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Setting up for confined-space rescue training Aug. 5 near the Latimer-Smith Engineering and Science Building were (left group, l-r) Firefighter Bret Burrell, Assistant Chief David Gingras, Lt. Cason Massey, Paramedic Scott Reeves, Assistant Chief Jason Hauhe and Paramedic Tyler Berner, (center group in red shirts, l-r) Recruit Firefighter Rebecca Potts and Chance Bessent, and (right group, l-r) Capt. Jeff Stricklin, Capt. Kory Green, Recruit Firefighter Nate Tarver and Firefighter Cory Oglesby. Hauhe is teaching his group about the use of the tripod, while Green is teaching his group about the escape packs that the rescuer will wear while in the confined space.

Photos by Nathan Morgan, UTM Office of University Relations

City of Martin Fire Department trains on UTM campus

MARTIN, Tenn. — The City of Martin Fire Department took part in confined-space rescue training in August in a storm drain near the Latimer-Smith Engineering and Science Building on the main campus of the University of Tennessee at Martin.

The training took place in a space 13 inches by 24 inches wide in a 20-foot-deep storm drain.

Members of the department's special operations team and shift personnel took part in the training.



Firefighter Cory Oglesby (in harness) is prepared to be lowered down by Capt. Jeff Stricklin (left), Lt. Cason Massey (behind Oglesby) and Assistant Chief Jason Hauhe using the department's tripod.

Registration begins for WestStar FutureStar leadership

MARTIN, Tenn. — The WestStar Leadership Program at the University of Tennessee at Martin will host its annual FutureStar Leadership Summit on Tues., Sept. 30.

The summit is open to eighth-graders from public or private schools or homeschools across Tennessee to give them the opportunity to see a college campus firsthand and encourage them to continue their educational pathway through college.

The program will begin at 8:45 a.m. and will run until about 1:45 p.m. The event draws about 60 to 70 students each year.

Students will be

welcomed by UT Martin Chancellor Yancy Freeman before participating in breakout sessions with Demetrius Robinson, director of the Office of Career Planning and Development.

The keynote speaker of the event is Dr. Darren Walker, assistant principal at Munford High School in Tipton County and graduate of the WestStar Leadership Program's Class of 2025.

School representatives or parents can register their students for the program or obtain more information about the program by contacting Johnson at jjohn552@utm.edu or 731-881-7787.



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Powering lives, building bonds in Guatemala

When Donny Thomas closed the switch to energize the line in a small Guatemalan village, the 20-year lineworker felt the same thrill he remembered from his first job. But this time, the simple act brought light to a community for the very first time.

Donny, a Gibson Electric Membership Corporation line crewleader in Troy, was one of 15 volunteer lineworkers from seven cooperatives across Tennessee to spend 17 days in the remote mountain communities of Corral Viejo and La Paz. Together, they built nearly eight miles of power line across rugged terrain

to connect 28 homes, two schools and a small business to electricity. Their work allows children to study after dark, families to refrigerate food and store medicine and entrepreneurs to open or expand their businesses.

"The trip was the highlight of my career," Donny said. "I don't think there will ever be anything to top it."

Choosing to go The project — dubbed Project Highlight — was part of the National Rural Electric Cooperative Association (NRECA) International Program, an ongoing effort to extend electric service

to underserved areas. The Tennessee Electric Cooperative Association assembled the first all-Tennessee crew for the mission.

Donny said applying for Project Highlight was an easy decision. Two years ago, he made a personal commitment to be a better man and a better Christian. When he told his wife, Tara, about the opportunity, she encouraged him to go for it.

"It takes a very strong woman to stand behind a

see **POWERING**,
page A5



Tips to make a living room a more comfortable, welcoming space

A kitchen is widely recognized as the most popular room in a home. Though it might be true that the hustle and bustle of home life runs through the kitchen, many a memory is made in the living room as well.

Living rooms tend to be go-to spaces for family movie nights, game watches with fellow fans and places to gather during holiday celebrations. That’s a lot of quality time spent in the living room, and

those moments can be more enjoyable if the space is as comfortable as possible. With that in mind, people can consider various ways to make living rooms more comfortable.

important to remember how much living will be done in these rooms when designing them. Comfortable couches and furnishings like ottomans can make it easier to relax in the living room whether you’re watching a movie, cheering on your favorite team or reading a book.

welcoming friends and family into your home or simply lounging around on Sunday mornings. If comfort is your top priority, arrange the room so there’s ample seating throughout and people don’t feel like they’re sitting on top of one another when spending time in the room.

affect how comfortable people feel in a living room. The home improvement experts at The Spruce note that neutral paint colors with warm undertones help to establish a cozy feel in a living room. Various shades of white, beige, tan, or even gray can help to establish a warm, comfortable vibe in a living room.

