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January 2026 — Issue CCV of Volume XVIII



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# Gov. Lee Announces State's Year-Long America 250 Celebration

Unveils "The Original Frontier" theme, kicks off 95-county tour with events honoring Tennessee Ag

Tennessee Governor Bill Lee announced a year-long, statewide America 250 celebration and unveiled a commemorative poster – titled "Tennessee: The Original Frontier" – that highlights the iconic people, places and events that define Tennessee's contributions to America. The Governor will visit all 95 counties to mark this milestone with Tennesseans with a Farmland Preservation Tour across all Three Grand Divisions to honor Tennessee's deep agricultural heritage.

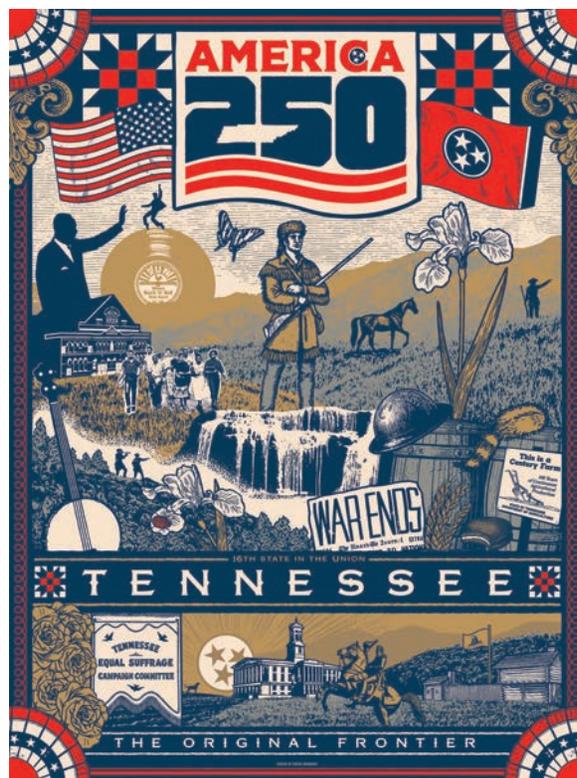
"This... marks the beginning of a special time for our country and state as we approach the 250th anniversary of American independence," said Gov. Lee. "One of Tennessee's greatest contributions to America's success is the strength of our agricultural industry, and I'm proud to honor our rich heritage and commitment to ensuring family farms are preserved for future generations by signing the Farmland Preservation Act."

Prints of the "Tennessee: The Original Frontier" commemorative poster will be available at America 250 events throughout the year. The poster was designed by renowned artist Justin Helton of Knoxville, who designed the posters for Tennessee's 225th statehood celebration in 2021.



## Honoring Tennessee's Agricultural Heritage

Gov. Lee is visiting each of Tennessee's Grand Divisions to



begin a yearlong 95-county tour. Honoring the State's agricultural industry, the Governor will visit historic farms in Greene, Williamson and Tipton counties for ceremonial signings of the Farmland Preservation Act, landmark legislation ensuring family farms can be preserved for

future generations. The Act establishes a permanent conservation easement and creates a grant fund to support farmers who voluntarily choose to protect their farmland, and passed with broad bipartisan support.

"Agriculture is the foundation upon which our nation was built," said Commissioner Charlie Hatcher, D.V.M. "It's fitting that we visit Tennessee farms to celebrate America's 250th birthday, and the initiative to preserve our state's agricultural land for generations to come."

"What better way to kick off the celebration of our

nation turning 250 years old than by signing the Farmland Preservation Act in all three grand divisions of the Volunteer State," said Tennessee Farm Bureau President Eric Mayberry. "We are confident this legislation will help preserve agriculture and forestland in Tennessee, and we look forward to this event culminating our multi-year effort alongside Gov. Lee to protect Tennessee's number one industry and our nation's most important industry for generations to come."

## Tennessee Commission for the United States 250th Birthday

Additional events will be announced as they are scheduled. Tennesseans are invited to sign up for the Tennessee State Museum's Voices and Volunteers newsletter to learn more about upcoming events across the state and may recommend historic site visits and share their personal story at [www.TN250.com](http://www.TN250.com).

The Tennessee Commission for the United States Semiquincentennial is offering grant opportunities for organizations and communities centered around Tennessee's unique stories, including project support grants and community support grants. Facilitated by the Tennessee State Museum, funding will be awarded to applicants who propose projects that support the mission of Tennessee's America 250 Celebration by highlighting Tennesseans and events that have shaped American democracy from the Revolutionary era to the present.

# The Treasure in a New Year

BY JUDY POSTON

(judyposton1963@gmail.com)

As we look to a new year, a poem of encouragement written by Crockett County native Christie Beaird Nichols:

Instead of looking back over this year  
And being glad to wave good-bye,  
Think about how you've seen God working.  
It's all in where we focus our eyes.

We can choose to just see the hard times  
Or we can find the good God brings.  
Knowing He uses every pain and heartache,  
We can be assured God never wastes a thing!

No matter how it's wrapped,  
In every difficulty and in every pleasure,  
Remember God is always with us,  
And it's in His presence that we find the treasure.

"... and they shall call his name Emmanuel, which being interpreted is God with us." Matthew 1:23

Happy New Year to *The Crockett Rocket* readers. May the New Year hold for each of you the greatest treasure of all – the peace that only the presence of the LORD Jesus in your life can bring. The secret of peace is intimate fellowship with Him at all stages of life.

"Behold, I will do a new thing,  
Now it shall spring forth;  
Shall you not know it?  
I will even make a road in the wilderness  
And rivers in the desert...  
I give waters in the wilderness  
And rivers in the desert,  
To give drink to My people, My chosen.  
This people I have formed for Myself;  
They shall declare my praise." Isaiah 43:19-21

## New Year's Resolutions to Benefit the Brain

Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.

Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are ideas to consider.

**Get moving:** Exercise does the

body good and even positively affects the brain. The American Academy of Neurology has found aerobic exercise may play a significant role in reversing and preventing cognitive decline.

**Start a new hobby:** When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument

can push the brain to improve from a cognitive standpoint, indicates *The Healthy*, a Reader's Digest brand.

**Make more time for fun:** Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.

By making brain health a priority this year, individuals can benefit for years to come.

### CORRECTION:

The December issue of *The Crockett Rocket* contained the story, "Mildred Sullivan - Continuing a Life of Devoted Service." The story stated the doctor who delivered Mildred was Dr. Farris. That should have read, "Dr. Farrow." Mildred's grandfather was listed as Alfred Phillips. That should have read, "Alf Phillips."

*The Crockett Rocket* is printed by offset and published once per month. The deadline for advertisement and article submission in *The Crockett Rocket* is the last Friday of every month. Submissions received after that date will be published in the following scheduled publication.

