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Third row: Dr. Wendy Likes, dean, UT Health Science Center College of Nursing; Ansley Pfeffer, UT Martin, Ashland City; Natalie Taylor, UT Martin, Huntingdon; Emily Watson, UT Southern, Cornersville; Second row: Dr. Mary Radford, chair, UT Martin Department of Nursing; Keidra Gardner, UT Southern, Goodspring; Dr. Randi Tuten, assistant professor of nursing, UT Southern; First row: Madeline Young, UT Martin, Gates; Sophia Iacobelli, UT Southern, Campbellsville; Kaylee Knight, UT Southern, Fayetteville; Emmalee Bruner, UT Martin, Troy.

Goode honored with WestStar Alumni Award

MARTIN, Tenn — Melinda Goode of Dresden, a 2009 WestStar graduate and executive director of the Northwest Tennessee Development District, received the 27th Jimmy Daniel Make-A-Difference WestStar Leadership Alumni Award during the WestStar Leadership Program’s graduation June 17 at the Jackson Country Club. Goode was selected for the award by the WestStar Board of Trustees. Named for the late Jimmy Daniel of McNairy County, the award is presented to a person who has made a positive impact during the past five years and has a strong record of leadership in West Tennessee during that same period. Daniel was a 1990 WestStar graduate, founding WestStar Board of Trustees member and a West Tennessee field representative for the late Tennessee Gov. Don Sundquist. Goode is pictured with Jake Bynum, chief of staff for the University of Tennessee at Martin and WestStar executive director.



BE ONE UT in Action:

Three UT Nursing Programs Collaborate for Rural Health Access

Memphis, Tenn. — The UT Health Science Center College of Nursing and the nursing programs at UT Martin and UT Southern are working to increase access to health care and expand the nursing workforce in rural West Tennessee.

A \$300,000, 17-month grant from the Tennessee Department of Labor and Workforce Development will fund the Tennessee Rural Nurse Scholars program for eight nursing students: four at UT Martin and four at UT Southern. The students will receive financial support in their final year of nursing school, a paid student nurse internship experience, and additional training through an online rural health medallion program.

A \$500,000 UT Grand Challenge Grant will launch three One UT-

branded rural health units to provide outreach, education and training to the community and the health care workforce. One unit will be sent from each of the campuses: UT Martin, UT Southern, and UT Health Science Center. Strengthening rural communities is one of the three Grand Challenges – complex, interconnected, large-scale problems that create uncertain futures.

UT Health Science Center College of Nursing Dean Wendy Likes, Ph.D., DNSc, APRN-BC, FAAN, FAANP, is the principal investigator on the Tennessee Rural Nurse Scholars program. UT Martin nursing program Chair and Professor Mary Radford, Ed.D., MSN, BSN, and UT Southern Assistant Professor Randi Tuten, DNP, FNP, BSN, are lead instructors for the program.

“The collaboration

of our three nursing programs truly exemplifies the BE ONE UT Values, especially the ‘united and connected’ category,” Dr. Likes said. “These grants are unique innovative opportunities to expose our students to rural health as a career option and to help prepare them. We are excited to partner with UT Martin and UT Southern in this work.”

Students and faculty on the Tennessee Rural Nurse Scholars grant gathered at UT Health Science Center last week for an event that included telehealth training, a tour of the UTHSC Nursing Mobile Health Unit, a tour of the Center for Healthcare Improvement and Patient Simulation (CHIPS), and a rural poverty simulation.

Tennessee ranks 44th in the nation for health outcomes, with rural residents experiencing grave disparities versus

their urban counterparts. Health care workforce shortages also plague rural areas, in part due to isolation and limited professional development opportunities.

The Tennessee Rural Nurse Scholars program was modeled on a \$1.5 million grant from the U.S. Department of Labor that supports nursing graduates in their transition to work in rural or underserved hospitals. Students from this program, called the Delta Nurse Scholars Program, joined the students from UT Martin and UT Southern for the day of rural health care learning. The principal investigator on this grant is Assistant Dean of Undergraduate Programs Randy Johnson, Ph.D., RN.

Dr. Tuten of UT Southern said the

see *NURSING*, page 5

How to build stronger rural communities

Small towns and rural communities may not always get the attention they deserve, and it’s easy for their needs to be eclipsed by larger cities. Small town needs are ever-changing and unique to their respective locations.

