

cy increases the risk of preeclampsia, Cesarean delivery and the baby being born too large. High blood sugar at the time of conception increases the risk of birth defects, stillbirth and preterm birth. It's important to manage diabetes throughout conception and pregnancy.

Anemia

Pregnancy puts a strain on a mother's body. Anemia is a condition marked by a lower than normal amount of healthy red blood cells. Pregnant women may get iron-deficiency anemia because the body needs more iron than normal at this time. Treating the causes of anemia can help manage the condition.

Diabetes

The Centers for Disease Control and Prevention says having diabetes before or during pregnancy

Preeclampsia

The National Institutes of Health says preeclampsia is a serious medical condition that can lead to preterm delivery. The cause of preeclampsia is unknown. The condition presents as high blood pressure and signs of liver or kidney damage in women after the twentieth week of pregnancy.

Hyperemesis Gravidarum

Although a certain amount of nausea and vomiting may be expected in the early weeks of pregnancy, hyperemesis gravidarum is a more extreme type of morning sickness. Persistent nausea and vomiting during pregnancy can lead to weight loss and dehydration requiring intensive treatment.

Placenta Problems

With placental abruption the placenta becomes detached from the uterine wall too soon, leading to bleeding. The fetus also is deprived of oxygen and nutrients. Placenta previa is a condition where the placenta is attached close to or covering the cervix, obstructing a vaginal birth.

Various complications can occur during pregnancy, but the good news is that many of them can be treated or mitigated without affecting women or their children.

Stay Healthy While Pregnant

Pregnancy can be an exciting time in a couple's life. Ensuring mother and child stay healthy is a foremost concern during pregnancy, and women can do various things to maintain their health during this magical time in their lives.

- **Avoid tobacco and alcohol.** It is never a good idea to smoke or drink alcohol while pregnant. The moment a woman learns she is pregnant, she should cease these habits if she is a smoker and/or drinker.
- **Visit an obstetrician for prenatal testing.** A health care provider can counsel a woman through the stages of her pregnancy. Routine blood tests and additional screenings are part of prenatal care, which is important for learning about the development of the fetus and ensuring a healthy pregnancy.
- **Healthy eating is important.** Nemours Kids Health says eating a nutritious diet is important for anyone, but when a woman is pregnant she needs to pay special attention to her diet to boost her baby's growth and development. Nutritious foods include lean meats, fruits, vegetables, whole grains, and low-fat dairy products.
- **Increase fluid intake.** It is important for a pregnant woman to drink plenty of water and other healthy beverages to support the life inside her. Water can prevent excessive swelling of limbs and urinary



tract/bladder infections and help a woman avoid constipation. The Institute of Medicine recommends roughly 10 cups of fluids daily.

- **Maintain a healthy weight.** Weight gain is common during pregnancy, but it is important to avoid gaining too much extra weight. Physical fitness helps keep the heart, bones and mind healthy during pregnancy. So after checking with her doctor, a pregnant woman should engage in workouts that align with her physical abilities.
- **Be mindful of medication.** Certain over-the-counter and prescription medications are unsafe during pregnancy. A woman should speak with her doctor to find out which medications should be avoided.
- **Take an Rh factor blood test.** According to the Mayo Clinic, Rh factor is

an inherited protein found on the surface of red blood cells. Having the protein makes a person Rh positive. The absence of the protein makes one Rh negative. Rh positive is much more common. During pregnancy, problems may arise if a mother is Rh negative and the baby is Rh positive. Although the blood of both mother and fetus don't usually mix during pregnancy, a small amount can mix during the birth, introducing antibodies. While this will not affect a first pregnancy, subsequent pregnancies can be impacted. An injection of Rh immune globulin typically will be administered if a woman is Rh negative during pregnancy. A second shot may come after the birth if her infant is found to be Rh positive.

Women can employ various strategies to increase their chances of enjoying a healthy pregnancy.



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DIG INTO THESE FACTS ABOUT A VEGETARIAN DIET

Vegetarians adhere to plant-based diets, primarily avoiding meat and poultry in lieu of alternative protein sources. The World Animal Foundation reports there are approximately 1.5 billion vegetarians across the world, making up roughly 22 percent of the global population. The organization Cook Unity reports that, as of 2022, 5 to 8 percent of the United States population declares themselves as vegetarian.

People who are considering switching to vegetarian diets may not understand how to transition to a new way of eating. Experts say that a vegetarian diet can be very healthy if it is approached in a way that ensures individuals consume a nutritionally balanced diet.

Type of Vegetarians
Vegetarianism breaks down into a few different categories.

- ▶ **Lacto-ovo vegetarians:** These vegetarians consume eggs and dairy products but do not eat any meat, poultry or fish.
- ▶ **Lacto-vegetarians:** These vegetarians consume dairy but avoid eggs, meat, fish, and poultry.
- ▶ **Ovo-vegetarians:** These vegetarians omit meat, fish, poultry, and dairy products but consume eggs.
- ▶ **Pescatarians:** These vegetarians eliminate meat and poultry from their diets but allow fish.



▶ **Vegans:** Individuals who are vegans eliminate all animal-based and animal-derived products.

Can Vegetarians Meet Their Nutritional Needs?
Harvard Health Publishing says in recent years the pendulum into the study of vegetarianism has swung from the direction of pointing out potential nutritional deficiencies to confirming health benefits of meat-free eating. Today, plant-based eating is recognized as nutritionally sufficient and a way to reduce chronic illnesses.

The American Dietetic Association says a vegetarian diet should be "appropriately planned" and nutritionally diverse. While a diet of pizza and chips certainly can be billed as vegetarian, it is not a healthy way to gain nutrients. It is essential to make sure that a wide variety of

fruits, vegetables and whole grains are consumed.