• **Prioritize comfort over aesthetics.** In an era of Instagram, it’s easy to fall head over heels with images when designing a living room. Aesthetic appeal certainly has its place in a living room, but it’s

• **Ensure there’s ample seating.** It can be hard to feel comfortable in cramped quarters whether you’re

• **Consider neutral paint colors.** Furnishings are not the only things that can

• **Incorporate the outdoors into the room.** The great outdoors can have a calming effect on anyone, so it makes sense that incorporating the outdoors into a living room can make the space feel more comfortable. Furnish the room with plants and look for items with earth-toned furnishings to create a calm and comfortable vibe in the space. In addition, new windows that allow for more natural light and offer views into a yard can help lift spirits and make the room feel more comfortable.

A comfortable living room is a space where people will want to spend their time. A few simple strategies can help create an inviting and comfortable vibe in any living room.

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Remedies for creaky floors

Hardwood floors are coveted features in many homes. The National Wood Flooring Association says wood floors are the most environmentally friendly flooring options available. In the United States, the hardwood forests that provide flooring products are growing twice as fast as they are being harvested. Furthermore, wood floors can last for many generations and require fewer raw materials to produce than other flooring options. That means less waste may end up in landfills.

Hardwood floors can endure for decades in a home, but over time those same floors may need some tender loving care to keep them looking good and working as they should.

Squeaky floors are a common nuisance that homeowners may experience. Squeaking is often caused by movement and friction between floorboards. Treating the problem involves identifying the underlying issue.

- Loose hardware**
Squeaky floors may be due to the loosening of the hardware holding the floor in place, says The Home Depot. When nails or screws no longer are secured tightly, the boards can rub together. The noise heard is the sound produced by rubbing. Tightening or replacing the hardware can help reduce the squeaking.
- Counter-snap kit method**
This Old House says this kit method is a great way to fix



squeaks without damaging the floor. Once the source of the squeak is located, drill a 3/32-inch pilot hole through the hardwood flooring. Then insert a screw through the kit's depth-control fixture and into the pilot hole, and drive it until it automatically snaps off below the wood surface. Follow

- this up by filling the hole with wood putty that matches the floor color. Once the putty is dry, lightly sand the area to blend.
- Use a shim or shims**
Sometimes the floor may squeak because of a gap between the joists and the subfloor. Filling the gap with a

- small piece of wood called a shim can help alleviate the gap or gaps.
- Drive up screws**
If a squeak is just in one spot, The Home Depot says that you may be able to drive short screws from below into the subfloor.

- Small gaps**
For small gaps between boards, sprinkle talcum powder or powdered graphite between squeaky boards to reduce friction. Wood filler applied with a putty knife also may work. For larger gaps, use a liquid filler designed for wood floors.
- Homeowners also can visit their local home improvement center for other hardware solutions designed for underfloor repairs to remedy squeaks. Many work from underneath the floor and involve mounting plates or brackets to sure up the floor.
- Squeaky floors can be problematic, but noises can be banished with some repair work.

FAQ about garage remodels

Homeowners tend to want to maximize all of the space they have in their homes. For some this may involve turning a garage from a utilitarian space into one that serves multiple purposes.

According to The Mortgage Reports, a home-buying and improvement resource, garage renovations can increase the value of a home and add living space. Garage remodels can create additional storage space, provide an area for a home gym or even create room for a home office. Prior to beginning a garage remodel, homeowners may have some common questions about the process.

- How much does the renovation cost?**
Several factors will ultimately determine the final price of a garage remodel, but HomeAdvisor says the national average for a garage remodel falls between \$6,000 and \$26,000. Most homeowners come in at around \$15,000 for a total garage conversion.

- Will I recoup the investment?**
A garage conversion adds value to a home if it creates new and usable living space. The firm Cottage, which pulled together a team of builders, architects and technologists, advises the average garage conversion provides an 80 percent return on investment. That ROI varies depending on location.
- How can I upgrade the flooring?**
Garages traditionally feature concrete floors. Although durable, concrete floors can feel damp, hard and cold underfoot. Both vinyl plank and epoxy flooring options can elevate the design and functionality of the garage.
- Can I have the best of both worlds?**
Sometimes a garage needs to serve many purposes. Lofting the garage means a homeowner can still park cars or utilize the lower space as a living area, all the while items are stored overhead. Some flip this design