While some rural communities have experienced a downward trend between 2010 and 2020, the numbers are complex and not universally applicable. Still, many of these areas can use help, as they are facing steep population declines, according to FWD.us. This bipartisan political organization says in the last 20 years departures from rural counties outweighed new arrivals by 700,000 people.

Empowering rural communities and helping them grow comes down to some key areas of focus.

• **Create a walkable Main Street.** Planning boards can carefully consider where well-thought-out development should go. While it’s important to maintain the integrity of the rural community without too much building,



having a walkable and attractive town center where businesses can thrive is key. Families

can live close by to daily destinations, and this may encourage more people to relocate

to or stay in these areas, according to the Environmental Protection Agency.

• **Help for farmers.** Government officials need to hear more about the challenges farmers face. Tom Vilsack, former Iowa governor and the U.S. Secretary of Agriculture during the Obama and Biden administrations, says programs like the Climate Smart Commodities Program can help farmers. This program pays farmers a premium for using sustainable agriculture tools, or practices that make use of innovative farm products that produce renewable energy. Farms that work efficiently and lower the burden of labor on farmers are a boon for rural communities. U.S. Department of Agriculture statistics indicate the majority of farmers in the United States have to supplement their incomes with off-farm jobs because smaller farms simply can’t keep up to make ends meet. Fighting for policies that keep more money going to small farms can strengthen rural communities.

• **Improve infrastructure and resources.** Rural communities need

access to the right resources in order to thrive. Improving access to high-speed internet, for example, can bring new business and educational initiatives to rural areas and small towns. Lenders can be more receptive to local entrepreneurs to help stimulate economic growth and job creation in these communities, according to the professional development group StrengthenND. Priority also should be given to improving roadways so residents can safely get to and from homes, stores and businesses.

• **Protect open spaces.** Rural communities can rally to protect the landscape and help preserve open spaces. Focus also should be placed on providing places for recreation, and not only for local residents. Such features can make smaller towns more appealing to tourists, which in turn can increase investments in the local economy.

Small towns and rural communities can use certain strategies to foster growth and sustainability.

6 issues affecting farmers

The agricultural sector continues to face unique challenges. Issues affecting the agricultural sector have a ripple effect that affects domestic food security and the economic strength of rural communities.

In order to adapt to the changing landscape, farmers need to identify strengths and weaknesses in their

operations, and then collaborate with policyholders to create a more resilient agricultural sector that benefits all involved. The following are six notable challenges farmers face in modern agriculture, based on data from Verdesian, a nutrient use efficiency company; AgAmerica, an agriculture lending firm; and Pinion, a business advisory

organization.

1. Labor shortages
Finding and retaining skilled agricultural labor is a notable challenge. The aging farmer population coupled with labor shortages is a concern. There is a need for new talent in farming as older generations are retiring and younger ones are failing to fill in

the gaps.

2. Depletion of agricultural resources
The global population continues to grow, which means the demand for food and other agricultural products is increasing. This puts a strain on the resources farmers rely on that may be in short supply. Farming utilizes a considerable

amount of the world’s freshwater supply, and farmers must continually identify ways to manage water resources efficiently, including wastewater reuse initiatives. As fossil fuels also may be finite resources, the agricultural industry needs to pivot to renewable energy alternatives, some of which may require considerable costs

to retrofit current operations.

3. Inflation and food prices
Although the cost of food is no longer as high as it was just a few years ago, consumers are still feeling the pinch at supermarkets and other retail stores. Shoppers may continue to tighten their budgets

see **GARDENING**,
page 3

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How to involve more young people in agriculture

The agricultural industry will undergo exciting changes as it looks to overcome developing challenges in the decades ahead. Technology will continue to play a pivotal role in the agricultural sector, making agriculture an evolving and exciting career path for young professionals.

Much has been made of projections that suggest the world population is increasingly looking to urban areas to call home. Though data from the United Nations indicates urban areas could grow by 2.5 billion people by 2050, more recent UN data indicates that 90 percent of that increase will take place in Asia and Africa. All told, estimates indicate that rural areas will remain home to 3.1 billion people by 2050.

A sizable rural population and the challenges climate change and population growth will present underscores how important the agricultural sector will be in the coming decades. That means

there should be plenty of opportunities for young people to make an impact, especially if more efforts are made to encourage them to consider careers in agriculture.