The Crockett  
Rocket  
Mission Crew



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Trenton, TN 38382  
731-414-4924



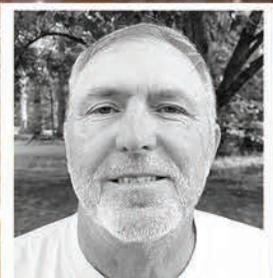
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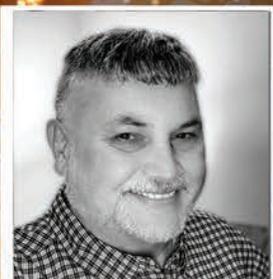
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# Lesser-Known Facts About Martin Luther King, Jr.

Martin Luther King, Jr. was a pivotal figure in the history of the United States. Much is known about his life and influence, but there's always an opportunity to learn more, especially some lesser-known facts regarding Dr. King's life.

The following are some interesting tidbits about MLK, Jr.

1. King's original name was Michael King, Jr. and not Martin. After King's father was inspired by the German Protestant Martin Luther, he changed both his own name and his son's name to Martin.

2. King entered college at age 15. While most incoming college students are 18 or older, King skipped both the ninth and twelfth grades and entered Morehouse College through an early admission program. He eventually graduated with a degree in sociology.



3. King's assassination did not mark the first attempt on his life. In 1958, while signing copies of his book *Stride Toward Freedom*, King

was stabbed in the chest by Izola Ware Curry. The doctors later said that if he had sneezed right after the stabbing, he wouldn't have survived the attack.



4. King inspired actress Nichelle Nichols to stay on the "Star Trek" television series. King was a big fan of "Star Trek" when Nichols, who played Uhura, was considering leaving the show. King advised Nichols to stay since she was one of the first representations of African Americans on television in a non-stereotyped role.

5. King is actually a Grammy Award winner among his many accomplishments and awards. He posthumously received the 1967 Grammy for Best Spoken Word Recording for his "Why I Oppose the War in Vietnam" speech.

Martin Luther King, Jr. was known for his many accomplishments and it can be interesting to learn more about his storied life.

## *The Global Impact of Martin Luther King, Jr.*

Americans pay homage to Martin Luther King, Jr. every January. While King was a renowned leader for his role in the American civil rights movement, his legacy extends beyond American borders.

King began to speak about global issues after receiving the Nobel Peace Prize in 1964, visiting countries in west Africa and toured South America.

King also spent a month in India, where he was inspired by Mahatma Gandhi's use of nonviolence when protesting British rule.

King spoke out against apartheid in South Africa and condemned the use of nuclear weapons against Japan during World War II.

He also was a critic of the Vietnam War. As a Christian minister, King's first priority was to promote the teachings of Jesus Christ, and King felt an obligation to do God's work around the world.

On Jan. 19, 2026, the U.S. celebrates the 40th anniversary of Martin Luther King Day,



“When we let freedom ring, when we let it ring from every tenement and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old spiritual, 'Free at last, free at last. Thank God Almighty, we are free at last.'”

**Dr. Martin Luther King, Jr. "I Have A Dream"**



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# Family, Friends, Coworkers and Customers Celebrate with Lisa Buckingham on Her Retirement



Top row, from left: Mel Powell and Lisa  
Lisa and Jeremy Lambert



Middle row, from left: Lisa with  
her sister Mona and family, Jared  
and Ricky Hart.  
Lisa with daughter Amber  
Lisa with husband Farrow and  
granddaughter Presley

Bottom row, from left: Lisa with  
Blake Smith  
Lisa pictured with Janine Koonce



# Happy Retirement!

BY JUDY POSTON

(judyposton1963@gmail.com)

Following a 22 year history of faithful service to the Bank of Crockett and its customers, Lisa Buckingham is now looking forward to retirement.

On the afternoon of December 31, New Year's Eve, family and friends, co-workers and customers attended a special reception given in Lisa's honor, celebrating this milestone in her life. Knowing of Lisa's enjoyment of a good book, the theme, "As one chapter ends, another one begins," is deemed most appropriate.

Co-worker Beth Smith reminisces on her time spent working alongside Lisa and shares her appreciation for Lisa's service to the community and the friendship the two have shared.

*After 22 years of service, we celebrate the retirement of our dear coworker and friend, Lisa Buckingham. Lisa has played a major role in the success of the Bank of Crockett, contributing not only her deep knowledge and experience, but also the smile, warmth, and kindness that made her so*



**Lisa Buckingham was honored at a reception celebrating her retirement from Bank of Crockett.**

*well loved by customers and coworkers alike.*

*Lisa's knowledge, dedication and steady presence have played a major role in our success and growth at the Bank of Crockett. Whether she was helping customers, supporting coworkers, or tackling challenges behind the scenes, Lisa was*

*always willing to go the extra mile. Lisa always has a way of making everyone feel welcome and valued, and that spirit has helped shape the culture of our Alamo Branch in lasting ways. Lisa has touched many lives, and she will be greatly missed by her bank family and her customers.*

*As Lisa steps into this new chapter of life, we wish her all the joy, rest, adventure and happiness that retirement brings. We hope the days ahead are filled with everything she loves, family, books, friends and good cups of coffee.*

*I would like to thank Lisa for her 22 years of hard work, loyalty and heart that she has shared with me here at the Bank of Crockett. I deeply appreciate Lisa as my friend and coworker and while I am excited for her to start her next journey, I will truly miss her here at the bank. I am so happy for you Lisa Buckingham!*

*Beth Smith*

Congratulations to Lisa on her retirement. A great career of service at the Bank of Crockett is now in the books. Enjoy all that comes next with this turning of the page.

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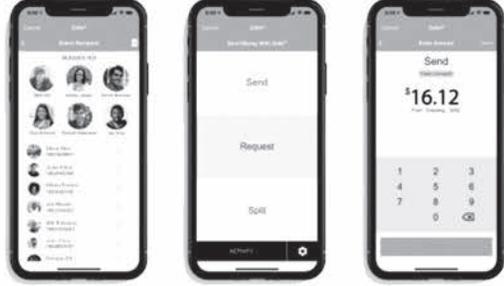
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# Alamo Fire Department Seeking Volunteers

The Town of Alamo is looking for volunteers to join the Alamo Fire Department.

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We provide State of TN Firefighter 1 certification. You'll learn essential skills in fire suppression, fire ground operations, hazardous material handling and many other areas that are valuable in all

aspects of life and can serve as a stepping stone to a full-time career.