Pay Attention to Specific Nutrients
Depending on which foods are eliminated, people adhering to vegetarian diets may experience nutrient deficiency. Therefore, attention should be placed on vitamin B-12, calcium, vitamin D, protein, omega-3 fatty acids, iron, zinc, and iodine, which largely are found in animal-based products. Seaweed can be a vegetarian option for iodine; enriched cereals can provide iron and zinc; walnuts and olives can provide omega-3 fatty acids; and soy and legumes can fill in protein deficits. Individuals can work with doctors or dietitians to plan balanced, plant-based meals.

People considering vegetarian diets can educate themselves about the lifestyle and how to maintain optimal health.

Make Vet Visits Easier For All Involved

People often get anxious about visiting the doctor, and the same can be said for pets. According to the online animal resource Top Dog Tips, a lot of dogs and cats have serious anxiety about going to the vet.

Veterinarian visits typically happen once per year, and the earlier your pet can become more comfortable and acclimated to the process, the better it will behave during each subsequent visit. The following are some steps pet owners can take to make vet visits go smoothly.

- ▶ **Handle your pet frequently.** Teach your pet to accept touching of the paws, ears, mouth, tail, legs, and stomach. Regular sessions petting and touching your pet may make him or her more comfortable when the vet has to do so.
- ▶ **Consider waiting out-**

side. Research from Companion Animal Psychology says 30 percent of dogs are highly stressed while sitting in the waiting room of the vet's office. It can be hectic in the waiting room, with lots of new smells, people coming in and out and animals with all sorts of energy. If waiting rooms put your pet on edge, wait outside.

- ▶ **Associate the carrier with comfort.** If you pull out the crate only when the pet will be going to the vet, the animal will soon associate it with negative experiences. Instead, use the crate frequently and rely on treats so that the dog or cat sees it as a safe and fun space to spend its time. Take frequent car rides to different destinations so pets don't associate car rides with

- vet visits.
- ▶ **Find the right veterinarian.** Interview several vets to find an office and staff who love interacting with your pet and can make him or her comfortable.
- ▶ **Stay relaxed yourself.** Pets can sense their owner's energy. If you are worked up and anxious, then your animal may feed off of those feelings. By remaining calm, you can help keep your pet calm.
- ▶ **Do a fun or practice visit.** Acclimate the pet to the vet's office with a trial run. This way he or she can interact with the vet and learn the smells and sounds under less stressful conditions. This is a great way for the pet to have a positive initial experience with its new vet.
- Vet visits are vital to pets' long-term health. Setting the stage for positive experiences early on can make visits go smoothly throughout the pet's life.

SAFETY FIRST BEFORE MIXING DRUGS

Billions of people across the globe take medications each day. Certain medications can help people with potentially debilitating or even deadly conditions live normal lives, while others can help people overcome relatively minor issues like muscle aches or seasonal allergies.

The American Heart Association notes that mixing drugs can produce unexpected side effects. This can make it dangerous for people already on prescription medications to use over-the-counter drugs for issues like headache or seasonal allergies. Understanding the potential interactions between their prescriptions and common prescription and over-the-counter medications can help people stay safe.

- ▶ **Antihistamines:** Antihistamines are widely used to alleviate symptoms of the common cold or seasonal allergies, such as runny nose, itchy eyes and sneezing. The AHA notes that, when taken along with blood pressure medication, antihistamines can contribute to an accelerated heart rate and cause blood pressure to spike. The AHA also cautions people taking sedatives, tranquilizers or prescriptions to treat

- high blood pressure or depression to consult their physicians before taking antihistamines.
- ▶ **Bronchodilators:** Bronchodilators relax and open the airways in the lungs and are used to treat various lung conditions, such as asthma and chronic obstructive pulmonary disease, or COPD. These drugs make it easier to breathe and are available via prescriptions. But patients with heart disease, high blood pressure, thyroid disease, and/or diabetes should discuss the potential interactions between bronchodilators and other medications they may be taking with their physicians.
- ▶ **Cordarone:** According to Drugs.com, Cordarone is used to treat potentially deadly abnormal heartbeats. Cordarone can cause severe problems that affect the lungs, thyroid or liver, and can be dangerous when combined with other drugs. For example, the AHA notes that patients who take more than 20 milligrams of Zocor, a drug used to lower "bad" cholesterol and potentially to lower the risk of stroke, heart

- attack and other conditions, while also taking Cordarone are at risk of developing rhabdomyolysis. Rhabdomyolysis is a condition marked by the breakdown of muscle tissue that can lead to kidney failure or death. The AHA also says that Cordarone can inhibit or reduce the effects of the blood thinner Coumadin.
- ▶ **Nicotine replacement products:** People taking prescriptions for depression or asthma should consult their physicians before taking any nicotine replacement products. The Federal Drug Administration notes that doctors may want to change dosages of patients' current medications before recommending they take any nicotine replacement products. The FDA also advises people to speak with their physicians before trying these products if they have diabetes, heart disease, asthma or stomach ulcers; have had a recent heart attack; have high blood pressure but do not take any medication for it; or have a history of irregular heartbeat.
- Drug interactions can complicate treatment of various conditions. People currently on medication are urged to speak with their physicians before taking any new medicines, including over-the-counter drugs.

COMMON SIDE EFFECTS OF MEDICATIONS, SUPPLEMENTS

Health professionals recommend a bevy of medications to their patients when they the benefits of such remedies outweigh the possible risks. The same can be said for vaccinations and other health therapies, such as vitamin and mineral supplementation. While supplements and medications are safe when taken as directed, they still have the potential to cause some unwanted side effects.