- Encourage agriculture-based curriculum. After recognizing that the majority of Kenyan students had no access to farming training and education, the organization Farm Africa initiated a program to make agriculture more accessible to students. Students who participated learned about everything from keeping livestock to marketing produce for global markets. Similar programs can be encouraged in developed countries where opportunities in the field of agriculture figure to increase in the years to come.

- Emphasize technological advancements in the field. Modern young people are growing up with technology all around them, but few may be aware of the vital role technology plays in the agricultural sector.

and spend less on food, which may translate into reduced demand for produce and other food products. The food price outlook is uncertain, and historical data indicates food price deflation only occurred once in the past 50 years. Farmers may have to adjust operations to produce more for less to be competitive in the marketplace.

4. Technological overhauls

It's becoming increasingly necessary for farms to utilize new technologies and embrace automation. Some farmers may not be trained in the utilization and application of these technologies, and conversion to new farming practices may require education/skills to manage new tools, or the hiring of skilled technicians from a shrinking agricultural workforce.

5. Climate change

Climate change and extreme weather can have a notable impact on farming. Weather

events like droughts, floods and storms have become more common and severe. Farmers are vulnerable to unpredictable conditions and crop yields.

6. Animal illnesses

One only has to look to the recent avian influenza outbreak to understand the disruption illnesses can have on livestock. The disease has led to mass culling of infested flocks, which has caused widespread losses in chickens, financial burdens to poultry farms and disruptions to egg production that has driven up costs. Bird flu is not isolated to poultry, either. Avian flu can affect dairy cattle, causing decreased milk production and cow death. The need for cleanup procedures and biosecurity measures from these illnesses puts an added financial burden on farmers.

Modern farmers face many different challenges that require adjustment to meet consumer demands.



Young people's ears may perk up upon hearing terms like "robotics" technologies are now a big part of life on the farm. Recognition of that may compel more young people to pursue careers in agriculture.

- Highlight the

challenges ahead and how agricultural professionals can help overcome them. UN projections indicate the global population will grow by more than two billion people by 2050. Finding a way to feed all of those people in the face of

climate change will be no small task, but it's a task that will require dedicated agricultural professionals. Educators and parents can emphasize these challenges when speaking to young people about a career in the agricultural

sector, noting that such careers will present real opportunities to make a difference.

Young people looking for rewarding careers in an exciting, ever-evolving field can be encouraged to consider the agricultural sector.

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How to keep an AC unit running strong



Air conditioners are a lifeline come the dog days of summer, when soaring temperatures make a well-cooled home a welcome respite from the outdoors. Maintaining an AC unit ensures it will be there to keep everyone cool when the mercury rises. The following are some steps homeowners can take to keep their AC units in tip-top shape this summer.

- Replace the air filter on the unit. Dirt, dust, debris, and pollen can quickly fill the filter on an AC unit. Replacing these filters prior to summer can make the unit operate more efficiently and keep cool air circulating throughout the house all summer. Homeowners can first identify which type of unit they have and then find an online tutorial to see

how to replace the filter. Some filters are more expensive than others, but the cost is still low and the energy savings can be substantial.

- Schedule annual maintenance on the unit. Routine maintenance performed by a local HVAC technician is another way to ensure an AC unit is running at peak capacity when it's most needed. Such maintenance is perhaps most effective in spring, as that ensures the unit is running strong from the first heat wave of the summer all the way through Labor Day. HVAC technicians can identify problems and recommend services that homeowners may not recognize they need until it's already hot out. Annual maintenance appointments also give HVAC professionals a

chance to assess a system compared to the previous year, which can help them identify if a unit is nearing its end. That can ensure homeowners are not caught off guard when the unit needs to be replaced.

- Help the unit make it through the summer. Whether it's a typical summer or one marked by a handful of heat waves, AC units can use a little help to get through the season. Closing curtains throughout the house on hot afternoons is a natural way to keep a home cool during a heat wave, and that can cut back on home cooling costs and protect a unit from being overworked. Ceiling fans also can be installed to keep rooms cool and circulate air, which also makes a hot summer a little less taxing on an AC unit.