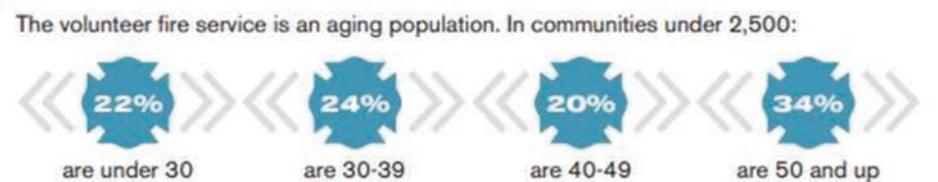
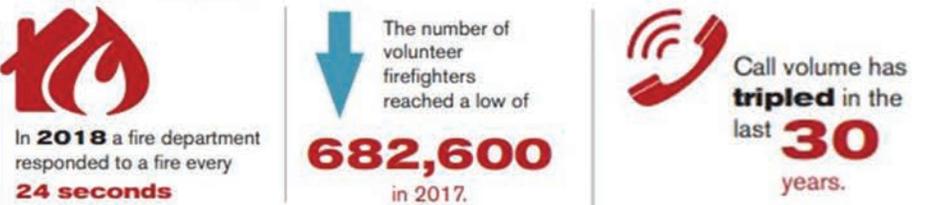
Hall for an application if you are interested, 97 S. Johnson St., Alamo or 731-696-4515.

Contact Amanda at City

696-4515.



 The first fire company in the United States was founded in **1678**.



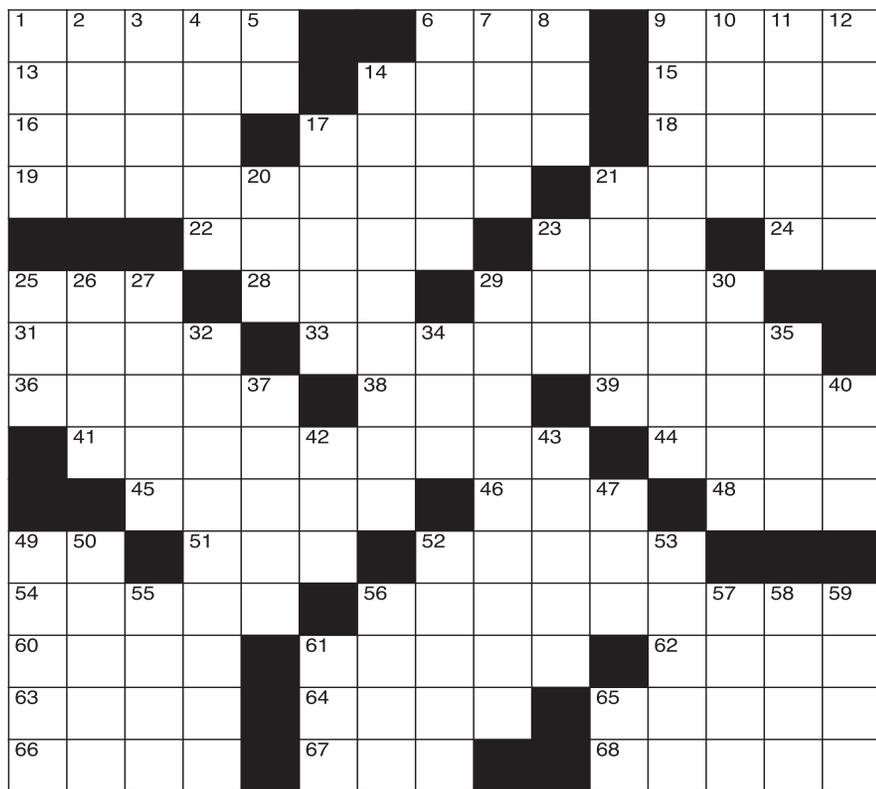
- Volunteers are Often the First Line of Defense During:
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  - » Natural Disasters
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  - » Search and Rescue

- Recruitment and Retention Challenges Include:
- » Time Demands
  - » Increased Training Requirements
  - » Increasing Call Volume
  - » Aging Communities
  - » Leadership Problems
  - » Internal Conflict



## ACS Students Perform Christmas Musical

In December, Alamo Elementary School second and third grade students put everyone in the holiday spirit with the Christmas musical COOL YULE!



**CLUES ACROSS**

- 1. Lakes
- 6. Electromotive force
- 9. Invests in little enterprises
- 13. Longtime Utah Jazz coach
- 14. Small sailboat
- 15. Actor Idris
- 16. Mild yellow Dutch cheese made in balls
- 17. System that detects objects under water
- 18. Harsh, grating noise
- 19. Steward
- 21. A fencing sword
- 22. Infections
- 23. Actress Ryan
- 24. Sodium
- 25. Swedish castle
- 28. A lump of slime
- 29. African antelope
- 31. Insurance providers
- 33. Choosy
- 36. Ringworm

**CLUES DOWN**

- 1. Millisecond
- 2. Spanish city
- 3. A sudden very loud sound
- 4. "The Indiana Jones of beer"
- 5. Tin
- 6. Sea eagles
- 7. Volcanic crater
- 8. Type of coat
- 9. Women's apartments in Ottoman palace
- 10. Divulge a secret
- 11. Norwegian playwright
- 12. "It's a Wonderful Life" director
- 14. Poisonous perennial plant
- 17. 18-year astronomical period
- 20. Clothes
- 21. Places to sit
- 23. Family of regulator genes
- 25. New York ballplayer
- 26. Impressive in size or scope
- 27. Jacques \_\_, French biologist

**Answers on Page 17.**

- 38. Unpolished
- 39. Drenches
- 41. Pant style
- 44. Son of Noah
- 45. Spiritual being
- 46. Upton Sinclair novel
- 48. Journalist Tarbell
- 49. Popular sports highlight show
- 51. Born of
- 52. Rich tapestry
- 54. S. China seaport
- 56. State of being unclothed
- 60. Surrounded by
- 61. Residue
- 62. Away from wind
- 63. Dried-up
- 64. Visionary
- 65. A very large body of water
- 66. Garden tools
- 67. Screen type
- 68. Ancient Scandinavian poet
- 29. One from the Big Apple
- 30. Genus of woolly lemurs
- 32. Songs to one's beloved
- 34. Indigenous person of N.E. Thailand
- 35. Supplemented with difficulty
- 37. Farewell
- 40. Investment account (abbr.)
- 42. One from Utah
- 43. Begets
- 47. A male child
- 49. Break apart
- 50. Brief appearance
- 52. Partner to "oohed"
- 53. A light informal meal
- 55. Fabric with smooth, shiny surface
- 56. One billionth of a second
- 57. Ancient Italian-Greek colony
- 58. Close tightly
- 59. Mail out
- 61. Language
- 65. Computer characteristic

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# 250 THE UNITED STATES OF AMERICA'S Semiquincentennial

## Notable events in colonial America in 1776



The year the United States came to be was an interesting time to be alive, particularly for those living in colonial America. The American Revolutionary War began in 1776, and much of the year was marked by events stemming from that conflict. Below are some of the more notable events to take place during a year that has come to symbolize so much to generations of Americans.