Over-the-counter medicines, prescriptions or even herbal dietary supplements can cause side effects. WebMD notes that most of these effects are minor and may only be a temporary inconvenience. But some side effects may be more serious. Recognizing common side effects may not make them easier to confront, but it can give people an idea of what to expect. WebMD, the DNA testing firm Sequencing and the healthcare services research experts at Sehat report that the following are some common side effects of medications and supplements.

Stomach Discomfort
Since most drugs and supplements need to go through

the gastrointestinal system to be absorbed, stomach discomfort, constipation and nausea can occur. This is one reason why experts typically recommend taking antibiotics, which can cause indigestion and diarrhea, with food. The vitamins and minerals in multivitamins also can cause stomach discomfort. Non-steroidal anti-inflammatory drugs may cause the formation of gastric ulcers and stomach bleeding when taken for extended periods of time.

Drowsiness
Drowsiness is often associated with antihistamines, anti-tussive (cough) medicines and muscle relaxants. Drowsiness can be exacerbated if medications are mixed with alcohol.

Skin Rashes and Dermatitis
Some topical medications, supplements and other medicines may lead to rashes or itchiness. A rash may be an indication of an allergic reaction. Severe allergic skin reactions may warrant cessation of certain medications and such side effects should be discussed with a doctor immediately. Vaccines also may cause pain or itching at injection sites, but that irritation tends to recede quickly.

Confusion or Restlessness
Medications such as decongestants may increase blood pressure and contribute to confusion, restlessness, and even insomnia. Decongestants, when taken in high doses, also can cause an intoxicating high, which is why they are so heavily regulated.

Weight Gain
Certain medications, particularly those that adjust hormone levels like contraceptives and many anti-anxiety and antidepressant medications, can lead to weight gain. Medications and supplements are often the most effective way to help individuals confront issues regarding their physical and mental health. However, if any side effects become bothersome, individuals should speak with a healthcare provider to find out if there is an alternative or if the medication should be discontinued.

Did You Know?

Veterinarians and rescue organizations repeatedly stress the significance of having pets spayed or neutered. This process, which is a relatively minor procedure with an excellent recovery rate, renders the animals sterile so that they cannot reproduce. Many animal shelters will not even allow people to adopt pets before the dogs and cats have undergone the spay or neuter surgery. Prospective pet owners may wonder just why spaying and neutering is so important. Here are a few reasons.

- ▶ **Increased longevity:** A study that focused on Banfield Pet Hospitals' database of 2.2 million dogs and 460,000 cats found that, compared to animals which were not neutered or spayed, neutered male dogs lived 18 percent longer and spayed female dogs lived 23 percent longer, while spayed female cats in the study lived 39 percent longer and neutered male cats lived 62 percent longer.

- ▶ **Curbs unwanted behaviors:** Unaltered dogs and cats may roam to find mates, meow or bark, mark territory, and engage in other unwanted behaviors.
- ▶ **Prevents litters:** Undesired litters of puppies or kittens leads to overpopulation that can result in these animals being placed in shelters or humanely euthanized.
- ▶ **May prevent cancers:** Spaying or neutering can reduce the risk for certain cancers in animals, such as reproductive system cancer or pyometra. Undergoing the spaying and neutering process 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. Furthermore, it may be possible to find a low- or no-cost spay and neuter clinic to handle the procedure.

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Safe Ways To Lose Weight

People have many options when they seek to lose weight. Fad diets may promise quick results, but highly restrictive eating plans or marathon workout sessions can be dangerous. Taking shortcuts or risks in the hopes of losing weight can lead to various health issues and ultimately put people's overall health in serious jeopardy. Thankfully, there are many safe ways people can lose weight.

The first step in safe weight loss is to visit a doctor and let him or her know your plans. The doctor can help determine if a specific eating plan or exercise routine is safe based on your current health. Certain medications can affect metabolism and even contribute to weight gain, so a discussion with the doctor can help ensure people aren't putting their health in jeopardy when their goal is to get healthy.

It's also vital that people trying to lose weight do not believe everything they read online. Research published in The American Journal of Public Health in October 2014 found that most people who search the internet for tips on how to lose weight come across false or misleading information on weight loss, particularly in regard to how quickly they can shed some pounds. The Centers for Disease Control and Prevention advises the safest amount of weight to lose per week is between one and two pounds. People who lose more per week, particularly on fad diets or programs, oftentimes are much more likely to regain weight later on than people who took more measured approaches to losing weight. In addition, the Academy of Nutrition and Dietetics notes it is better to lose weight gradually because if a person sheds pounds too fast, he or she can lose muscle, bone and water instead of fat.

The calories in, calories out concept is something to keep in mind when at-



tempting to lose weight. But metabolism and other factors, including body composition and physical activity levels, also are factors. How well one's body turns calories into fuel also needs to be considered. The best ways to experiment are to start slowly.

- ▲ **Calculate the average daily calories consumed in a day using a tracker.** This can be a digital app on a phone or simply writing down calories on a piece of paper. Track over a few days and see, on average, how many calories you've been consuming.
- ▲ **Notice extra calories.** Many diets can be derailed by eating extra calories that you don't realize you're consuming. That cookie a coworker insists you eat or the leftover mac-and-cheese from your toddler's plate can be sources of extra calories. Be mindful of what's being consumed, including sweetened beverages.
- ▲ **Explore the science.** According to the Scotland-based health service NHS Inform, one pound of fat contains 3,500 calories on average. Cutting calorie intake by 500 calories per day should see you lose

1 pound per week. The same goes in the other direction. Eating 500 more calories per day for a year can result in gaining close to 50 pounds. Small changes really add up.