- Use a programmable thermostat. Programmable thermostats allow homeowners to set the temperatures inside their homes throughout the day. If no one is home during the afternoon, there's no reason to have the AC cranking. Program the thermostat so the house is comfortable when people are home, but raise the desired temperature when no one is around. That gives the AC unit a break during the day and can help to dramatically reduce the cost of cooling the home.

AC units will not last forever, but some simple maintenance can improve their life expectancy and keep homes comfortable throughout the summer.

Save you lawn during watering restrictions

Has this scenario happened to you? You toil throughout the early spring seeding and fertilizing your lawn and start to reap the benefits of this hard work when the thick, green grass fills in. Your curb appeal peaks and your landscape is picture-perfect.

Enter the harsh weather of summer and a long stretch of little to no rain. With reservoirs showing

depleting water levels, drought restrictions are issued in your neighborhood, and you are mandated to greatly reduce water usage and perhaps even cease watering the lawn. Is this the end of that great, green carpet of grass?

On the surface it may seem like keeping a lawn healthy during watering restrictions is a losing battle. After all, grass needs water

to thrive. However, there are some things homeowners can do to prolong the life of their lawns until restrictions are lifted.

Mow less often

Tall grass can shade the soil and its delicate roots, helping to avoid even further evaporation of what precious water the lawn is getting. Space out mowing to every other week or even every two weeks, particularly if you notice the grass is growing more slowly due to less watering. Mowing stresses a lawn, and the grass is already stressed from lack of water. Mowing less frequently can help.

Water early on

Maximize the benefits of any irrigation system by watering during the early morning hours, or between 2 and 9 a.m. This is when wind speeds are usually lower and evaporation from wind and sun is less likely to occur. Keep in mind that watering



restrictions may specify which hours and days you are allowed to water.

Change your grass

Certain species of grass are more resilient in drought conditions. According to Scotts, Bermuda, Zoysia, St. Augustine, Bahia, and Buffalo grasses are more drought-tolerant than others in southern climates. Drought-resistant grasses for northern climates include Tall Fescue and Kentucky Bluegrass. You may consider switching to one of these types if drought and water restrictions in your area have become

more common in recent years.

Utilize grass clippings

Lack of water can contribute to higher soil temperatures, which affects soil organic matter, says The Grass Outlet. Grass clippings left on the lawn can reduce soil temperature, increase infiltration of water into the soil, and improve the lawn's ability to store water. Be sure to evenly distribute the clippings so they don't clump and choke the grass.

Consider an amendment

Hydretain is a soil

moisture manager that its producer attests can extend watering intervals for grass, trees, shrubs, and plants by as much as two to three times. It also is supposed to minimize drought stress and help lower water usage, and thus avoid watering restriction fines. The product's hygroscopic and humectant components attach to plant root hairs, drawing moisture vapor from the soil and turning that vapor into droplets.

A proactive approach can help individuals protect their lawns when water restrictions are in place.

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NURSING from page one

Tennessee Rural Nurse Scholars program will give the students a realistic idea of working in rural areas. “It will allow them to see issues specific to these patients, the social determinants of health such as access to transportation, access to specialists, and telehealth access.”

The program came at just the right time for UT Southern student Keidra Gardner, 28, of Goodspring, who was using savings

from her previous job at the Frito-Lay factory to cover the cost of her nursing degree. “Without this program, I would probably would have had to withdraw,” she said. “It’s like a second chance.”

Gardner earned her first bachelor’s degree in business administration but could only find factory work in her area. She decided to become a nurse because she enjoys helping people and was seeking greater job stability. She looks forward to the emphasis on rural

health care that the program offers. “It helps me to learn more about the community and is a way to give back to the community.”

The health care institutions involved in the Tennessee Rural Nurse Scholars grant include the Southern Tennessee Regional Health System in Pulaski, Baptist Memorial Hospital in Union City, and the UTHSC Nursing Mobile Health Unit. The program will serve Giles, Lake, Lauderdale, Obion and Weakley counties.

UT Martin student Emmalee Bruner of Union City said she appreciates the rural emphasis of the program because she has seen first-hand the problems of health care access in rural areas. Bruner is committed to rural nursing. “I was born at Baptist in Union City, and I hope to work there when I graduate,” she said.

Dr. Radford said the daylong program gave her students “an appreciation of all of the activities going on in the health science center to prepare them as rural nurses

to go out and help rural Tennesseans. Nursing is so special. We can teach; we can treat; we can help in so many ways.”