- Thomas Paine publishes his 47-page pamphlet *Common Sense* in Philadelphia on January 10. Initially published anonymously, the pamphlet is considered a watershed moment in American history, as Paine's easily digestible writing style appealed to the masses, helping promote his arguments that encouraged common people to fight for an egalitarian government.

- The Battle of Moore's Creek Bridge takes place near Wilmington, North Carolina on February 27. The battle is sparked when loyalists, after storming across a bridge over Moore's Creek, attack a group of men they believe to be rebels. Though the engagement was brief, two loyalist leaders are killed, another is captured and the force is scattered. The failed attempt later complicated efforts to recruit loyalists in the area to fight.

- The Fifth Virginia Convention is held in Williamsburg between May 6 and July 5. The meeting of the Patriot legislature of Virginia ultimately leads to the declaration of Virginia as an independent state and the production of the Virginia Declaration of Rights, which asserts the state's right to reform or abolish any form of government it deems inadequate.

- Thomas Hickey becomes an early casualty of the burgeoning conflict between the colonies and England when the Irish-born soldier is the first to be executed by the Continental Army for "mutiny, sedition, and treachery" on June 28 in New York City. Hickey had been part of a protective detail for General George Washington but was briefly jailed for passing counterfeit money. During that brief incarceration, Hickey told a fellow prisoner he was part of a conspiracy, and reports ultimately indicated he might have been part of a plot to assassinate General Washington, which proved enough to warrant his execution.

- An uptick incidents of violence between Native Americans and settlers in Kentucky was a ripple effect of the American Revolutionary War, and that increase in aggression was behind the capture of Jemima Boone and the Callaway girls on July 14. Days later Daniel Boone led a successful attempt to rescue his daughter and Elizabeth and Frances Callaway, who were the children of Colonel Richard Callaway, one of the first white settlers in Kentucky. A fictionalized version of the incident was included in James Fennimore Cooper's novel *The Last of the Mohicans*.

- The Great Fire of New York destroys as much as 25 percent of all buildings in New York City as it burns through areas in lower Manhattan on September 20 and 21. The fire broke out shortly after British forces began occupying the city. While each side accused the other of arson in the aftermath of the fire, historians dispute such assertions, noting the fire likely started with burning rooftop debris before windy conditions spread the conflagration to surrounding buildings.



## Presidential powers and privileges

Holding the office of the President of the United States of America is an immense honor bestowed upon an individual by the American people every four years. Overseeing the country comes with immense responsibility, and the president relies on a sizable team to keep order, maintain accountability and ensure operations run as smoothly as possible.

Although it might seem that the president has absolute authority, there are certain things a president can and cannot do. The following are some of the privileges and powers that the POTUS is allowed, courtesy of the Harry S. Truman Library and Museum.

- Make treaties with the approval of the Senate.
- The implied ability to fire executive branch officials, even if it's not explicitly mentioned in the Constitution.
- Act as Commander-in-Chief during times of war.
- Veto bills and sign bills.
- Enforce the laws passed by Congress.
- Make suggestions about what should be new laws

and employ a national platform to sway public opinion and convince Congress to support policy.

- Serve as the leader and mouthpiece for a political party.
- Entertain foreign dignitaries and other guests.
- Recognize foreign countries in different ways.
- Grant pardons to individuals found guilty of federal offenses.
- Nominate Cabinet members, Supreme Court Justices and other high officials.
- Appoint ambassadors.
- Call Congress into special session, or end sessions if they cannot agree.

Apart from the more obvious, there are certain things the U.S. President is not supposed to do. However, although the Secret Service can advise and strongly discourage the behaviors below, the president does have the final say.

- Current and former presidents and vice presidents aren't supposed to drive on the open road. Secret Service agents may allow them to drive around secured properties.
- A sitting president is not to use off-the-shelf personal electronic devices due to security concerns.

- Presidents shouldn't attend their children's performance or sporting events due to the extensive security preparations that would be necessary.
- Similar to driving a car, a president shouldn't take a commercial airline flight.
- For security reasons, opening windows in the White House and in the presidential vehicle is prohibited.
- A president shouldn't do spring cleaning, like tidying up an office. Under the Presidential Records Act, presidents are mandated to hang on to things that normally would be discarded by others, such as emails and paperwork.

**The President of the United States has many privileges, but absolute power is not one of them.**

## Did You KNOW?

### 56 men signed the Declaration of Independence



Names like John Adams, Benjamin Franklin, Thomas Jefferson, and, of course, John Hancock might instantly come to mind when pondering the men who signed the Declaration of Independence in 1776. But what about the remaining signatories to the founding document of the United States? According to the National Archives, 56 men signed the Declaration of Independence, and even historians and armchair history buffs might be hard pressed to name all 56 signers of the pivotal document. Some might even be surprised to learn that various notable figures from the era were not among the 56 signers on the Declaration of Independence, a list that includes Alexander Hamilton, John Jay and George Washington. George Mason, another influential figure of the era, also decided against signing the Declaration of Independence, citing its lack of a "Bill of Rights" as motivation for keeping his pen to himself.

# How to Celebrate, Commemorate America's Semiquincentennial

Commemorations of America's national history are part of annual celebrations of American independence that take place each year on July 4, which marks the anniversary of the nation's birth. Those celebrations have a reputation for being particularly festive and tend to be capped off by awe-inspiring fireworks displays once the sun sets on the Fourth of July.

The liveliness of annual celebrations of American independence figures to be taken up a notch in 2026, when the United States will celebrate its semiquincentennial. Two hundred and fifty years of nationhood warrants a particularly jovial celebration, and there are many ways Americans can commemorate and celebrate the nation on this momentous occasion.

**Support a local historical society.** Local historical societies have played a vital role in preserving United States history, and many of those who work in support of these organizations do so on a volunteer basis. Expressions of support for local historical societies can go a long way toward helping them continue to fulfill their missions. Financial donations, letters to state and local political officials urging increased funding for historical societies, vis-



its to local historical sites, and even volunteering to help organizations fulfill their missions are a handful of ways to ensure these groups can continue to make invaluable contributions to their communities and the nation.

**Volunteer with local government.** Pitching in to help local government organizations planning semiquincentennial celebrations is another great way to honor America's two hundred and fiftieth anniversary. The days and weeks surrounding July 4 will likely be filled

with anniversary-related events and celebrations, but many communities also plan to commemorate the semiquincentennial throughout 2026, providing plenty of opportunities for volunteers of all ages to lend a hand.

**Help digitize archival materials.** The modern world is accustomed to digital files and instant access to information, but the vast majority of records pertaining to American history and accounts of Americans' personal experiences remain preserved on paper. Photos and doc-

uments wear down over time, and American archivists face an uphill battle as they work to digitize records for the purpose of long-term preservation. Anyone who wants to lend a hand and help to preserve local and national history can speak with a local library or university librarian about what's being done to digitize historical accounts and records and offer to lend a hand with such efforts. If no such efforts are currently being undertaken in your community, offer to spearhead a digitalization project and recruit others to participate.

