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Possible Early Warning Signs for Breast Cancer

Women are often their own strongest allies in the fight against breast cancer. While a strong support network can be vital when receiving treatment for breast cancer, women who have not been diagnosed with the disease still have an important role to play in combatting it and potentially reducing its impact on their lives.



- **New lump or mass:** This is perhaps the most widely known symptom of breast cancer, but it's important that women avoid jumping to conclusions should they uncover a new lump or mass during a self-exam. That's because most breast lumps are not cancer according to the American Cancer Society. The ACS notes a painless, hard mass with irregular edges is more likely to be cancer but also acknowledges cancer-related lumps or masses can be soft, round, tender, or painful.
 - **Swelling of all or part of a breast:** Swelling may be a sign of breast cancer even if no lump is felt.
 - **Skin dimpling:** The dimpling that may be symptomatic of breast cancer can look like the exterior of an orange peel.
 - **Pain:** Some women experience pain in the breast or nipple before a breast cancer diagnosis.
 - **Nipple retraction:** This symptom is marked by the nipple turning inward.
 - **Skin issues on the nipple or breast:** Skin on the nipple or breast may redden, dry, flake, or thicken when a woman has breast cancer.
 - **Nipple discharge:** The discharge will be something other than breast milk.
 - **Swollen lymph nodes under the arm or near the collar bone:** This swelling may indicate the breast cancer has spread even before the original tumor in the breast reached a size large enough to be felt.
- The ACS urges women who discover any of these symptoms to report them to a health care professional immediately. Though each symptom is not necessarily indicative of the presence of breast cancer, it's still important to seek treatment.

The World Cancer Research Fund reports that breast cancer is the second most common cancer worldwide and the number one cancer in women across the globe. But women are not helpless against breast cancer. In fact, various organizations encourage women to take a proactive approach in relation to the disease and begin conducting routine self-examinations in young adulthood. Self-exams can uncover signs of the disease and propel treatment when it's in its earliest stages, a point in time when breast cancer is most treatable. Though the disease does not always produce symptoms in its early stages, women can keep an eye out for these signs each day, including when conducting self-exams.

On the Cover



Turquoise Umbrella

This painting, entitled TURQUOISE UMBRELLA, was created by artist Mary Ellen Winborn. She placed second in Color Crockett 2025.
For related story, please see page Page 3.

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Color Crockett 2025

BY JUDY POSTON WITH
PAIGE JOYNER

Saturday, September 20, 2025 dawned sunny and HOT. This, the third weekend in September, is becoming known throughout the county and, indeed, West Tennessee, as the annual date for COLOR CROCKETT, an open air painting event which draws student and adult painters, both local and from beyond the borders of Crockett County to compete and exhibit their talents for an appreciative audience, who never ceases to be stunned by the creative beauty on display.

Paige Joyner coordinated the event, held in Friendship this year, which was sponsored by Griffin Automotive, Arts Council of Crockett Tennessee, TEC, Paul and Sarah Conley, Brian Joyner – Realtor, Farmers Daughter, Joey and Tonya Griffin, and Paige Joyner Studios.

Kimberly Daniels, of Dixon, owner of Honeybee Studios, served as judge for the event. Kimberly, a live wedding painter, gave a brief critique of each painting during the awards ceremony, offering tips and encouragement to each one who had submitted a painting. A highlight of the day was Kimberly's own painting demonstration following the presentation of awards.



STOREFRONT SCENE, FRIENDSHIP, Artist - Megan Flowers, 1st place student award

Each artist was invited to bring one or two paintings, examples of their previous work, to display in the gallery set up inside the fellowship hall of Friendship Baptist Church. Rhonda Butner, representing the Arts Council, presided over this exhibition, aiding those who wished to make purchases.

Those attending enjoyed barbecue sandwiches and other treats from nearby Mrs. Mac's BBQ and Grill.

The artists came early with their brushes and paints, picking up their canvases at the church, then spreading out across Main Street and beyond to settle down for a morning of painting their selected scenes. Each had much work to be done if they were to finish by their noon deadline. Some artists were recognized from their presence at previous Color Crockett Events and anticipation grew as bystanders wandered what would be the focus of their paintings

for this year.