The mission of the University of Tennessee Health Science Center is transforming lives through collaborative and inclusive education, research, scholarship, clinical care, and public service. With six colleges – Dentistry, Graduate Health Sciences, Health Professions, Medicine, Nursing, and Pharmacy – at its main campus in

Memphis, in addition to educational and clinical campuses at major hospitals in Memphis, Knoxville, Chattanooga, and Nashville, and sites across the state, UTHSC strives to fulfill its vision: Healthy Tennesseans. Thriving Communities. For more information, visit www.uthsc.edu. You can find the University of Tennessee Health Science Center on Facebook, Instagram, LinkedIn, X, and YouTube.

UTM student Mallon named UT System Board’s student trustee

UTM STUDENT MALLON NAMED UT SYSTEM BOARD’S STUDENT TRUSTEE

MARTIN, Tenn. – Ashlee Mallon, a University of Tennessee at Martin junior finance major from Dresden, was named the student trustee to the University of Tennessee System Board of Trustees at its annual meeting July 1 at the University of Tennessee at Chattanooga.

Her appointment was announced at the meeting by Board of Trustees Chair John Compton. Her term will run through June 30, 2026, and she succeeds Lisa Patel, a biomedical engineering major from the University of Tennessee, Knoxville, as student trustee.



UTM junior Ashlee Mallon is shown being welcomed by UT System Board of Trustees Chair John Compton at the board’s annual meeting July 1 at UT Chattanooga after being named the student trustee for the UT System Board of Trustees.

“It is an honor to have been nominated and selected to represent UTM on the Board of Trustees,” she said in an email interview. “It is an honor to be entrusted to uphold the values for the UT System and uphold

the expectations of UT Martin.”

Mallon serves as the I Heart UTM chair for the Student Alumni Council and is a senator in the Student Government Association. She is also the vice president

of the Financial Management Association for the 2025-26 school year.

Mallon is a member of the Ned Ray McWherter Institute and the Phi Eta Sigma Honor Society, and serves on the College of Business

and Global Affairs Student Advisory Board.

“Taking on the role of the student trustee prepares me for my future career in many different ways,” Mallon said in the interview. “With the goal of becoming an attorney, the board is allowing me to invoke a professional role and make connections throughout my term.”

“I am put into a position to make a difference for the UT System to better the lives of our faculty and students. This prepares me for the role of becoming a leader in the legal field within the next couple of years.”

The student trustee is a non-voting member of the Board of Trustees, but is a voting member in the Education, Research and Service

Committee. The position of student trustee rotates among universities within the UT System.

When a university’s time approaches to nominate a student trustee, the university’s provost solicits nominations from the campus deans. From those nominees, the chancellor makes a recommendation to the Board of Trustees for appointment.

The next meeting of the UT System Board of Trustees will be Oct. 23-24 at the University of Tennessee, Knoxville. The winter meeting will be held Feb. 26-27 at the University of Tennessee Health Science Center in Memphis, and the annual meeting will be held June 29-30 at the University of Tennessee Southern in Pulaski.

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VICTORIOUS *Living* ...in a troubled world

When miracles seem so far away

By Teresa LeNeave
Leneave2@comcast.net

I believe God intervenes in the affairs of man, but I have to admit there are times when He doesn't work as quickly as I would like. ... Times when miracles seem so far away. I was taught that God is always available and eager to respond to our prayers. So, when I hear of bad things happening all around us, I just can't believe God leaves us to random chance. Somehow, I believe He will intervene.

I believe, somewhere in all that happens in this world; in all the wars and fighting and hatred and in all the mistakes we make, there is a God whose watching with eyes full of grace and mercy. I believe He allows us to make our own mistakes so we can learn from them, but I don't believe we are on an island alone left to struggle to the

death.

Do we ever really learn? Why does man keep doing the same things over and over? After thousands of years of war and revenge will man ever learn love and kindness is a better way? Let's bring it closer to home. Why don't we learn that in our families and our churches?

God wants His people to live victorious lives. I am sure of that, but there are so many people who fill church pews who are struggling with life; struggling to hold faith close when everything is against them. Let me remind you, God is on your side if you really love Him. The Bible is full of redemption. Of second chances. Of miracles. Of healing. Faith, the Bible says, is the victory that overcomes the world (I John 54).