**Explore the country.** Travel presents another great way to celebrate the nation on its two hundred and fiftieth birthday. The United States is a vast nation with many unique subcultures and local customs, not to mention countless locales that have featured prominently in American history. When planning vacations in 2026, resolve to stay within U.S. borders and seek ways to learn about the nation's history during your travels.

America's semiquincentennial is a big deal, and there's much residents of the United States can do to take an active role in the celebration and commemorations of the nation's history.

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## *An Enduring, Ever-Evolving Symbol of Freedom*



The American flag has been recognized across the globe as a symbol of freedom for centuries.

The Stars and Stripes is recognizable to billions of people worldwide, but the flag has undergone many changes since the United States gained its independence from Great Britain. According to the National Flag Foundation, the national flag of the United States has been revised 27 times since American colonists fought for and won independence from British rule.

Of course, many of those changes occurred when a new state or new states were added to the union. Each time a new state joined the union, the flag would have to be adjusted with the addition of an extra star.

The 1777 flag included a star for each of the 13 colonies that eventually became one of the initial 13 states, but the modern flag now

features 50 stars as representative of the 50 states.

Though the flag certainly underwent many changes since the nation's inception, the NFF notes the current flag has remained unchanged since 1960, when the 50-star version was officially adopted on July 4 in recognition of Hawaii becoming the fiftieth state in 1959.

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# Super Game Day Cocktail Ideas

Even though the holiday season may be over, there are still plenty of reasons to celebrate with friends and family. After all, when the gift-giving cools off, the action on the gridiron heats up, culminating in one of the most-watched sporting events.

Super Bowl LVIII will take place on February 11, 2024 at Allegiant Stadium in Las Vegas, giving sports fans, who also double as game day hosts and hostesses, plenty of time to plan their festivities. Wings, nachos, sliders, and sandwiches are standard fare for game day entertaining, but savvy hosts also must give thought to the beverages they will serve. An assortment of spirited and non-alcoholic drinks are the norm, and many who entertain may think beer is all that's needed for game day fun. However, some may want to elevate their Super Bowl hosting with specially curated cocktails. Here's how to get started.

## Team theme

A fun way to serve cocktails is to tie the theme into the teams who are facing off. Research the most popular cocktail for the team's home state or city. For example, if the Cowboys are playing, you can serve "Hit the Road Jack," which was named the official cocktail of Dallas several years back. Otherwise, search drinks that coordinate with the team itself. You can serve a "Tiger Tea" for the Bengals, a "Buccaneer" cocktail if Tampa Bay is playing or a "Black Raven" should Baltimore make it to the big game.

## Offer trendy options

Trends emerge in the world of cocktails, and if you lean into those trends, you're bound to have grateful guests. According to EHL Insights, which provides hospitality and business news, savory and spicy cocktails are becoming increasingly popular as people desire more complex and interesting flavors in their drinks. A "Pineapple Jalapeño Margarita" can pair nicely with bite-

sized tacos, or serve a "Cucumber Wasabi Martini" alongside California rolls and fried wontons. The Negroni remains a trendy cocktail and features sweet, bitter and botanical flavors that can work well with Italian cuisine.

## Game day punch

If you don't want to worry about having enough supplies on hand for a bevy of different cocktails, have a big-batch punch at the ready for

guests. There are many variations, but this recipe for "Whiskey-Apple Cider Punch" can appeal to the masses. It evokes those fall flavors that signal football season, and it works well with many comfort foods. Try it, courtesy of Southern Living Test Kitchen.

## Whiskey-Apple Cider Punch

*Serves 10*

- 1 cup frozen cranberries, thawed
- 1/4 cup packed light brown sugar
- 1/2 cup water, divided
- 3 cups bourbon
- 1 1/2 cups fresh lemon juice (from 14 lemons)
- 3/4 cup honey
- 1 24.5-ounce bottle sparkling apple cider, chilled
- 1 Granny Smith apple, thinly sliced (optional)

Combine thawed frozen cranberries, light brown sugar, and 1/4 cup water in a food processor; process until cranberries are roughly chopped and sugar has almost dissolved, about 30 seconds. Transfer to a large bowl. Add bourbon, fresh lemon juice, honey, and remaining 1/4 cup water; stir until well combined and sugar is dissolved. Pour mixture through a fine wire-mesh strainer into a 3- to 4-quart pitcher, discarding solids.

Chill at least 1 hour or up to 8 hours. Just before serving, gently stir in sparkling apple cider. Pour into glasses and, if desired, garnish with Granny Smith apple slices.



# Super Bowl LX

February 8, 2026 @ Levi's Stadium in Santa Clara, California

# Zesty Wings Make a Perfect PlayOff Party Palate Pleaser

Football fans know there's nothing quite like the playoffs. Whether your passion rests with college football or the action on the professional gridiron, there's plenty of exciting football to watch in the early weeks of winter.

Game watch parties are wildly popular. Indeed, big games are even more enjoyable when watched alongside fellow fans. When hosting a game watch party at home, certain culinary staples, including chicken wings, need to make an appearance. Fans hosting playoff parties this playoff season can ensure guests get what they need by offering up these "Zesty Chicken Wings" from Lines+Angles.

## Zesty Chicken Wings *Makes 4 servings*

For the marinade:

- 1 tablespoon olive oil
- 1 small white onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1/2 cup fresh cilantro, finely chopped
- 2 tablespoons fresh lemon zest
- 2 tablespoons fresh lemon juice
- 2 cups Barbecue sauce (your favorite)
- 1/4 cup sherry vinegar
- 1 teaspoon turmeric

For the chicken wings:

- 1 1/2 pounds chicken wings
- Salt, to taste
- Freshly ground black pepper, to taste
- 1 tablespoon oil, for the grill

1. Combine all of the ingredients for the marinade in a food processor. Pulse until blended well.

2. Rinse chicken wings under cold running water and pat dry with paper towels. Season with salt and pepper.

3. Place the marinade and chicken wings into a large resealable plastic storage bag. Seal the bag securely. Squeeze the bag several times coating the chicken wings thoroughly with marinade. Place the bag in the refrigerator and marinate overnight.

4. Prepare the grill for direct grilling. Brush the grill grate lightly with oil. Barbecue the wings over medium hot coals or at medium high-heat for 5-7 minutes on each side (turning once, half-



way through) until they are cooked through and golden brown.

5. Serve with your favorite dipping sauce (optional).

# Let These Nachos Be the Hit at Any Gathering

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

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



## Outrageous Barbecued Nachos

*Serves 4-6*

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

1. Preheat the oven to 400 F.

2. Combine the meats and barbecue sauce in a small saucepan over medium heat.

3. Spread half of the tortilla chips on a small cookie sheet. Cover the chips with half of the meat and sauce. Top with half of each cheese.