Ten art majors, students at U.T. Martin, made the journey to participate in Color Crockett. Each one found interesting and sometimes overlooked scenes to paint. In all, 26 artists participated.

George Huang, of Memphis, chose Friendship's gin as the subject of his work which he did in water color. George earned Best of Show for his extraordinary efforts.

Muralist Sarah Cagle of Adamsville created a beautiful water color of an old truck.

Lisa Engle won first prize for her oil painting of another old truck. (Lisa hosts a similar event in Adamsville each year called, Paint the Town. This year's Paint the Town event will be held October 19.)

Local artist Laurel Gillespie, and Judy Duke spent their Saturday morning visiting with Mary Marvin, each one discovering a subject to paint from Mrs. Mary's yard.

Deland Richardson, yet another local artist, chose a friend's barn for his work of art which he did in acrylics.

Julie Chapman, a student at Crockett County High, was the youngest competitor present. Julie did a fantastic job.

Nancy Erwin, of Adamsville, painted an open field and sky behind Friendship Funeral Home, using water colors as her medium.

Wei Emmet, of Collierville, did an oil painting of the food truck known locally for delicious home-made fried pies.

Judy Nail, of Mississippi, placed third with her small textured painting of some old signage near the road.

Mary Ellen Winborn, also of Mississippi, won second place, with a colorful painting of a bright turquoise umbrella.

Tina Laster, a local, participated in the open air painting. It was her first time to do so. However, she says, it will definitely not be her last.

Alex Uselton called his work, "Connected," which featured power lines and their junction at the pole, neath a blue sky.

Laura Wilson, from Pinson, was given the People's Choice Award, for



Julie Chapman, a student in CCHS, pictured with her entry for Color Crockett.



Tina Laster measures carefully as she works on her art during the event of Color Crockett.



Above:
FROM
DOWNTOWN
AREA,
FRIENDSHIP,
Artist - Laura
Wilson, PEOPLE’S
CHOICE AWARD

At right: Laurel
Gillespie paints a
scene in John and
Mary Marvin’s yard
as her entry for
Color Crockett



FARMERS GIN, FRIENDSHIP, Artist - George Huang,
BEST OF SHOW

her vision of downtown Friendship. Color Crockett has now been showcased in the towns of Bells, Alamo, and Friendship, and will be looking for a new spot, town, or community in Crockett County for next year’s event. If you have a thought, idea, or recommendation, please submit to Paige Joyner, (1-901-494-7142).

Joshua Blankenship experimented with a new medium by painting his highly textured and colorful style on Plexiglas.

Many of those attending went home with unique, one of a kind paintings that had caught their eye and spoke to their spirit.



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Halloween Gets a Little Sweeter

Candy and other sweets are enjoyed in full force on Halloween. Whether trick-or-treaters are scour-

ing the town looking to increase their treasure trove or guests are spending time at a party circling

the dessert table, there are plenty of options to indulge a sweet tooth or two.

Making something decadent at home to share on Halloween is relatively simple when choosing a simple candy to create. Try this recipe for “Cheesecake Truffles” from “Jane’s Patisserie” (Sourcebooks) by Jane Dunn.

Cheesecake Truffles

Makes 25

- 300 grams (10 ounces) full-fat soft cheese, like cream cheese or mascarpone
- 50 grams (2 ounces) icing sugar
- 176 grams (6 ounces) biscuit (cookie) crumbs, finely crushed

Decoration

- 200 grams (7 ounces) milk chocolate, melted

- 50 grams (2 ounces) biscuit (cookie) crumbs, finely crushed

Add the soft cheese to a bowl and mix briefly until smooth before adding the icing sugar and briefly mixing again until combined.

Pour the crushed biscuit crumbs into the mix and fold together until combined. Refrigerate the mixture for at least 2 hours.