His plan is that we love God with all our heart, soul, mind and strength and love our neighbor as ourselves



(Luke 10:27).

I know, loving people we love is hard enough, but loving our enemy is even harder. There is a very complex scripture hidden in the pages of the Bible that I, personally, had a battle with. Matthew wrote, "You have heard that it has been said, you shalt love your neighbor, and hate your enemy. But I say unto you, love your enemies, bless them that curse you, do good to them

that hate you and pray for them which despitefully use you, and persecute you; that you may be the children of your Father which is in heaven: for he makes His sun to rise on the evil and on the good, and sends rain on the just and on the unjust (Matthew 5:43-45). That's a hard command to follow when nothing seems to be working out.

There are times when prayer is like fighting a battle and

miracles seem so far away. It's those times, when we are blinded by circumstances, that we can spend too much time trying to figure things out on our own and not enough time trusting God close the mouths of the lions.

In tough times, it is in our nature to think logically and use what knowledge we have to search out a solution, and I think we should do that, but not to the extent of letting stress and anxiety defeat

our faith. Paul said God can be strong in our weakness if we just let Him be. "And He said to me, my grace is sufficient for you: for my strength is made perfect in weakness" (2 Corinthians 12:9a).

Matthew 17:20 tells us that if we have even the smallest amount of faith, we can do what seems impossible. What I guess I'm trying to say, is "don't be defeated by circumstances. They are subject to change, and if they don't God will change us and give us strength". I believe it was King David who said, "I have been young and now am old; I've never seen the righteous forsaken, or His seed begging for bread. He is ever merciful, and lends; and his seed are blessed. Depart from evil, and do good; and dwell for ever more (Psalm 37:25-27). When miracles seem so far away, that's a great promise to hold on to.

The boomerang of blessing

Bro. Brandon G. Bramlett
Bandana Baptist Church

You rarely notice it happening—but if it ever ceased, the whole world would notice. It happens in the mountain streams—they generously pour themselves into lakes only to be replenished by rain. What they give always comes back. It happens in the clouds above you. These rolling giants bountifully bless the earth with rainfall only to be refilled with the rising mists of evaporation. What they give away is

always given back.

This is not just the way things work in nature—this is how God's economy of blessing works as well. Believers are blessed to be a blessing to others, and blessings come to those who bless. As Solomon assured, "Cast thy bread upon the waters: for thou shalt find it after many days" (Eccl. 11:1, KJV). Jesus also taught the same truth: "Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For

with the measure you use it will be measured back to you" (Luke 6:38).

Believers can bless others through burden-bearing, need-meeting, forgiveness-giving, truth-telling, and countless other Spirit-empowered actions. And those who do experience a "boomerang effect," wherein God richly replenishes what is given—either in this life or the next (Matt. 19:29). It happens like this: "Whoever brings blessing will be enriched, and one who waters will himself be watered"

(Prov. 11:25; cf. 2 Cor. 9:6). God notices when you lavishly give your time, talents, and treasures to others, and that's when He opens the windows of heaven to "pour down for you a blessing until there is no more need" (Mal. 3:10; cf. Prov. 19:17).

The hoarding Christian who never gives becomes like the stagnant and lifeless Dead Sea, which only receives water but never gives it. A garden plant heavy with fruit will collapse and wither if it

doesn't release what it bears. A soaking sponge never wrung out will grow moldy. A well never drawn might be full, but it quenches no one's thirst with its water locked away. Likewise, stashing away and stockpiling our blessings willfully interrupts God's cycle of blessing, resulting in spiritual decay, disintegration, and dryness.