- scenario and have the loft area as a bedroom or finished living space, while the lower portion remains a traditional garage area. Another thought is to finish only a portion of the garage. This works well for two- or three-car garages where there will be room to park a car and the remainder will serve another purpose.
- What are other ways to improve the garage?**
Installing more windows or

improving on the lighting in the garage can be important. The garage improvement experts at Danley's say window installation enables people to circulate air in the garage without having to open the garage door. Improving the lighting means the garage can still be enjoyed or utilized after dark. Spread out lighting in the garage, and use a combination of overhead and task lighting just as one

- would in the home itself.
- How do I deter bugs or other pests from entering?**
Insects often want to hunker down in garages, and they may find it easy to get inside a garage. Keeping the garage clean and organized is the best way to deter pests and to spot infestations before they become problematic, indicates Mosquito Joe pest control company. Reducing water and

humidity in the space, weatherproofing at the base of the garage door and other entry spots and utilizing insect repellents to make the garage less hospitable also can decrease the risk of insect infestation.

Remodeling a garage can add value and plenty of usable space to a home. Whether a garage houses cars or hosts neighborhood game night, a garage renovation can be well worth the investment.



UT Martin Library Learning Commons holds ribbon cutting September 3rd

MARTIN, Tenn. – The Paul Meek Library on the UT Martin campus has made a number of changes on its main floor to make room for a new area of academic assistance and support.

The library learning commons held a ceremonial ribbon cutting at the library Sept. 3.

The coordinator for the new learning commons is Dr. Amanda Mansfield, who earned her Master’s in Business Administration from UT Martin in 2020 and a Bachelor’s of Science degree in sociology from UT Martin in 2018. She also earned her Doctor of Education degree from Murray State University in 2024.

Mansfield was a supplemental instruction leader as an undergraduate student, helping students with their academic challenges. As a graduate student, she supervised the supplemental instructors.

Dr. Erik Nordberg, the dean of the Paul Meek Library, said that the library had already hosted several organizations and their activities, including the Supplemental Instruction Program operated by the Student Success Center; a small STEM



LIBRARY LEARNING COMMONS – UT Martin Chancellor Yancy Freeman cuts the ribbon Sept. 3 in the ceremonial opening of the Library Learning Commons in the Paul Meek Library. Also pictured are Library Learning Commons Coordinator Dr. Amanda Mansfield and Dr. Erik Nordberg, dean of the Paul Meek Library.

(science, technology, engineering and math) lab also run by the Student Success Center; and a smaller version of the Hortense Parrish Writing Lab.

Nordberg said the project began nearly three years ago when he and Brad Baumgardner, the director of retention at the Student Success Center, considered how the Student Success Center and the library could become more collaborative in the way they support students.

“We know from collected data that

students who take advantage of academic support functions and services do better,” Nordberg said. “They attain higher grade-point averages, they are more likely to progress semester to semester, and they are more likely to progress to graduation and succeed.

“The problem tends to be that students think there is a stigma to ask for help or to get a tutor or do those kinds of things.”

The first challenge was to create a space for the library learning commons. The library did a review of its print

reference collections, which Nordberg said were very underused, and it integrated important items into the second-floor circulating collection, allowing the library to move those shelves from the first floor to the second floor.

“In effect, we were able to focus and re-energize our print collection on the second floor and open up the area for the library learning commons,” Nordberg said. “It’s taken us three years to do that, and that’s been a lot of hard work by librarians and staff to review titles, select

titles, input from teaching faculty on campus and then, of course, just the physical nature of moving thousands of volumes and shelving.”

Funding for the change came from the students’ annual facilities fee and a \$1.54 million Title III Strengthening Institutions Program grant approved in October 2023. The grant bolstered the creation of the commons as well as the Center for Teaching and Learning. The Center for Teaching and Learning is located on

the second floor of the library.

Nordberg said the goal of the library learning commons has been to make it easy for students with academic challenges.

“Come to the library learning commons – the location is right in the name – and ask for some assistance,” he said. “If you need help finding a peer-reviewed article, we can get you to a librarian. If you need help getting those peer-reviewed articles into an essay, we’ll find somebody from the writing center. If you have a challenge with a harder class, we will connect you to a peer educator student associated with that course.”

The library learning commons includes a new welcome desk, new computer furniture and one-to-one consultation booths. There will be six or seven academic coaches this semester, with a goal of increasing to 10 coaches.

The library learning commons is overseen by Sarah Morris, assistant director of student Success Services, and Baumgardner.

For more information about the library learning commons, call Mansfield at 731-881-3093 or Nordberg at 731-881-7070.