4. Repeat the process on top of this layer, using the other half of the ingredients.

5. Bake until the cheese is completely melted, about 10 minutes. Remove and top with the jalapeños.

# How Nutritional Needs Change with Age

The human body undergoes an assortment of changes over the course of a lifetime. Some of those changes are visible to the naked eye, but many more are not. The body's changing needs in regard to nutrition is one alteration that people cannot see.

A nutritious diet can be a building block of a long and healthy life. Nutritional needs change as the body ages, and recognition of those changes can help people rest easy that their diets are working in their favor and not to their detriment.

## Calorie needs

The body requires fewer calories as individuals reach adulthood. That's because muscle mass begins to decrease in adulthood while fat increases. The National Institutes of Health notes that muscles use more calories than fat throughout the day, so it makes sense that a body experiencing a decline in muscle mass will require less calories than one in which muscle mass is on the rise. No two individuals are the same, and some adults exercise more than others. So it's best for adults to consult their physician to discuss their own calorie needs and then adjust their diets based on such discussions.

## What to eat

The American Heart Association notes aging adults' calories should come from nutrient-dense foods like vegetables, fruits, whole grains, lean meat, and low-



fat dairy. This recommendation aligns with adults' declining calorie needs, as nutrient-dense foods contain ample amounts of protein, vitamins and/or minerals but do not contain a lot of calories.

## Water needs

It's vital for aging adults to make a concerted effort to drink water each day. The Office of Disease Prevention and Health Promotion notes that the sensation of thirst declines with age. Aging adults who are unaware of that unique biological reality may be risking dehydration because they are not compelled

to drink water throughout the day. The Cleveland Clinic notes that dehydration can contribute



to dizziness, weakness and lightheadedness, among other symptoms. Those symptoms can be particularly menacing for older adults, who are at increased risk for potentially harmful falls even if they are not dehydrated. The body still needs water as it ages, and seniors taking certain medications may need more than usual due to medication-related fluid loss.

These are just some of the ways nutritional needs change with age. Adults are urged to pay greater attention to diet as they age and make choices that can counter age-related changes in their bodies.



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The deadline to submit materials for *The Crockett Rocket* is the last Friday of each month.

# Training a Dog Protects Your Pet



Training a dog can help dog owners ensure the safety and well-being of their furry friends and foster a stronger relationship between an owner and their pet.

The professional trainers at the Texas-based Dog Alliance report it typically takes four to six months to teach basic obedience commands. But no two dogs are the same, and some may take to training more readily than others.

Other dogs may experience behavioral challenges that extend the length of time it takes to train the animal. The Dog Alliance also notes that additional variables unique to each dog, including age and breed, also can affect the time it takes to train a dog.

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Puzzle On Page 9.

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# BACK FROM BREAK



## Tips to start the new semester on the right foot!

### Set Some Goals.

Think about what you'd like to accomplish over the next semester in your academic, personal and social life. Write down three things you can do to support each of these goals. Focus on actions you can control, such as attending all of your classes, setting a fixed study schedule, or trying out specific clubs or activities.

✓ \_\_\_\_\_

### Get Organized to Plan Ahead and Manage Your Time Effectively.

At the start of the semester, record any deadlines and important dates in one easy-to-use, easy-to-see place. Set a reminder to review and update your semester calendar on the first of the month. Create a weekend routine for reviewing your assignments, exams, deadlines and important dates for the coming week to stay on top of things.

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### Practice Helpful Study Habits.

Be proactive about following a consistent study schedule to avoid cramming, which can negatively impact your sleep time, stress level and your ability to retain information. Keeping your phone out of sight and minimizing distractions while studying will help you concentrate better. For long study sessions, setting a schedule of 45 minutes on and 15 minutes off can also be beneficial for many students.

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### Plan for Summer Internships.

Deadlines for summer internships are often early, so be sure to ask your campus career center about opportunities and guidance for applying.

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### Keep the Lines of Communication Open.

Check in often with professors, employers, family and friends to let them know how you're doing. Address potential scheduling conflicts or assignment questions quickly, and don't be afraid to ask for help when you need it. Ask about and utilize any academic resources your school provides, such as tutoring and support services to help keep your grades on track. Stay engaged by following your school's social media feeds, visiting the student center and connecting with classmates.

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### Set and Follow a Consistent Sleep Schedule.

This means going to bed and waking up at the same time each

day, which can help improve sleep quality and ensure you're getting sufficient rest.

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### Finally, Remember the Big Picture.

The pressures of balancing academics, work, friends and family can sometimes cause students to lose perspective and feel overwhelmed. Set aside time to relax and take care of yourself. This will help you reduce stress and recharge, so you can show up for yourself and others. Read a book, take a stroll, keep a journal, create art, meet a friend for coffee, try a new activity, join a club... follow your instincts and do what feels nourishing for you!

✓ \_\_\_\_\_



# DRIVE SOBER OR GET PULLED OVER

# God's Word is Truth

## We Are His Workmanship



Psalm 100 contains a very important truth that most people fail to realize. "Know ye that the Lord He is God: it is He that hath made us, and not we ourselves; we are His people, and the sheep of His pasture" [Psalm 100:3]. It is God that made us! Notice also that, in this one verse, there are six nouns and pronouns that mention or reference God, stressing also by the structure of the verse the importance of God. We are the workmanship of the perfect Creator: "And God said, 'Let us make man in Our image, after Our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.' So, God created man in His own image, in the image of God created He him; male and female created He them" [Genesis 1:26-27]. The prophet Isaiah also speaks of this: "Remember these, O Jacob and Israel; for thou art My servant: I have formed thee; thou art My servant: O Israel, thou shalt not be forgotten of Me. I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins: return unto Me; for I have redeemed thee. Sing, O ye heavens; for the Lord hath done it: shout, ye lower

parts of the earth: break forth into singing, ye mountains, O forest, and every tree therein: for the Lord hath redeemed Jacob, and glorified Himself in Israel. Thus, saith the Lord, thy redeemer, and He that formed thee from the womb, I am the Lord that maketh all things; that stretcheth forth the heavens alone; that spreadeth abroad the earth by Myself" [Isaiah 44:21-24].

God has a plan for us, His creation. Those who obey the gospel are created again in Christ unto [for] good works, by baptism. "But God, who is rich in mercy, for His great love wherewith He loved us, Even when we were dead in sins, hath quickened us [made us alive] together with Christ, (by grace ye are saved;) And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: That in the ages to come He might shew the exceeding riches of His grace in His kindness toward us through Christ Jesus. For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast. For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should

walk in them" [Ephesians 2:4-10]. We are assured that God will finish the work He has begun with us: "Being confident of this very thing, that He which hath begun a good work in you will perform it until the day of Jesus Christ" [Philippians 1:6]. "Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant, Make you perfect in every good work to do His will, working in you that which is well pleasing in His sight, through Jesus Christ; to whom be glory for ever and ever. Amen" [Hebrews 13:20-21].