Take the chilled mixture out of the fridge and scoop into truffle shapes using 2 teaspoons or a melon baller, then place onto a tray lined with parchment paper. Return the truffles to the fridge for another hour, or the freezer for 30 minutes.

To decorate the truffles, carefully dip each into the melted chocolate and place back onto the lined tray. You can use small spoons or forks to help with this. Once dipped, sprinkle the tops with the extra crushed biscuits.



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Potential Threats to Pet Health in Your Own Yard

Homes are often characterized as sanctuaries for their residents. Though such characterizations often are made in reference to humans and their domiciles, homes also should be safe spaces for pets.

Pet owners go to great lengths to ensure their pets are healthy and happy, and that typically includes efforts to ensure their home interiors are free of hazards that could affect their furry friends. But there are various threats to pet health in a yard as well. Recognition of those threats and what can be done to minimize them can ensure exterior spaces are as safe for pets as areas inside the home.

¥ **Mulch:** Mulch is found in many yards, as it adds aesthetic appeal to a landscape and helps soil retain moisture, which can safeguard trees, plants and flowers from drought and the dog days of summer. But some mulch contains theobromine, a chemical compound that can be toxic and may even be lethal to dogs when ingested. Pet owners are urged to use mulch that does not contain theobromine, which is typically found in cocoa mulch.

¥ **Flower:** The mulch around flowers can be toxic to pets, and so can the blooms themselves. Lilies, tulips, hydrangeas, and azaleas are just some of the popular flowers that can cause stomach upset in pets. Pet owners are urged to speak with their veterinarians about flowers and plants native to their areas that might be toxic to pets.

¥ **Wildlife:** A collaborative study from researchers at the University of Michigan, the University of Washington and University College London published in 2024 warned that the overlap between humans and animals will increase considerably over the next half century. Climate change and human population growth are driving forces behind that increase, which suburban homeowners may already be witnessing. As more and more wooded areas are leveled to create additional housing, wildlife such as deer, racoons, opossum, foxes, and more are losing their habitats and subsequently being seen with greater frequency in suburban neighborhoods. Wildlife can carry disease that can make domesticated animals sick, and some wildlife might go on the attack when they encounter cats or dogs in backyards. Monitoring pets whenever they're outside, sealing garbage cans so wildlife is not attracted to the yard and keeping compost piles free of foods that might draw wildlife to a yard are some of the ways to reduce the chances of interactions between wild animals and domesticated pets.

These are just a handful of threats to pet health that might be lurking in your backyard. Always keep an eye on pets when they're outdoors and speak with a veterinarian to identify ways to minimize backyard threats.

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55					56					57				58
59					60					61				
62					63						64			

CLUES ACROSS

1. Comedic actor Rogen
5. Bits per inch
8. Tire pressure measurement
11. Angels great Mike
13. Own (Scottish)
14. Notable FI racing team
15. Upper bract of grass
16. Tax collector
17. Electronic counter-countermeasures
18. Informal loan clubs
20. Skeletal muscle
21. Popular fish type
22. Salts of acetic acid
25. Arriving early
30. Worded
31. Single Lens Reflex
32. Amphibians
33. Warm greeting

Answers on Page 17.

38. Belonging to a thing
41. Segmented worm
43. Concerns
45. Audacious
47. Wings
49. Type of drug
50. Wind chill formula scientist Charles
55. Island close to the U.S.
56. "To the ___ degree"
57. Daniel ___, French composer
59. A way to march
60. Where golfers begin
61. Spiritual leader
62. Of she
63. Mental disorder concerning body odor (abbr.)
64. Tall, slender-leaved plant

CLUES DOWN

1. Engine additive
2. Amounts of time
3. Fragrant brown balsam used in perfume
4. Color properties
5. One who hands over
6. Thieves of the sea
7. Put in
8. Nocturnal rodents
9. Pouches
10. Systems, doctrines, theories
12. Greek alphabet letter
14. Greek goddess of youth
19. Satisfy
23. Partly digested food
24. Dictator
25. Parts per thousand (abbr.)
26. The 17th letter of the Greek alphabet
27. A major division of geological time
28. Angry
29. St. Francis of ___
34. Romanian monetary unit
35. Stale
36. Go quickly
37. Commercials
39. Canadian city
40. One who slices
41. Perform perfectly
42. Nest of pheasants
44. Tactile sensations
45. Sword
46. Climactic
47. Adrenocorticotrophin
48. Fisherman's tool
51. Swiss river
52. Plant that makes gum
53. A French abbot
54. One point east of northeast
58. Get free of