Jones receives UTFI Presidents Award

MARTIN, Tenn. – The University of Tennessee Foundation, Inc. (UTFI) announced its 2025 President’s Award recipients. UT Martin’s Ben Jones, assistant vice chancellor for development in the office of university advancement, received one of six awards given.

UTFI is an interdependent nonprofit corporation with a mission to raise financial, public, and political support for the University of Tennessee System. The UTFI President’s Award recognizes outstanding achievements by advancement staff in applying creative concepts to improving performance,

advancing fundraising and alumni engagement efforts and promoting a better understanding of the systemwide advancement activities and asset management services of UT Foundation.

Jones understands and values the meaning of teamwork and collaboration. His thoughtful, strategic approach to cross-campus proposals has resulted in impactful, multi-campus projects that directly benefit students statewide.

Recipients are nominated by supervisors/managers, and a committee of previous year recipients select up to six employees to receive the honor. The other

recipients include Lydia Ball, assistant director of stewardship and donor relations at UT Southern; Terri Catafygioutu, senior director of alumni programs at UT Health Science Center; Paul Clark, executive director of development at UT Knoxville; Shuying Liu, associate director of data science at Central Services; and Nancy Mullins, assistant director of events at UT Chattanooga.

For more information, contact Holly Seng, assistant director of communications and engagement for the Office of Advancement, at hseng@utm.edu or call 270-970-7911.



Ben Jones

UTM featured faculty scholars named, research series to begin

MARTIN, Tenn. – The University of Tennessee at Martin Featured Faculty Scholars for the fall 2025 semester are Dr. Clinton Smith, chair of the Department of Educational Studies and professor of education, and Dr. Adnan Rasool, director of the Center for Teaching and Learning and associate professor of political science.

Each semester, the Office of Academic Affairs selects one or two faculty members to be a Featured Faculty Scholar to recognize UT Martin faculty research contributions.

Now in its 30th year, the Featured Faculty Scholars program began in fall 1996 and has had 60 honorees, including Smith and Rasool.

People often see UT Martin as a teaching college. While it is true that quality instruction is a hallmark of the academic programs, all faculty are also expected to pursue

scholarship in their respective disciplines. The public may think most about university professors doing scientific research, but music faculty compose music, art faculty organize exhibits of their own art or curate exhibits of other people’s art, and historians write articles and books.

The Office of Academic Affairs reviews that research and scholarship annually as part of university employees’ annual evaluation.

In fall 2021, to further promote the research done by UT Martin faculty, Dr. Erik Nordberg, dean of the Paul Meek Library, and former provost Dr. Philip Cavalier created the UT Martin Research Series, which includes the Featured Faculty Scholars and research of other faculty members. Events are usually held in the library and most include a livestream link with a recording available following the presentation.



Dr. Clinton Smith

“Each of the Featured Faculty Scholars serve as one of the speakers in the Research Series,” Nordberg said. “We also do a small exhibit case which showcases their research. The next Featured Faculty Scholar will be Dr. Clinton Smith, so we have an exhibit right now in the atrium of the library highlighting Dr. Smith’s work.”

The schedule for the fall 2025 UT Martin Research Series includes:

- Thursday, Sept. 18, 4 p.m., Paul



Dr. Adnan Rasool

Meek Library North Reading Room: Dr. Clinton Smith.

- Tuesday, Oct. 28, 4 p.m., Paul Meek Library North Reading Room: Dr. Adnan Rasool.

- Tuesday, Nov. 18, 4 p.m., Special Collections Reading Room: “UT Martin at 125: Museum Exhibit and Book Launch.”

Smith worked to establish the Skyhawks Achieving In Life (SAIL) program, which was formed over the summer through a Tennessee Believes grant funded by

the Tennessee Department on Disability and Aging.

The SAIL program will begin in summer 2026 and is directed by Cassie Luna.

The SAIL program will affect students in four ways:

- Provide access to higher education where those pathways were previously inaccessible. The SAIL program will combine academic, vocational and social learning.
- Bolster improved life outcomes. Research has shown that students in similar postsecondary programs have higher rates of employment, independent living and self-determination.
- Develop social integration and a sense of belonging through participation in campus life, such as clubs, classes and events, building their social-emotional growth, confidence and support networks.
- Aid in the transition to independence

by emphasizing daily living skills, self-advocacy and decision-making.

Rasool will speak in the UTM Research Series on Oct. 28.

The third and final program in the Research Series on Nov. 18 will be about the university’s 125th anniversary. The university’s celebration will begin Oct. 10 and will go into the fall 2026 semester. The first classes at the university were held Sept. 2, 1901.