We can be created again and built anew by God, if we are standing on the right foundation: "I have planted, Apollos watered; but God gave the increase. So then neither is he that planteth anything, neither he that watereth; but God that giveth the increase. Now he that planteth and he that watereth are one: and every man shall receive his own reward according to his own labour. For we are labourers together with God: ye are God's husbandry, ye are God's building. According to the grace of God which is given unto me, as a wise master builder, I have laid the foundation, and another build-

eth thereon. But let every man take heed how he buildeth thereupon. For other foundation can no man lay than that is laid, which is Jesus Christ" [1 Corinthians 3:6-11]. Literally, born again now as a new creation in Christ. "Jesus answered and said unto him, 'Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.' Nicodemus saith unto Him, 'How can a man be born when he is old? can he enter the second time into his mother's womb, and be born?' Jesus answered, 'Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again'" [John 3:3-7]. "Therefore, if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new" [2 Cor 5:17].

Charles Yawn

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# Putting Farm Waste to Good Use

Agricultural waste poses a challenge for farmers, even if the subject does not garner a lot of attention outside of rural areas. Farms generate enormous amounts of organic waste, including crop residues, fruit peels, sawdust, and livestock manure. Farmers must decide how to get rid of agricultural waste legally and economically.

If not disposed of properly, farm waste can pollute the environment, particularly the air and waterways like rivers and streams. It is best for everyone to mitigate agricultural waste to create further hazards. Farmers may not have considered recycling some agricultural waste, but it is a way to transform this potential hazard into something that can be used on the farm itself or sold commercially. The following are some considerations for putting farm waste to good use.

**Compost** Animal waste, crop residues and additional organic material can be combined to create nutrient-rich compost. Compost is utilized to improve soil structure, fertility and water retention. This helps reduce reliance on chemical fertilizers. By investing in large-scale composting tools, farmers can process hundreds or even thousands of tons of organic matter each year. While some can be used on the farm, the excess can be sold at a profit.

**Biogas** Biogas production is carried out through a process known as anaerobic digestion (AD). The U.S. Environmental Protection Agency says AD involves bacteria breaking down organic matter, such as animal manure, wastewater biosolids and food wastes in the absence of



oxygen. As the bacteria digest the waste, they generate biogas, which is mostly comprised of methane. Capturing biogas can reduce greenhouse gas emissions on a farm, and the biogas can be turned into a re-

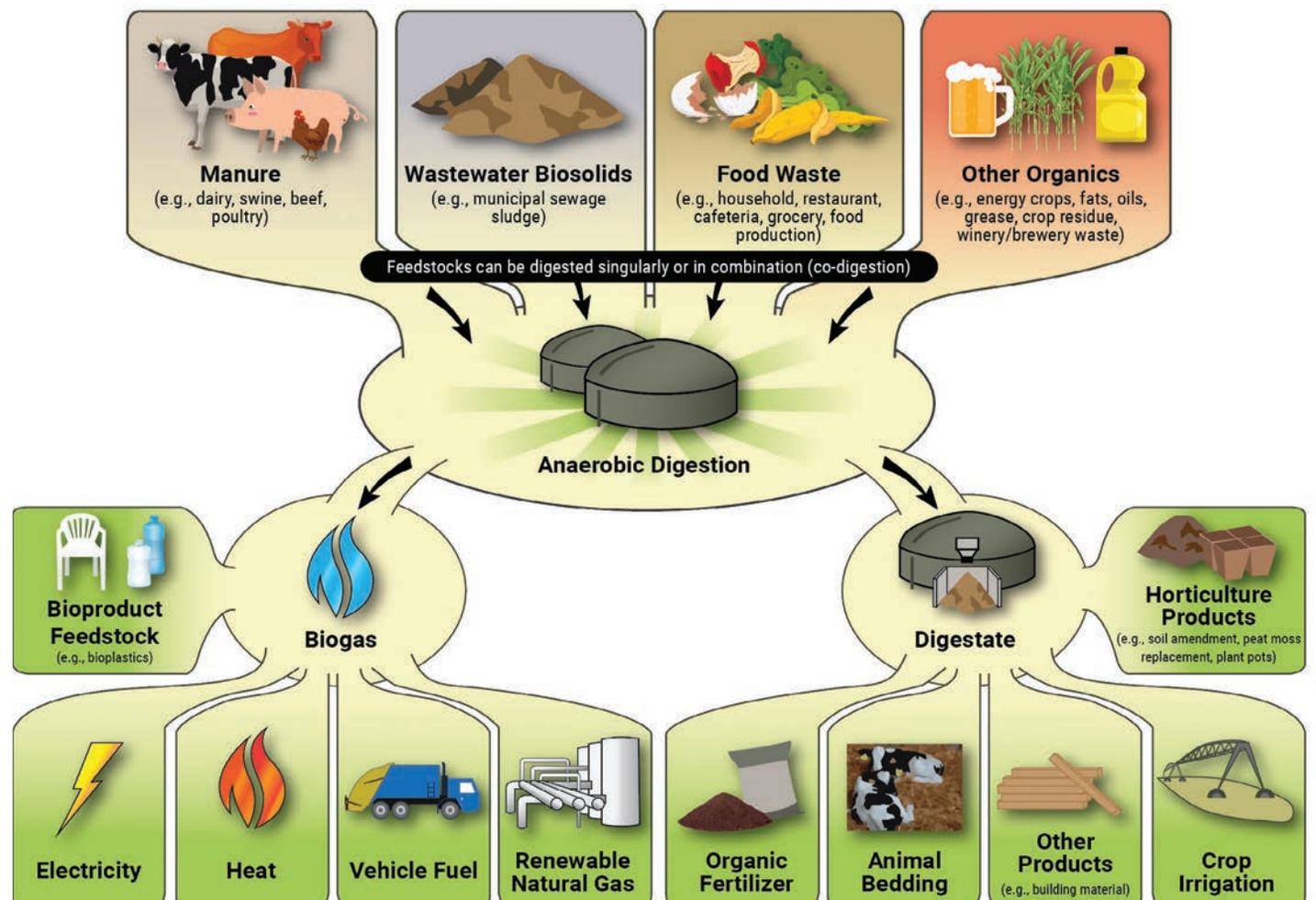
newable energy source to power electricity, heating or transportation, according to Prime Dumpster Incorporated.

**Digestate** Anaerobic

digestion does not only produce biogas. Digestate is the solid and liquid effluent remaining after the process, says the EPA. Digestate can be used in many applications, including animal bedding, fertilizers and a foundation material for creating bioplastics and other bio-based products.

**Recycling** Certain items used on farms cannot be turned into compost or fertilizer. However, recycling containers, tires, cardboard, rubber, and plastics offers the potential for these products to be made into new items. Western Packaging says recyclable items can be kept separate from other waste so they can have new life outside of landfills.