- ▲ **Eat filling foods.** Choose low-calorie, high quality foods, like vegetables, whole grains and lean proteins. Meals that provide satiety can help eliminate between-meals snacks that can derail your weight loss efforts.
- ▲ **Seek support as a way to create accountability.** Share weight loss plans with a friend or relative who can help monitor your progress and keep you on track.
- ▲ **Incorporate strength training.** Good Housekeeping says the more lean muscle you have, the faster you can slim down. Start slowly with strength training, using free weights or body weights. Aim for strength workouts three to four times per week and alternate with calorie-blasting cardio.

Explore safer ways to lose weight, including taking a gradual approach that promotes long-term weight loss.

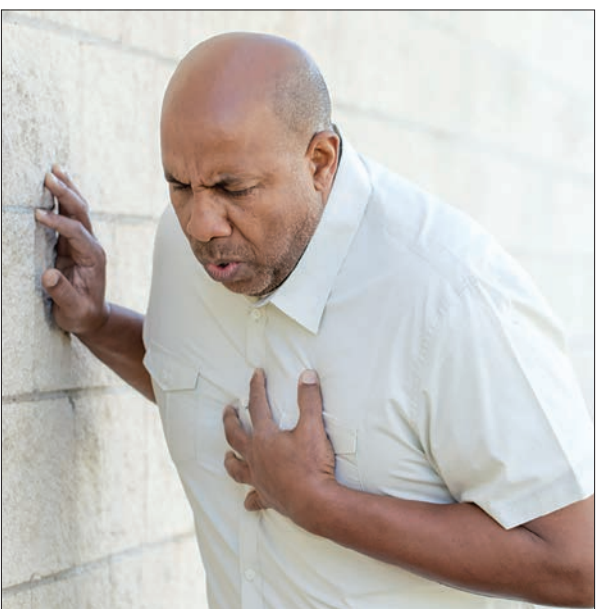
EARLY WARNING SIGNS FOR HEART DISEASE

Cardiovascular disease claims more lives across the globe every year than any other disease or condition, and many of those fatalities are credited to heart disease. Though the terms "cardiovascular disease" and "heart disease" are often used interchangeably, the National Heart, Blood and Lung Institute notes that, while all heart diseases are cardiovascular diseases, not all cardiovascular diseases are heart diseases. This is an important distinction, especially as adults discuss heart and cardiovascular health with their physicians.

The NHLBI reports that more than one in 10 American adults have been diagnosed with heart disease, which underscores the serious threat posed by the various conditions that fall under the umbrella of the condition. Though NHLBI data indicates around 630,000 Americans die from heart diseases each year, many of those deaths are preventable. The same goes for Canada, where data from the Canadian Chronic Disease Surveillance System indicates that every hour roughly 14 Canadian adults age 20 and over with diagnosed heart disease lose their lives.

Education is one of the ways in which deaths due to heart disease can be prevented. That's especially true when individuals learn to recognize warning signs of the disease and take prompt action once such indicators appear.

- ▶ **Chest pain:** Discomfort between the neck and upper abdomen is characterized as chest pain, which does not necessarily indicate the presence of heart disease. However, the ex-



perts at Mount Sinai indicate that chest pain is the most common symptom of poor blood flow to the heart or a heart attack. Chest pain may occur because the heart isn't getting enough oxygen or blood. It's important that individuals recognize that the intensity of pain in the chest does not indicate the severity of the problem. That means that even mild discomfort in the chest should be brought to the attention of a physician immediately.

- ▶ **Shortness of breath:** Shortness of breath can occur because the heart isn't pumping blood as well as it should, thus causing blood to back up in the veins that go from the lungs to the heart. Mount Sinai notes that this results in fluid leaking into the lungs, thus producing shortness of breath. Shortness of breath can occur at any

time, including when individuals are active or at rest.

- ▶ **Coughing or wheezing:** Another indicator of fluid buildup in the lungs related to the heart is persistent coughing or wheezing. When coughing, individuals may spit up a pink or bloody mucus.
- ▶ **Swelling in the lower legs:** Mount Sinai notes that swelling in the legs, ankles or feet is another indicator of heart troubles. One of the byproducts of a poorly functioning heart is slower blood flow, and that reduction in flow can cause a backup in the veins of the legs. That backup can cause fluid to build up in the tissues, which leads to swelling.

Heart disease is a significant threat to public health. Learning to recognize signs of the disease can save an untold number of lives.

IMPORTANT REASONS TO VISIT A PRIMARY CARE PHYSICIAN

It is vital to make personal health a priority. Despite that widely accepted truth, far too often people delay trips to see their doctors. The coronavirus pandemic only compounded this issue. An April 2020 report from Modern Healthcare found roughly one in three Americans delayed medical care as they coped with the financial loss and stress caused by COVID-19. A report from CTV indicated Canadian cancer diagnoses were down 16 percent from 2018 to 2020 due to closed facilities or fear of getting COVID-19 from medical offices.

Concerns about the pandemic are not the only reasons individuals may skip doctor visits. Some avoid going to the doctor due to fear of the unknown. Dr. Barbara Cox, a psychologist based in San Diego, told NBC News that it's common to feel reticent and anxious about going to the doctor. Around 3 percent of the population actually suffers from iatrophobia, the medical name for fear of doctors. Most just worry about getting bad news.

A refresher course on the benefits of visiting a primary care doctor may compel millions to schedule appointments and get back on top of their overall health.