Visitor parking is available with a free permit in the lot adjacent to the library at the corner of Wayne Fisher Drive and Mount Pelia Road. Parking permits must be obtained prior to visiting the library and may be requested online at www.utm.edu/departments/publicsafety by selecting the “Online Visitor Parking Permit” link.

For more information, contact the Paul Meek Library at 731-881-7092.



POWERING, from page A1

lineman,” Donny said.

Throughout their 25 years of marriage, Tara has shown her strength time and again.

“She’s never wavered,” Donny said. “I know I can leave, and she can handle it.”

Support outside of the home was also vital. Donny said they received an abundance of love from their Bethpage Baptist Church family and his Gibson Electric coworkers, who checked in on the couple regularly while he was away.

Bringing light Donny, father of two sons, said the

Guatemalan people —especially the children—quickly stole the volunteer lineworkers’ hearts. The villagers were so eager to have electricity that they hauled utility poles on their shoulders up the treacherous mountainside. They set their own poles and cut and stripped temporary ones, working together to ensure every home was ready.

“The community was together,” Donny said. “They jumped up to help us. They wanted electricity that badly.”

Children also pitched in, handing tools to the lineworkers and following them from job to job. A young boy

even hopped on Donny’s back for a ride up the mountain. And after long days of sometimes grueling labor, the volunteers never missed a chance to play soccer with the kids.

Life-changing trip For both the villagers and the volunteers, the trip was life changing.

“It wasn’t just about going down there and building power lines,” he said. “It was really our privilege to go, and it was a huge privilege.”

For the villagers, the convenience we often take for granted will make daily life easier – like the kids who returned to their newly energized schoolhouse after dark to read books and the woman who cried and hugged the lineworker who installed the switches and receptacles in her home. Now she can run her blender when she needs it, instead of waiting for a few precious moments of electricity from a small solar panel on her roof. She’s also hoping to buy a refrigerator.

For the volunteers, it was a chance to reconnect to the roots of their profession. With no bucket or derrick trucks to assist, they relied on

manual tools, which they had to carry on their backs. They saw how another culture lives—how friendly, content, resourceful, persistent and community-minded the villagers are. Most of all, the volunteers built unbreakable bonds within their team.

“Working with these guys was unbelievable,” Donny said. “It was really special to be the first Tennessee crew to go. We all had a good time, and we made lifelong friends.”

Project Highlight was made possible by NRECA International, a non-profit 501(c)(3) charitable organization,

whose mission is to increase individual and community access to electricity in all parts of the world. The National Rural Utilities Cooperative Finance Corporation, CoBank, TVA, United Utility Supply, Gresco, Appalachian Electric Cooperative, Cumberland Electric Membership Corporation, Duck River Electric Membership Corporation, Gibson Electric, Middle Tennessee Electric, Sequachee Valley Electric Cooperative and Volunteer Energy Cooperative also supported the trip.



CHAPTER 13 or CHAPTER 7

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CLUES ACROSS

1. Fairly large
6. Barrels per day (abbr.)
9. Cover the entirety of
13. Leafy appetizer
14. Showy ornament
15. Norse personification of old age
16. Athletes
17. Closes tightly
18. Attack via hurling items
19. Where the reserves stand
21. Sword
22. Begat
23. Damage another’s reputation
24. Northeast
25. Turf
28. For each
29. Hours (Spanish)
31. Western state
33. One who offers help
36. Flanks
38. A woolen cap of Scottish origin

39. Free from drink or drugs
41. Tunnels
44. Mature
45. More dried-up
46. News organization
48. Steal something
49. Forms one’s public persona (abbr.)
51. Female fish eggs
52. Small petrel of southern seas
54. Edible starches
56. Historical
60. In a place to sleep
61. Horse grooms
62. Off-Broadway theater award
63. Chinese dynasty
64. Resembling a wing
65. Small projection on a bird’s wing
66. Of the Isle of Man
67. Derived unit of force (abbr.)
68. Plate for Eucharist

CLUES DOWN

1. Vipers
2. Ancient city in Syria
3. Slog
4. Emits coherent radiation
5. “Pollock” actor Harris
6. Bleated
7. Monetary units of Afghanistan
8. Tooth doctor
9. One who takes apart
10. Commoner
11. Beat poet Ginsberg
12. Cave deposit material
14. Home energy backup
17. Begets
20. Face part
21. Frocks
23. Hill or rocky peak
25. Giving the impression of dishonesty
26. About ear