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Assisted Living Week Celebration and Fun

Residents and staff at Bells Assisted Living recently celebrated Assisted Living Week with lots of activities that everyone participated in. A lot of volunteers brought in goodies for all the residents, including Pruitt Hospice, Gentiva Hospice, Ageis out pt therapy services, and Medical Center Home health . Thank you to all who sent something or fed us! We greatly appreciate you.



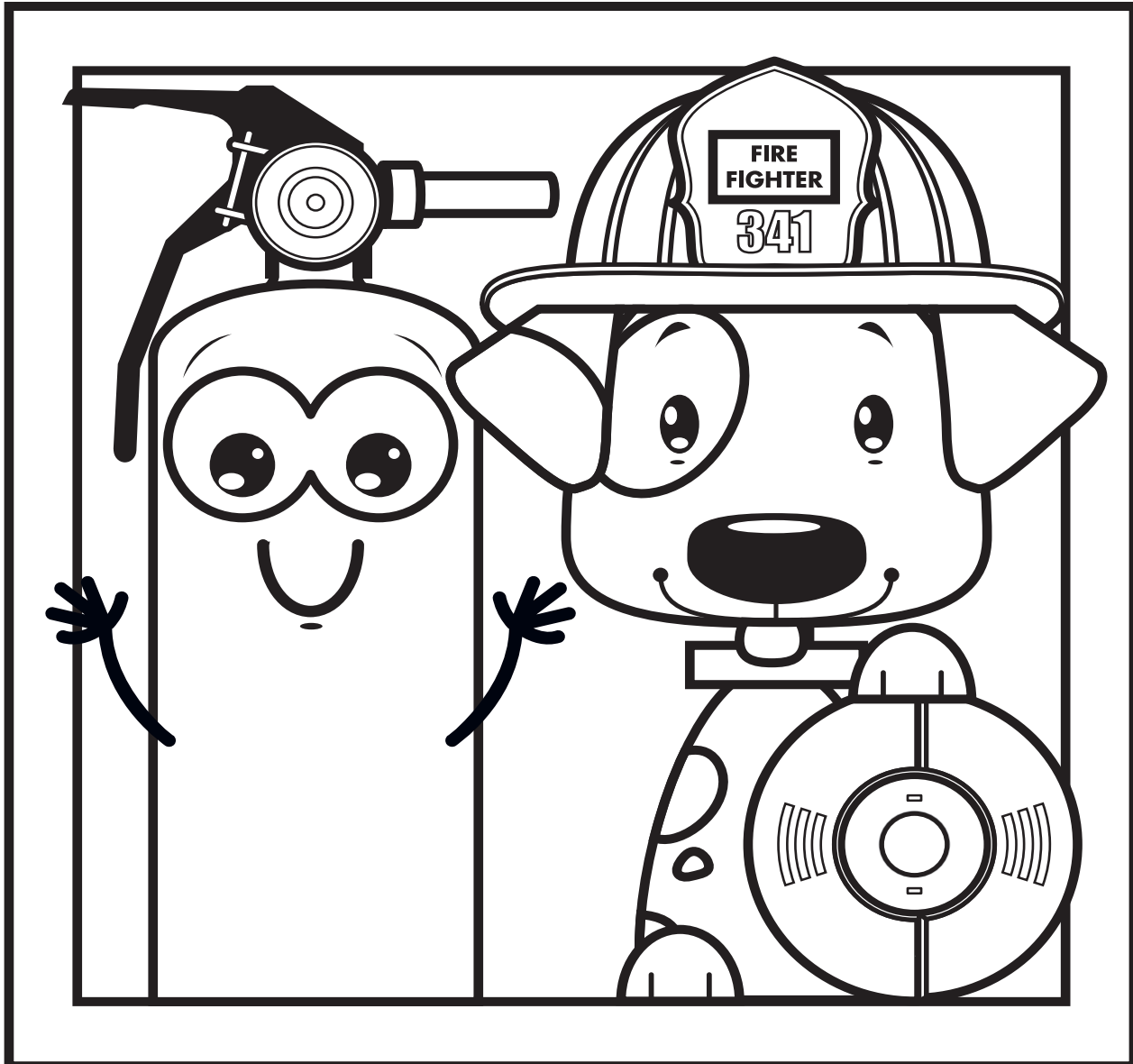


THANKS

to Our Firefighters



FIRE SAFETY SMARTS Color the picture and practice copying these fire safety tips, then post the page on your refrigerator to remind the whole family that fire safety is important!



KIDS, FOLLOW THESE TIPS!



Never play with matches or lighters.

Stay away from stoves, heaters or anything that gets hot.

Make a fire escape plan with your family. Find two ways out of every room and pick a meeting place outside.

SHARE THESE TIPS WITH PARENTS & ADULTS.

Test smoke alarms every month.

Don't leave the kitchen when pots or pans are cooking on the stove.

Never leave candles burning when you leave a room.

WHAT TO DO IF THERE'S A FIRE:

- If you hear a fire alarm, get outside immediately and stay outside.
- Once you are outside, call 911 or get help from a neighbor.
- If your clothes are on fire, stop, drop and roll until the fire is out.
- Fall and crawl to escape a fire. Breathing is easier if you stay low to the ground.



A Beginner's Guide to Cryptocurrency

In recent years, cryptocurrency has transformed from a niche concept to a mainstream topic of conversation and a financial vehicle that merits the attention of consumers and investors alike. One may have heard about the latest advancements in digital finance on the news, but might not know exactly what cryptocurrency means and how it all works.

What is cryptocurrency?

Cryptocurrency is a digital or virtual currency that is secured by cryptography. This makes it nearly impossible to counterfeit or double-spend. The term “crypto” in cryptocurrency refers to the cryptographic techniques used to secure the network and verify any transactions. Charles Schwab says crypto can be used for internet-based electronic payments or as a store of value.