Seeing farm waste as an asset and not a problem can help farmers save money and resources.



# Beginner's Guide to CBD

## The ABCs of CBD

### What is CBD?

While CBD is one of the many components of marijuana, pure CBD does not contain significant amounts of tetrahydrocannabinol (THC), the psychoactive ingredient that produces a "high." CBD is generally derived from the hemp plant, a cousin of the marijuana plant. The World Health Organization reports, "In humans, CBD exhibits no effects indicative of any abuse or dependence potential... To date, there is no evidence of public health related problems associated with the use of pure CBD."



#### Common Forms of CBD:

CBD is most commonly formulated as an oil. It is also sold as capsules, gummies and sprays, and increasingly as CBD-infused food, drinks, beauty products and other goods.

#### The Benefits:

The only CBD product currently approved by the Food and Drug Administration is a epilepsy prescription called Epidiolexm. CBD is most commonly used by consumers to address anxiety, insomnia and inflammation, and it is being studied as a treatment for a wide range of conditions; however, more research studies are needed to substantiate any therapeutic claims. The FDA prohibits CBD from being marketed and sold as a dietary supplement with therapeutic properties.

#### The Risks:

While most people tolerate CBD without adverse effects, some side effects and risks associated with its use are dry mouth, diarrhea, nausea, appetite loss and fatigue. CBD can also interact with other medications, such as blood thinners. **Medical experts recommend talking to your doctor if you plan to use products containing CBD.**

#### Purity Concerns:

The FDA does not regulate CBD's safety and purity; therefore, buyers can't be certain that the dose of active ingredients listed on the label is accurate. In addition, the product may contain other unknown elements. Some CBD has been found to contain significant amounts of THC, which can be a result of cross-contamination in the extraction process or pollination of a hemp plant grown outside of a controlled greenhouse environment.

#### Legal Concerns:

On a federal level, the Agriculture Improvement Act of 2018 renders purchasing CBD that is derived from a hemp plant legal, provided it does not contain more than 0.3 percent THC; however, some states have implemented legal restrictions on its purchase. Legal concerns for sellers of CBD are significantly more complicated. One thing is certain: The information and legality surrounding CBD is in constant flux, so be sure to consult state laws and recent research studies for the most up-to-date information.



## CBD Buyer's Guide

**B**efore you choose a CBD product, here are some of the guidelines outlined by Consumer Reports to help ensure the product you are purchasing doesn't contain potentially harmful chemicals from the soil or significant levels of THC:

- Avoid products made with hemp grown overseas, as they are not subject to any state or federal testing.
- Look for a product's certificate of analysis (COA), which shows that it has been tested for CBD and THC levels, as well as the presence of contaminants.
- Check if the manufacturer's testing methods are validated by one of these three national standard-setting organizations: the Association of Official Agricultural Chemists (AOAC), the American Herbal Pharmacopoeia (AHP), or the U.S. Pharmacopeia (USP).

- The product's COA will also indicate if the lab in which it was produced meets high scientific standards with an "ISO 17025" label.
- Look for products that list the amount of CBD (or cannabidiol) in each dose versus the entire bottle, and start with products that have relatively low amounts. Beware of products that list the amount of total cannabinoids instead of cannabidiol specifically, as cannabinoids could include CBD, THC and other related compounds.
- If using a vape pen, look for one that advertises "solvent-free oils" to avoid ingesting propylene glycol, which can degrade into formaldehyde when burned at high temperatures.

The information contained in this article is for informational purposes only and is not intended as health, medical or legal advice.

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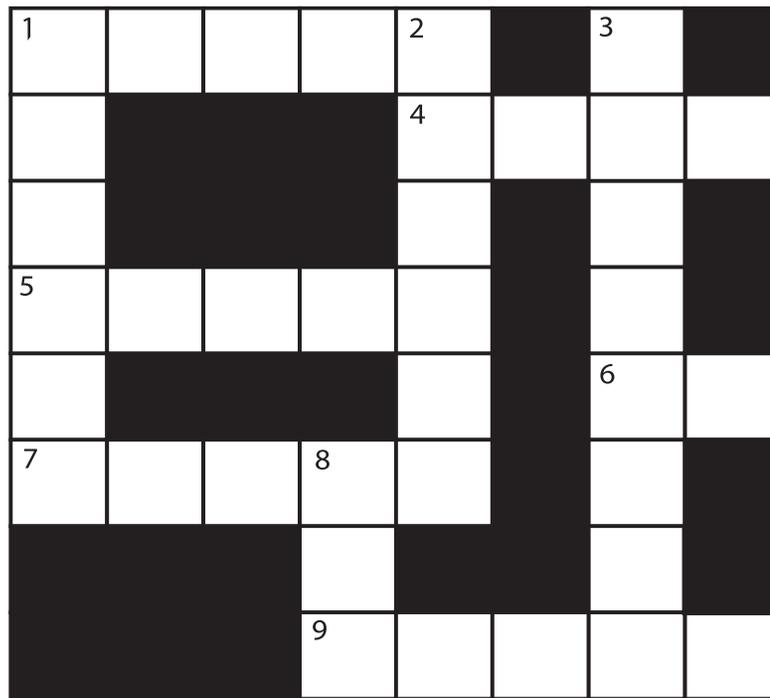


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### Crossword Puzzle



#### ACROSS

- 1. Related to onions
- 4. Passage of minutes
- 5. Reason
- 6. Artificial intelligence
- 7. Liquid meals
- 9. Browned bread

#### DOWN

- 1. Scoops liquid
- 2. Bases for soups
- 3. Importance given
- 8. Cooking vessel

Answers:  
 Across  
 1. Leeks 4. Time 5. Logic 6. AI 7. Soups  
 9. Toast  
 Down  
 1. Ladles 2. Stocks 3. Emphasis 8. Pot

### THIS DAY IN HISTORY



- 1789:** The first American novel is printed in Boston.
- 1915:** Kiwanis International is founded in Detroit.
- 1948:** The Flag of Quebec is adopted and flown for the first time over the National Assembly of Quebec.

### Food FACT!



This soup is traditionally smooth and creamy and often begins with a shellfish stock.

Answer: Bisque

### NEW WORD

#### CHOWDER

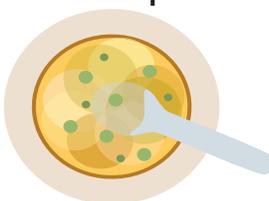
thick, hearty soup defined by its chunky texture

### How they say that in...

- English:** Soup
- Spanish:** Sopa
- Italian:** Minestra
- French:** Soupe
- German:** Suppe

### Did You Know?

The earliest archaeological evidence of consuming soup dates back to 6,000 BC, when the soup featured hippopotamus meat, sparrows, lentils, and vegetables.



### Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Noodle soup

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