- ▲ **Chronic disease man-**

agement: An individual with a chronic disease, such as kidney disease, diabetes or hypertension, should consult with a doctor about the ideal frequency of visits and to coordinate medication and testing with specialists.

- ▲ **Vaccines and shots:** Primary care providers (PCPs) offer routine vaccinations and can ensure that individuals are up-to-date on the immunizations they need to stay safe. Tetanus, diphtheria, shingles, pertussis, flu, and now COVID-19 vaccines are vital to overall health.
- ▲ **Medical referrals:** A PCP can assess a health situation and refer a patient to the correct specialist if more extensive care is needed. However, many chronic conditions can be monitored and addressed by a PCP.
- ▲ **Cancer screenings:** UW Medicine, which specializes in patient care, research and physician training in Seattle, says most people will need a few cancer screenings as they age, including colonoscopies, Pap smears, mammograms, and other important diagnostic tests for cancer. PCPs are usually the first line of

defense against cancer and can ensure patients receive the screenings they need.

- ▲ **Non-life-threatening illnesses or injuries:** Unless a situation is life-threatening or severe, thereby warranting a trip to the emergency room, most people can visit their PCPs for help treating a variety of conditions. When in doubt, individuals should first consult with their general practitioners about the right course of treatment.
- ▲ **Routine lab work:** Blood and urine tests often are part of annual well visit checks. Many PCP offices have phlebotomists on staff so that lab work can be conducted in the convenience of one place and then sent out for testing.
- ▲ **Work or sports physicals:** Certain employers require physical examinations, as do schools and recreational sports leagues. PCP offices are the place to go for these types of examinations, which are generally recommended annually.

Primary care physicians are often the first people to turn to for a bevy of health and wellness needs.

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TIPS TO PREPARE FOR FLU SEASON

Influenza is more common than people may realize. Data from the World Health Organization indicates there are around one billion cases of seasonal influenza each year. Though only a small fraction of those cases result in severe illness, even a mild case of the flu can be unpleasant and disruptive.

The phrase “flu prevention” may be somewhat misleading, as the best people can do is reduce their risk for seasonal influenza. According to the Centers for Disease Control and Prevention, the best way to do that is to get vaccinated against the flu each year. Each year’s flu shot is different, as researchers design the vaccination based on which strand of influenza they anticipate will be most prevalent in a given year. In addition to getting vaccinated, individuals can consider these tips, courtesy of the CDC, to protect themselves and others from the flu and stop the spread of germs.

- ▲ **Steer clear of close contact.** Individuals who are sick can steer clear of close contact with other people in order to safeguard them from the flu. On the flip side, people who live or work with individuals who have the flu can avoid close contact as well.
- ▲ **Don’t be a hero.** The CDC urges anyone who is sick with the flu to stay home until their illness subsides. Avoid



going to school, work and running errands so you can help to prevent the virus from spreading.

- ▲ **Cover up.** The CDC notes that the flu virus spreads primarily through droplets produced when people with influenza cough, sneeze or talk. When around others, cover your mouth and nose, particularly when sneezing or coughing. When you have to sneeze or cough, do so into the cradle of your elbow. Coughing into your hands could help to spread the virus, as germs can transfer from your hand onto surfaces others may touch, like doorknobs and handles.
- ▲ **Routinely wash your hands.** Make it a habit to wash your hands regularly. When returning home, wash your hands before you do anything else. This is especially important when returning home from places

where lots of people tend to congregate, such as grocery stores and restaurants. Lathering hands with soap and water for at least 20 seconds can help get rid of germs. If soap and water is not available, the CDC recommends using an alcohol-based hand rub.

- ▲ **Avoid touching your eyes, nose or mouth.** The CDC notes that germs spread when people touch contaminated surfaces or objects and then touch their eyes, nose or mouth. It’s easy to touch your eyes, nose or mouth without even thinking about it, but make a concerted effort to avoid touching these areas to safeguard yourself and others from the flu.
- Seasonal influenza can be a disruptive and potentially deadly force. Various practices can help people protect themselves and others from contracting the flu.

AVOID INFECTION WITH PROPER CONTACT LENS CARE

Contact lenses provide a convenient means to improving vision.

As contacts sit directly on the eyes, it is important to avoid the introduction of foreign matter to the eye with careful hygiene and other practices. WebMD reports that those who wear contacts have a higher risk for keratitis, an infection of the cornea caused by viruses, bacteria, fungi, and rare parasites. It’s also easier to catch conjunctivitis. Smart contact lens usage can help people avoid infections and other eye irritation.

Contact wearers can follow these guidelines:

- ▶ **Wash hands before handling contacts.** Always wash and dry your

hands before touching contact lenses to avoid transferring microorganisms from your hands and fingers to the lenses.

- ▶ **Rub the lenses while cleaning.** Rubbing the lenses while cleaning them loosens the protein and bacteria that builds up. Even if the solution advertises “no rub,” you should do it anyway.
- ▶ **Always use fresh solution.** Wash and store contacts in fresh, store-bought solution. Do not reuse solution, and never make homemade saline solution, which may not be sterile.
- ▶ **Consider daily lenses.** One way to cut down on the buildup of bacteria is to opt for daily lenses.

es. These are individually packaged and are only worn for one day before being discarded, as opposed to weekly or monthly lenses.

- ▶ **Rest your eyes.** Whenever possible, give your eyes a chance to “breathe,” so to speak. Skip the contacts if you are at home and will not be encumbered by wearing eyeglasses. When utilizing contacts, do not wear them longer than is prescribed for that type of lens. Do not sleep in contacts unless they are designed for overnight wear.