How does pricing work?

Crypto are fungible, meaning the value remains the same when bought, sold or traded. The market capitalization of crypto depends on the number of coins in circulation. Like other things, it is beholden to supply and demand dynamics. Scarcity can influence value.

Does crypto have intrinsic value?

The idea of digital cash is nothing new. Credit cards, PayPal, Venmo, and other payment facilitators have been providing easy, traceable electronic transactions for some time. But unlike Venmo and other services offering transactions settled using traditional “fiat” currencies, like the U.S. dollar or euro issued by governments and managed by central



banks, cryptocurrency is considered a “non-fiat” medium of exchange.

Crypto has no intrinsic value. They function independently of any government or central bank, instead using unique algorithms to record transactions and determine supply, says Charles Schwab.

Crypto speed, cost and accessibility?

Crypto investing and other crypto needs are open to anyone with internet access and a device. Cryptocurrency blockchain transactions cost a few dollars or even just pennies to make. The speed at which transactions can be made is very fast, meaning assets can be moved worldwide just about instantly.

What is blockchain technology?


Cryptocurrencies are based on blockchain technology, says Coursera. Blockchain is a digital, public and immutable ledger. Every transaction is recorded as a “block” of data. Once a block is filled with transaction data, it’s added to the end of a “chain” of existing blocks, creating a chronological and permanent record. Having a public ledger removes the need for a central authority

financial services.

What is bitcoin?

Bitcoin is the first type of cryptocurrency, and perhaps the most well-known. Bitcoin was created in 2009 by an anonymous entity known as Satoshi Nakamoto. It remains the largest cryptocurrency, and is often referred to as “digital gold” due to its role as a store of value. Additional types of crypto include Ethereum, Cardano, USDC, Ripple, Litecoin, Solana, and Tether.