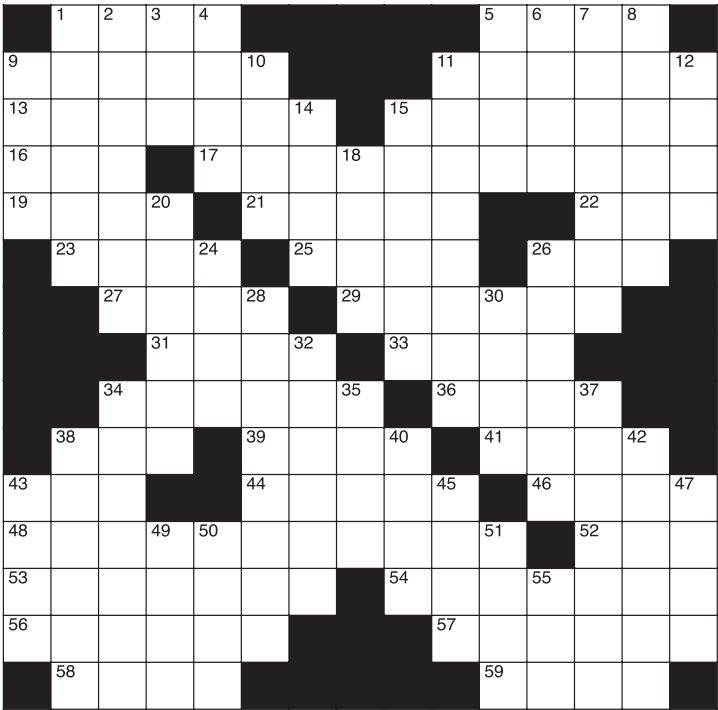
Of course, we do not give just to get. We give to please the Lord, not to manipulate His process of blessing. In obedience to God,

the widow woman from Zarephath gave Elijah the little oil and flour she had left, and God provided her with a feast of bread, and the resurrection of her son (1 Kings 17:8-24). Mary of Bethany anointed Christ with a costly jar of perfume to honor her Lord, not to gain a blessing—and yet, she is honored every time the gospel is preached (Mark 14:3-9). We give for the glory of God and the good of others. But often, when blessing others, we are blessed all over again.

Let not your heart be troubled: ye believe in God, believe also in me.

— JOHN 14:1

Crossword Puzzle



CLUES ACROSS

1. Resorts

5. One point south of southwest

9. Musical performances

11. Matched

13. Four-footed animal part

15. Express severe disapproval of

16. Type of leaf

17. Preparatory

19. Walk heavily

21. Succulent plants

22. Rectangle of grass

23. Lump in yarn

25. Too

26. Foot (Latin)

27. Afflicts

29. Smoothed

31. Mind (Greek)
33. Tampa ballclub

34. Semitic language

36. Sheltered sides

38. Ocean

39. Electronic point of sale

41. Thrust a knife into

43. 12th month (abbr.)