Care must be given to contact lenses to avoid eye infections and other harmful conditions.

WHAT TO KNOW ABOUT RSV

Winter is synonymous with the holidays, snow and, of course, the common cold. Though colds are not exclusive to winter, they tend to be more common in the colder months of the year.

As cold season hits full swing, it’s important to recognize that the common cold is not always behind those uncomfortable coughs and sniffles. Respiratory syncytial virus, often referred to as RSV, is a serious respiratory virus that produces symptoms similar to the common cold. Some basic knowledge of RSV can ensure people seek the treatment they need to overcome it.

What is RSV?

RSV is a virus that infects the lungs and respiratory tract. The American Lung Association® reports that RSV is common among children because they frequently come into physical contact with other kids.

When is RSV Most Likely to Occur?

The peak season for RSV is fall through spring. However, the National Institute for Public Health and the Environment notes that RSV infections rose sharply in summer 2021. Though that

spike was likely due to a relaxation of coronavirus restrictions, it underscores that RSV can strike in summer.

What are the Symptoms of RSV?

The Centers for Disease Control and Prevention report that people infected with RSV typically exhibit symptoms within four to six days of infection. Such symptoms, which usually appear in stages and not all at once, may include:

- ▲ Runny nose
- ▲ Decrease in appetite
- ▲ Coughing
- ▲ Sneezing
- ▲ Fever
- ▲ Wheezing

Young infants with RSV may be irritable, less active and experience breathing difficulties. It is the leading cause of hospitalization in all infants, so symptoms should be taken seriously and brought to the attention of a child’s pediatrician immediately. Symptoms like difficulty breathing, not drinking enough, decreased activity, nasal flaring, and bluish lips and fingernails require urgent care.

How is RSV Managed?

The CDC notes that antiviral medication is not typically part of a treatment for RSV, as most infections go away within a week or two without intervention. Symptoms such as fever and pain can be managed with over-the-counter fever reducers and pain relievers like acetaminophen or ibuprofen (the CDC notes that aspirin should never be given to children). Drinking plenty of fluids to prevent dehydration and speaking with a physician prior to taking something or giving a child something to treat RSV is recommended.

Is There an RSV Vaccination?

The CDC recommends immunization for those most at risk of serious illness from RSV. High-risk groups include infants, toddlers and adults age 60 and older. Parents and older adults are urged to speak to their child’s doctors and their own physicians about RSV vaccination.

RSV symptoms mirror those of the common cold, but the virus can be more serious than that. More information is available at cdc.gov and lung.org.

Don't Get Caught Off Guard By GLAUCOMA

Vision should never be taken for granted. Appreciating one’s sense of sight involves scheduling routine eye exams and taking steps to protect one’s eyes. But safeguarding vision also involves understanding the various conditions that can affect eye health.

Glaucoma is a group of eye disorders that can lead to progressive damage to the optic nerve. People who experience glaucoma can lose nerve tissue and eventually suffer vision loss. Understanding what contributes to glaucoma can help people take the steps necessary to reduce their risk.

The American Optometric Association says that glaucoma is the second leading cause of blindness for people over the age of 60 - although it can occur at any age. The Mayo Clinic states that many forms of glaucoma produce no warning signs and changes in vision may occur so gradually they are not detected until the condition has reached an advanced stage.

There are various types

of glaucoma. However, primary open-angle glaucoma is the most common form, affecting about three million Americans, indicates the Glaucoma Research Foundation. Primary open-angle glaucoma occurs when the eye’s drainage canals become clogged over time and fluid cannot drain out of the eye. As a result, intraocular pressure rises and damages the optic nerve, which is responsible for transmitting signals from the eye to the brain. People with a family history of glaucoma, African Americans over age 40 and Hispanics over the age of 60 have an increased risk, says the AOA. Those with thin corneas, which is the outer layer of the eye, also are at an elevated risk of developing glaucoma.

A less common type of glaucoma is called acute-closure glaucoma, which occurs due to an abrupt and rapid increase of eye pressure. This is an emergency situation that requires prompt care to prevent vision loss.

An eye doctor will conduct various tests to deter-

mine if a patient is at risk for glaucoma. The Mayo Clinic says tonometry is commonly used to measure intraocular pressure. During this test, the eye surface will be anesthetized with special drops. A tonometer will be applied lightly to the cornea, indenting it slightly. The resistance will be measured and calculated to determine if pressure is present. Other tests include the following:

- ▶ **Imaging tests** that look for optic nerve damage that involve a dilated eye examination
- ▶ **Visual field tests** to check for areas of vision loss
- ▶ **Pachymetry**, which measures corneal thickness
- ▶ **An inspection of the drainage angle** of the eye

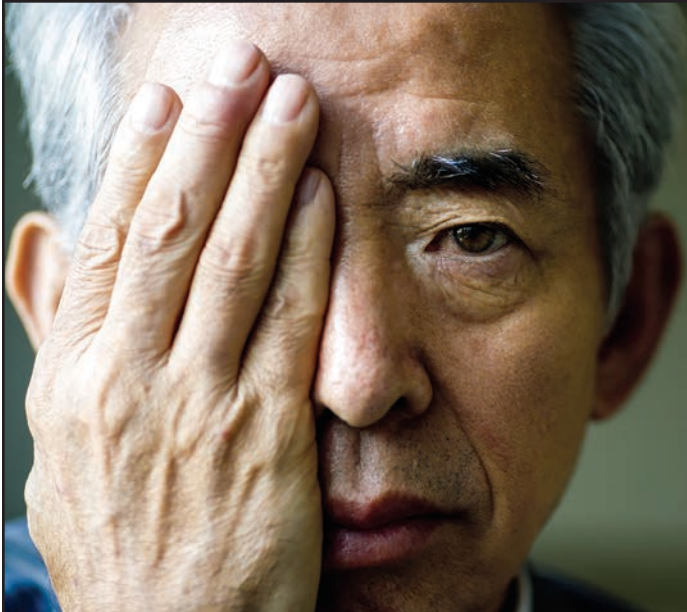
The effects of glaucoma cannot be reversed, but glaucoma can be caught early. Medications and lifestyle changes, like more frequent eye exams, can improve symptoms. Prescription eye drops can reduce the production of aqueous humor (fluid) in the eye and improve outflow of that fluid. Oral medications and surgery are other options as well.