27. Male parents
29. Popular grilled food
30. Vaccine developer
32. Not conforming
34. Polite address for women
35. 1970 U.S. environmental law
37. Astronomical period of 18 years
40. One who fights the government
42. Center for Excellence in Education
43. Watches discreetly
47. An electrically charged atom
49. Hymn
50. Arabic given name
52. Popular pie nut
53. City in Zambia
55. Species of cherry
56. John __, British writer
57. Be next to
58. Make angry
59. Give birth to a lamb or kid

PUZZLE SOLUTION

A	M	P	L	E			B	P	D		S	P	A	N
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S	I	D	E	S		T	A	M		S	O	B	E	R
	C	A	T	A	C	O	M	B	S		R	I	P	E
		S	E	R	E	R		U	P	I		N	A	B
P	R		R	O	E		P	R	I	O	N			
S	A	G	O	S		L	E	G	E	N	D	A	R	Y
A	B	E	D		S	Y	C	E	S		O	B	I	E
L	I	A	O		A	L	A	R		A	L	U	L	A
M	A	N	X		D	Y	N			P	A	T	E	N

Coloring Fun



Word Search

ON THE TRAIL WORD SEARCH

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

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

WORDS

- ALTITUDE SICKNESS
- BACKPACKING
- BASE CAMP
- BLAZE
- CAIRN
- DAYPACK
- ELEVATION
- FILTER
- GAITERS
- HEADLAMP
- HIKE
- LEAVE NO TRACE
- LOOP
- POLES
- REGISTER
- REST
- SCRAMBLING
- SECTION
- SWITCHBACK
- TENT
- TRAILHEAD
- TRAIL MIX
- TREKKING
- WILDLIFE

Answers on Classified Page

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! **Answers on Classified Page.**

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

Word Scramble

Rearrange the letters to spell something pertaining to hiking.

P C K A

Answer: Pack

Guess Who?

GUESS WHO ?

I am an actress born in New York on September 6, 1964. I attended Los Angeles City College, and debuted as an actress in a 1989 film directed by Spike Lee. I also worked as a choreographer for Janet Jackson. I’m known for my prominent New York City accent.

Answer: Rosie Perez

VICTORIOUS *Living*...in a troubled world

Prayer enhances love

Teresa LeNeave
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I once read an African proverb that said, “Even an old hen raises its head to heaven when it swallows its grain.” I’m wondering, do we take too many blessings for granted? Recently, while studying the book of Revelation, I suddenly realized when my heart cries for God (expresses great love), feelings of gratitude seem to grow. It’s like praise enhances love.

In the Bible, created beings praise Him for two things: because he is the Creator and because Jesus was slain for our redemption.

Have you ever loved someone so much that you struggled to put your feelings into mere words? The closest thing we can come up with is, “I love you SO much”. Or, when someone does something really nice for us, the most we can say is: “I just can’t thank you enough”. Somehow, we have no words to express our deepest gratitude to another person.

In the history of the United States we read where George Washington was immensely popular after the Revolutionary war. Everyone was ready for him to be king or dictator. He could have taken any title he wanted, but instead he chose to share his glory and go a different route that involved a democracy that gave all the people a voice. That was his way of showing gratitude for freedom. He had the political backing to be a dictator, but he chose to show his thankfulness by sharing his glory.

From what I understand in scripture, Jesus actually wants to share His glory with us, too. He has already won the victory for Himself, but He wants to share His glory by making us



rulers as well. That’s what Revelation 5: 9-10 says: He has made us kings and priest.

In Revelation 4, heavenly beings sing with great devotion and adoration to God as their voices ring in unison, “You are worthy, our Lord and God, to receive glory and honor and power. For YOU CREATED all things. And, by Your will, they were created and have their being (Rev: 4:11). These beings sing this over and over and over.

The next scene unfolds as another song of devotion is being sung: “You are worthy to take the scroll and to open its seals, because You were slain, and with Your blood You

purchased men for God - from every tribe and language and people and nation. You made them to be a kingdom and priests to serve our God, and they will reign on the earth” (Rev. 5 9-10).

What a wonderful thing to praise God for: Because He created us. Because He was slain for us. Because He has a future plan for us. We often hear how far gratitude takes us toward a better life on earth. The same is true with God. Praise enhances love – love that goes both ways. God to you and you to God. Praise is like a sponge dipped in warm water. ...it swells and swells until the heart is filled with love.

Fearless warriors do not hide under the bed

By Dr. Billy Holland

It’s not really a secret about there being such a thing as good and evil. Yes, I know for every statement there is a counter argument, as even a few people deny the earth is round. But, generally speaking, the masses are to some degree aware of the good God, bad devil concept. Within the Christian faith, it’s believed that God is infinite, perfect, represents the light and everything good, and is in total control of all things. On the dark side, Satan is a destructive spiritual entity who works around the clock trying to disrupt God’s plans. This includes unleashing a relentless barrage of damaging attacks and evil influences against the human race. What do you think about this summary? Do you accept this view of

what is happening in the spiritual realm?