44. Ringworm

46. Father of Aoris (Greek myth.)

48. Fighting back

52. Cease to exist

53. Insects in adult stage

54. Freestanding sculpture

56. Caps

57. Repents

58. Brown and Wallace are two

59. Moved quickly

CLUES DOWN

1. Goes bad

2. Yard structure

3. They __

4. Marine invertebrate

5. European river

6. Office supplies firm

7. Physically abused

8. Service stations in Australia

9. Kills

10. Liquid body substances

11. Particular to a given individual

12. Brave or noble act

14. Sicilian city

15. Conqueror

18. Elected officials

20. Type of “pig”

24. Drop of viscous substance
26. Monetary unit of Spain

28. Guarantees

30. Coloring materials

32. Reddish browns

34. Square measure

35. Will not

37. Canned fish

38. Appeared

40. Six (Spanish)

42. Took off

43. Negligible amount

45. Posts in a Greek temple

47. Witnesses

49. Phil __, former CIA

50. Places to park

51. Guns

55. Dance to pop music

PUZZLE SOLUTION



Coloring Fun



Word Search

STAY COOL WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

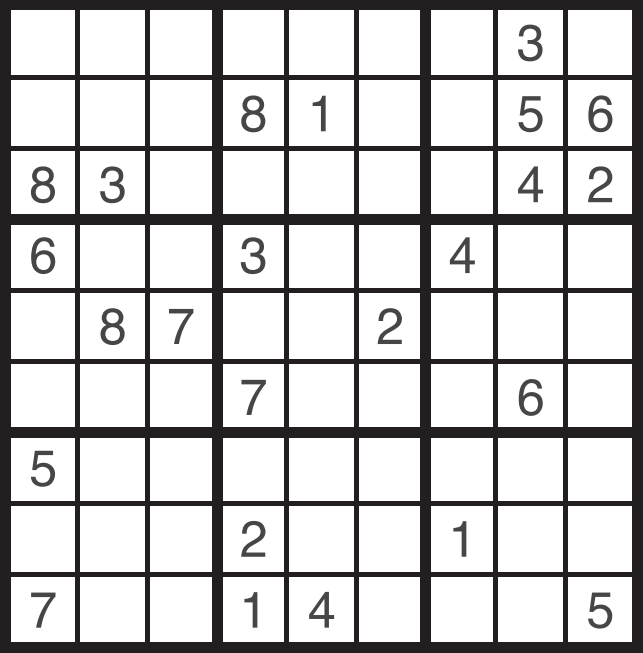
WORDS

- AIRFLOW
- CAPACITY
- COIL
- CONDENSATE
- CONDENSER
- COOL
- DAMPER
- DIFFUSER
- DUCTWORK
- EFFICIENCY
- EVAPORATOR
- FAN
- FILTER
- HANDLER
- HEAT PUMP
- HUMIDITY
- HVAC
- REFRIGERANT
- SYSTEM
- TEMPERATURE
- THERMOSTAT
- VAPOR
- VENTS
- ZONES

Sudoku Puzzle

How it Works:

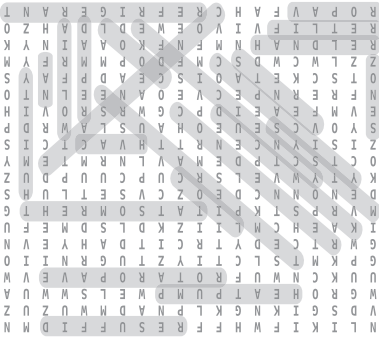
Sudoku puzzles are fomatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle! Good Luck!



Sudoku Answers

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

Word Search Answers





The health benefits of dairy

A healthy diet is comprised of a mix of nutrient-rich foods and beverages. The United States Department of Agriculture includes dairy as part of its MyPlate program, which recommends foods and serving sizes of those foods from different food groups. For the purposes of the USDA guidelines, dairy includes milk, cheese, yogurt, lactose-free milk, and fortified soy milk and yogurt. However, dairy also may include cream cheese, sour cream, cream, and butter.

Recommendations regarding dairy consumption depend on age, gender, height, weight, and physical activity. Around two to three cups per day may be advised. However, the USDA says about 90 percent of Americans are not getting enough dairy. Dairy plays an important role in personal health. Here's a look at why dairy is a key component of a healthy diet.

• **Dairy supports bone health.** Calcium comprises the main mineral in the bones of the

body. Healthline advises that dairy is often the best source of calcium in the human diet. Evidence indicates that dairy can help improve bone density, reduce the risk of developing osteoporosis, and lower fracture risk in older adults. Dairy, when consumed with calcium-rich leafy greens and legumes, ensures people get enough calcium to affect bone improvements.

• **Dairy improves vitamin D levels.** About one billion people across the globe have vitamin D deficiency, while 50 percent of the population has vitamin D insufficiency, reports the Cleveland Clinic. Vitamin D is produced in the body through exposure to the sun and also comes from dietary sources. Vitamin D is a nutrient the body needs, along with calcium, to build strong bones and keep them healthy. Dairy products are often fortified with vitamin D to work in conjunction with calcium for good health.

• **Dairy helps to sustain energy**

levels. Dairy provides a source of high-quality protein and essential amino acids. Protein can curb hunger and help a person feel satiated longer. Dairy can help a person maintain fitness performance and may also be used for weight management.

• **Dairy promotes gut health.** Fermented dairy and foods in the dairy group that contain live cultures can add beneficial bacteria to the digestive tract to foster a healthier microbiota, according to U.S. Dairy. Cheeses, yogurt and kefir are fermented foods. These foods may improve digestion and gut barrier function.

• **Boost the immune system.** Dairy contains protein, vitamin A, zinc, and selenium, which work together to strengthen the body's immune system. Dairy contains all nine of the essential amino acids that are responsible for supporting the immune system and building and repairing tissue, says Dairy Farmers of America.

Those who want to incorporate more dairy into their diets are urged to choose low- and non-fat versions, which do not contain as much saturated fat as full-fat dairy. Saturated fat can contribute to elevated "bad" cholesterol (LDL) numbers and increase the risk of heart disease. Harvard Health suggests no more than 20 grams of saturated fat per day for the average 2,000-calorie diet, making low-fat dairy options a smarter choice.

Dairy is an important food group for good health that helps to strengthen bones and the immune system.

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