Did You Know?

A good joke can liven up any social engagement, but the value of humor goes well beyond breaking the ice at parties and other

get-togethers. According to the Cleveland Clinic, laughter can activate the parasympathetic nervous system, which helps to

lower heart rate and help people breathe more easily. Given such benefits, it’s no surprise that laughter has been linked to a host of medical benefits, including stress relief and improved heart health.



Glaucoma often does not produce symptoms until the disease has progressed and caused irreversible vision loss. That’s why early detection and treatment are key to protecting your sight.

You May Not See Glaucoma Coming... But We Will.

If you’re age 50 or older, or if you have diabetes, high blood pressure or a family history of glaucoma, talk to us today to learn more and determine the screening schedule that’s right for you.

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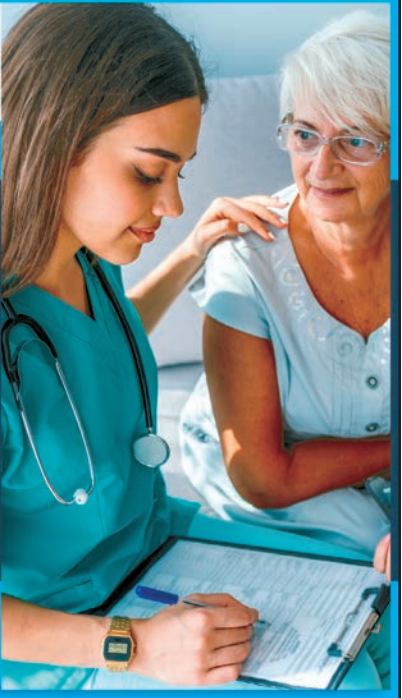
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VARIOUS TYPES OF ARTHRITIS

Arthritis is a broad term that encompasses at least 100 different subtypes of the condition. Each has different causes and treatment methods, but some are more common than others.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases says “arthritis” means “joint inflammation.” Joints are where two bones meet. Common symptoms of arthritis include pain, stiffness, swelling, and redness in and around the joints. Arthritis is the No. 1 cause of disability in United States. While it mainly affects the bones, it also can damage other parts of the body, including organs.

The following are common types of arthritis.

Osteoarthritis

Healthline says osteoarthritis (OA) is the most common type of arthritis in the U.S. It develops after the age of 50 or 60 years, and tends to be more prevalent in individuals who are overweight. With OA, joint pain tends to occur after rest or inactivity. It is a degenerative joint disease in which the tissues break down over time.

Rheumatoid Arthritis

Unlike OA, which is marked by a breakdown of joint tissue over time, RA is a chronic autoimmune disease in which the body's own immune system attacks the joints and other tissues. It can also cause medical problems in other areas such as the eyes, lungs, blood, nerves, and heart.

RA is more common in women than men, and people are likely to get the disease if there is a family history of it.

Psoriatic Arthritis

Psoriatic arthritis is another inflammatory condition linked to an autoimmune disorder. Individuals with the skin condition psoriasis can develop psoriatic arthritis after skin symptoms occur. It is believed that stressful events, trauma to the joints or bones or infections may trigger the disease in those who already have psoriasis.

Gout

Gout is a type of arthritis that causes flares, often beginning in the big toe or a lower limb. It occurs when a high level of serum urate

builds up in the body, which then forms needle-shaped crystals in and around the joint. Gout usually happens in middle age, with men developing it earlier than women. Some people with gout may be more likely to develop chronic kidney disease, obesity, hypertension, and diabetes.

Treatment

Doctors will ask questions and perform blood tests to check for arthritis markers. A general practitioner may recommend a patient see a rheumatologist to get a better diagnosis as well as a treatment plan.

Treatments include analgesic medications, anti-inflammatory drugs such as NSAID or steroid formulations, capsaicin creams to block pain signals, or immunosuppressants and biologics if arthritis is autoimmune in nature.

While there's no cure or way to prevent arthritis, exercising, losing weight, managing stress, and eating healthy foods could limit symptoms. Working with a doctor also can help manage arthritis.

THE BENEFITS OF CHIROPRACTIC CARE

Chiropractic care is a form of complementary medicine in which a licensed chiropractic doctor uses his or her hands as well as certain machinery to manipulate joints in the body.

Subluxation is a term used in chiropractic medicine that refers to the misalignment of vertebrae or joints. Subluxation can occur from injury, repetitive motion or certain medical issues, says Verywell Health. When joints do not work properly, range of motion can be compromised and chronic pain may present in the joint or elsewhere in the body.

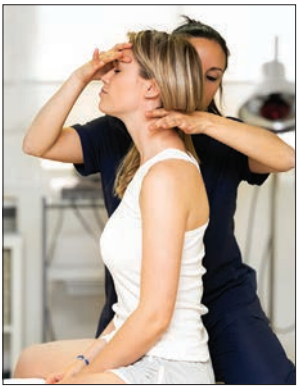
Chiropractic care can be instrumental in helping a person feel better without having to take pain medications. Chiropractors can treat musculoskeletal pain anywhere in the body, according to the Cleveland Clinic. Adjustments can gently realign joints to decrease pain and increase range of motion.