We see in the Bible how this battle was happening in the Garden of Eden, and it has never stopped. Again, one needs to settle within their conscience whether or not the Bible instructions and accounts are true or not. For those who embrace the Bible as the truth of God’s promises and warnings, there is good news in knowing that Jesus went to the cross and rose from the dead in order to save us from sin and prove that God is the ultimate authority over everything. This gives us Christians peace and security to know that even though the war is intense, we can be victorious over the darkness because light overcomes darkness and greater is the Lord who lives in us than he that is in the world.

For those who are more experienced, knowledgeable, and involved with spiritual warfare, they have learned the closer the Christian walks with God, the more intense the battle. We can see this in the life of Christ as the devil knew who Jesus was and the purpose of His mission. However, when Satan thought he had defeated Jesus and prevented Him from establishing His kingdom, he was deceived. The devil realized he had lost when Christ rose from the dead, and that dying on the cross was actually the intention of God from the beginning. No one took Jesus’ life, He gave it willingly to open the way of redemption through His blood sacrifice. Satan laughed at Jesus on the cross, but trembled in fear when he realized God’s plan of salvation had worked perfectly.

This is why the Christian can boldly declare that trusting God is choosing the winning side. In Matthew chapter 4 we read where Satan and Jesus actually had a conversation. The devil was trying to offer Jesus a deal so that he could keep spreading his negative influences. Jesus stood against Him which allows us to see the importance of understanding the responsibilities of spiritual authority. You see, with God we are a majority no matter how many demons fight against us. I think it’s odd that with so many who claim to be God’s soldier, yet when spiritual warfare is mentioned they become afraid and want to change the subject. The same is true when asked about demonstrating spiritual gifts or casting our demons. Very few have ever

personally engaged combat against the enemy. Why is this?

If the average Christian truly believes the dark side is real, but avoids praying against it, something is wrong. Most realize they have not developed their faith or discernment and thus are not confident in this area. Others think that what happens will happen and that God will fight for them. Whatever the excuses people hide behind, the reality of John 10:10 rarely crosses their mind. It seems the enemy of our soul reminds them of a hornets nest to which as long as they do not poke at him, he will leave them alone. Hosea 4:6 mentions that people suffer from the lack of understanding spiritual knowledge and sadly our clever human nature has figured out that pretending

to be ignorant is much easier than being accountable.

Ephesians 6:12 reminds every Christian why we are commanded to use the armor of God. The helmet, sword, and shield is for fighting on the front lines of intercession, but most followers have stored these in the closet, seeing that it’s more comfortable to read war stories than to enlist. So, when will God’s warriors awaken and confess they have fallen asleep on their watch? When will the followers of Christ turn away from meaningless distractions and respond to the trumpets of war?

Dr. Holland is an ordained minister, chaplain, and author. Read more about the Christian life at billyhollandministries.com



The role EMS workers play in your community

Every community has its unsung heroes. Without the contributions of selfless individuals whose efforts often go unnoticed, thriving communities would not be as safe, welcoming or successful.

EMS workers are among the most important individuals in a community. The contributions of these individuals, many of whom work as unpaid volunteers, are

invaluable and worthy of recognition. Making an effort to understand the role EMS workers play is a great first step toward showing them how much they're appreciated.

What is EMS?

The National Highway Traffic Safety Administration's Office of EMS notes that Emergency Medical Services, or EMS, is a system that provides emergency

medical care. The Office of EMS also notes that EMS does not exist in isolation, as it is integrated with other services and systems with the goal of maintaining and enhancing the health and safety of a community and its residents. This is why EMS services, though they vary from community to community, may be based in fire departments,

hospitals, independent government agencies, or nonprofit corporations.

What duties do EMS workers perform?

Because EMS is a system, EMS workers wear a range of hats. The Office of EMS notes that the responsibilities and services EMS workers provide may include:

- Incident recognition
- Access 911
- Dispatch
- First responder

- Basic life support
- Advanced life support
- Air/ground transport
- Emergency department services
- Specialty care
- Patient rehabilitation
- Prevention and awareness
- Public education

When do EMS personnel interact with their communities?

Many people only

encounter EMS workers during medical emergencies when they are most in need of help. That underscores the vital role EMS workers play in public health and safety and just how integral they are in instances that could escalate into life-or-death situations.