Soft-tissue therapy may be used to relax tight muscles and relieve spasms. A chiropractor also may be able to advise as to exercises and stretches that can maintain joint stability and mobility.

Chiropractic treatment also may decrease tension and boost blood circulation, which could help reduce stressful feelings in the body. Similarly, such treatment may alleviate tension headaches and migraines by realigning the joints in the neck and back that may be contributing to the headaches.

Healthline reports a possible reduction of osteoarthritis symptoms from chiropractic care as well. When joints are properly aligned, it will reduce how much bones rub together.

One of the more profound benefits of chiropractic adjustment is the potential to reduce reliance on opioid drugs prescribed to relieve



pain. Because of the efficacy of opioids, people can easily find themselves addicted to them. When their prescriptions are up, they may turn to illegal opioids to chase the pain relief and high they have grown accustomed to. The National Institute on Drug Abuse says more than 106,000 drug overdoses deaths were reported in 2021, and synthetic opioid deaths (primarily fentanyl) continue to rise, advises the NIDA.

Chiropractic care can help people live fuller lives without pain. Individuals with remaining questions can speak with their doctors about chiropractic medicine.

Alleviate Everyday Aches, Pains

Pain occurs for a variety of reasons. It may be a by-product of overuse of a part of the body, it could signal an underlying condition, or it could be the result of an injury.

Discomfort can be remedied with some techniques.

▲ **Get moving.** Lower back pain is common among adults in their mid-30s and 40s. Strength training and cardio exercises can remedy this pain because these activities increase blood flow and help build core muscles, which support the spine. Support can alleviate pressure on the discs in the back.

▲ **Practice good posture.** Sitting and standing with optimal posture can help the body feel better. The body is designed to stand in a “neutral” position that stacks the pelvis, head and torso.

When posture is out of whack, this puts undue stress on muscles, leading to pain. Dropping your head or shoulders also can create tension that leads to headaches.

▲ **Exercise more often.** Certain pains arise when exercising for the first time or performing a new activity. When you do the same activity again and again, your muscles will start to get used to it and soreness will be reduced. Don't give up on exercise too soon, but include off days to give your body time to become more acclimated to increased physical activity.

▲ **Get tested.** Speak with your doctor if you have chronic pain in one or more areas. It may be a sign of osteoarthritis, an inflammatory condition that is associated

with aging. Rheumatoid arthritis and other autoimmune conditions can cause aches and pains as well, leaving the joints and tendons inflamed. A doctor can rule out these conditions or help you get the therapy and medications you need.

▲ **Increase stretching and movement exercises.** Incorporate stretching and movement exercises like yoga or tai chi into your daily regimen. These activities stretch areas of the body to improve range of motion and flexibility over time.

These are just a few ways to address common aches and pains. Medical interventions, physical therapy, occupational therapy and ergonomics assessments, and massage therapy also may help to alleviate aches and pains.

FIBROMYALGIA TREATMENT OPTIONS

Fibromyalgia is a clinical syndrome that presents as widespread body pain. If left untreated, fibromyalgia is a potentially debilitating condition.

Middle age women are especially vulnerable to fibromyalgia, and early diagnosis is key so that treatments can begin. Treatment is likely to be more effective if introduced early, according to a 2017 study in the journal Australian Prescriber.

The Mayo Clinic says doctors attempting to diagnose pain used to check 18 specific points on the body to determine if pain was linked to fibromyalgia. However, newer guidelines from the American College of Rheumatology no longer require a tender point exam for diagnosis. Instead, the condition is considered present when widespread pain throughout the body lasts for at least

three months.

Newly diagnosed fibromyalgia patients may have many questions about the illness and their treatment options. Fibromyalgia symptoms wax and wane, so Johns Hopkins Medicine says treatment strategies continually need to evolve and are tailored specifically to each patient's needs. However, treatment strategies tend to fall into four broad categories: education; symptom management; cognitive behavior therapy; and complementary approaches.

Symptom management tends to include a variety of medications. The Mayo Clinic Says doctors will recommend pain relievers such as acetaminophen, ibuprofen and naproxen sodium, which are available over-the-counter. Opioid pain relievers usually are not recommended because of side effects and risk for dependence.

Antidepressants are the most frequently used and best studied drugs for the treatment of fibromyalgia, indicates Johns Hopkins. They are effective in treating pain, sleep disturbances, fatigue, and depression. Anti-seizure drugs often are useful to reduce certain types of pain.

In addition to medications, complementary approaches include physical therapy, acupuncture, massage, acupuncture, hypnosis, osteopathic manipulation, and other techniques. Cognitive behavior therapy also may help those with fibromyalgia manage their condition by applying relaxation therapy and cognitive pain management, among other techniques.

Speaking with a mental health counselor also can give individuals additional tools for dealing with painful and stressful situations that arise due to fibromyalgia.

Fibromyalgia affects many people, notably women. There is no cure, but various treatments can relieve pain and assist with other symptoms.

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OUR DOCTORS

- Dr. John Napier
- Dr. Shelley Simpson
- Dr. Krista Martin
- Dr. Brock Martin
- Dr. Amber Douglas
- Dr. Allan Douglas

2 LOCATIONS

HUNTINGDON
159 Court Square
Huntingdon, TN 38344
731-535-3205

CAMDEN
130 Hospital Drive
Camden, TN 38320
731-584-5444