Recognition of the roles EMS workers play is a great way to show support for these often unsung community heroes.

How to honor first responders

This Thursday marks the 24th anniversary of the 9/11 terrorist attacks. The attacks on September 11, 2001 remain the deadliest terror attacks in world history, claiming more than 2,900 lives and causing countless injuries and long-term health problems for tens of thousands of civilians and first responders.

The 24th anniversary of 9/11 will no doubt evoke responses that

span the emotional spectrum. Sadness may dominate such responses, but the anniversary of 9/11 also is a great time to reflect on the efforts of first responders. First responders played a vital role on 9/11, and many lost their lives and/or suffered long-term health consequences resulting from their selfless efforts to save innocent victims of the attacks.

In the two decades

since the 9/11 attacks, first responders have continued to make countless sacrifices to ensure their communities are safe and peaceful places to call home. The 24th anniversary of 9/11 is a great time to recognize the efforts of first responders and honor them for all they do.

• Donate to local fire departments.

According to the U.S.

Fire Administration, 54 percent of active firefighting personnel are volunteers. Many of those volunteer firefighters work for underfunded departments that are in need of financial support. Donating to such departments is a great way to show first responders how much their efforts are appreciated. Donations may be used to purchase new equipment, upgrade existing facilities, provide vital training, and/or improve response times, the latter of which can increase the likelihood that firefighters make it through calls safe and sound.

• Back legislation to support wounded first responders.

Many first responders suffer significant mental and physical injuries while on the job. Various nonprofit organizations help

wounded first responders who may need to make modifications to their homes or purchase costly equipment to get through their daily lives. But nonprofit organizations cannot go it alone in support of wounded first responders. Citizens can do their part by promoting and voting for local, state and national legislation that makes it easy for wounded first responders to get the help they need, when they need it. In addition to urging local politicians to support such legislation, private citizens can utilize social media to promote proposals and other efforts to support wounded first responders. Many 9/11 first responders are still fighting for government-backed support to treat injuries suffered 24 years ago, and a vocal citizenry can be a strong asset in their fight and the fight of

countless others in need of help.

• Commit to supporting first responders year-round.

The 24th anniversary of 9/11 will call attention to the efforts of first responders on that day 24 years ago as well as the countless times since then that these brave men and women have served their communities. But first responders deserve vocal, year-round support. Make a concerted effort to thank policemen, firefighters, EMTs, nurses, and doctors in your community whenever you interact with them, and urge others to follow suit.

First responders play a vital role in communities across the globe. The 24th anniversary of 9/11 can serve as a catalyst for communities to express their support for first responders.



**Thank You
First Responders!**

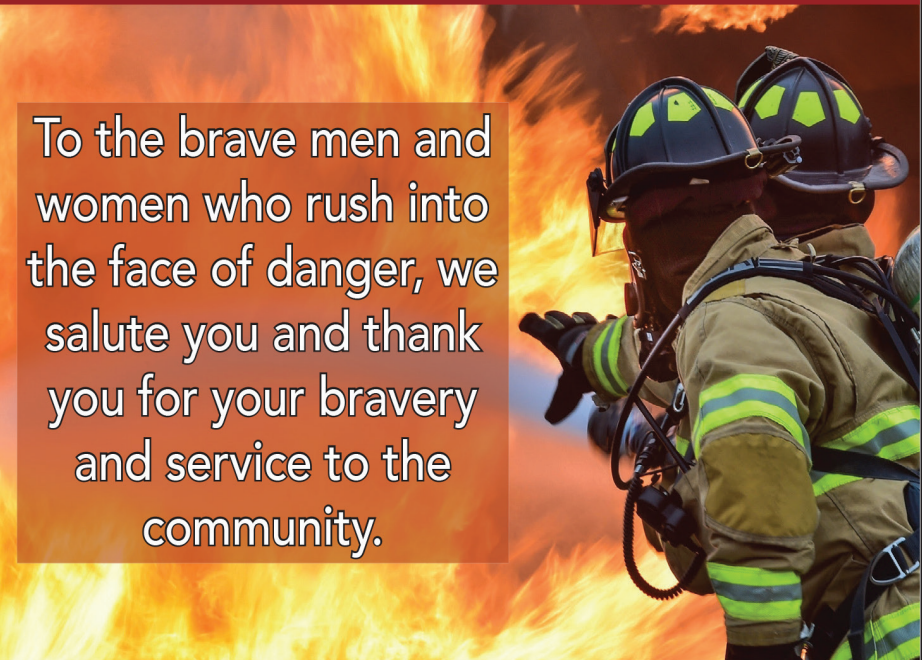
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