As of mid-2025, it was estimated that there were more than 617 million cryptocurrency users worldwide, representing approximately 4 percent of the global population, according to Demandsage data reporting. This number has grown exponentially, far outpacing the growth of traditional payment methods.



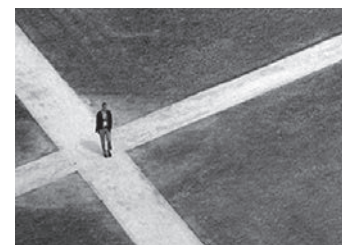
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God's Word is Truth



The psalmist cries out, "My flesh and my heart faileth: but God is the strength of my heart, and my portion for-ever" [Psalm 73:26]. Were it not for the strength that God provides, we would sure fail in any endeavor or we undertake for Him. After crossing the Red Sea on dry land, Moses and the Israelites rightly declared, "The LORD is my strength and song, and He is become my salvation: He is my God, and I will prepare Him an habitation; my father's God, and I will exalt Him" [Exodus 15:2]. David praises God after he has been delivered from the hand of Saul, "I will love thee, O LORD, my strength. The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. I will call upon the LORD, who is worthy to be praised: so shall I be saved from mine enemies. The sorrows of death compassed me, and the floods of ungodly men made me afraid. The sorrows of hell compassed me about: the snares of death prevented me. In my distress I called upon the LORD, and cried unto my God: He heard

my voice out of His temple, and my cry came before Him, even into His ears" [Psalm 18:1-6].

God alone is the one in Whom we can place all our trust, "In thee, O LORD, do I put my trust: let me never be put to confusion. Deliver me in Thy righteousness, and cause me to escape: incline Thine ear unto me, and save me. Be Thou my strong habitation, whereunto I may continually resort: Thou hast given commandment to save me; for Thou art my rock and my fortress. Deliver me, O my God, out of the hand of the wicked, out of the hand of the unrighteous and cruel man. For Thou art my hope, O Lord GOD: Thou art my trust from my youth. By Thee have I been holden up from the womb: Thou art He that took me out of my mother's bowels: my praise shall be continually of Thee. I am as a wonder unto many; but Thou art my strong refuge. Let my mouth be filled with Thy praise and with Thy honour all the day" [Psalm 71:1-8]. Regardless of our standing in this physical world, God still cares for His own, "Let all those that seek Thee rejoice and be glad in Thee: let such as love

Thy salvation say continually, The LORD be magnified. But I am poor and needy; yet the Lord thinketh upon me: Thou art my help and my deliverer; make no tarrying, O my God" [Psalm 40:16-17].

The one who trusts in God will be blessed. "For a day in thy courts is better than a thousand. I had rather be a doorkeeper in the house of my God, than to dwell in the tents of wickedness. For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly. O LORD of hosts, blessed is the man that trusteth in thee" [Psalm 84:10-12]. God alone can guide us, strengthen us, and complete us, "The LORD rewarded me according to my righteousness; according to the cleanness of my hands hath He recompensed me. For I have kept the ways of the LORD, and have not wickedly departed from my God. For all His judgments were before me, and I did not put away His statutes from me. I was also upright before Him, and I kept myself from mine iniquity. Therefore, hath the LORD rec-

ompensed me according to my righteousness, according to the cleanness of my hands in His eyesight. With the merciful Thou wilt shew thyself merciful; with an upright man thou wilt shew Thyself upright; With the pure thou wilt shew Thyself pure; and with the froward Thou wilt shew Thyself froward. For Thou wilt save the afflicted people; but wilt bring down high looks. For Thou wilt light my candle: the LORD my God will enlighten my darkness. For by thee I have run through a troop; and by my God have I leaped over a wall. As for God, His way is perfect: the word of the LORD is tried: He is a buckler to all those that trust in Him. For who is God save the LORD? or who is a rock save our God? It is God that girdeth me with strength, and maketh my way perfect" [Psalm 18:20-32].

We sing the song, "Trust and Obey." That is what we must do!

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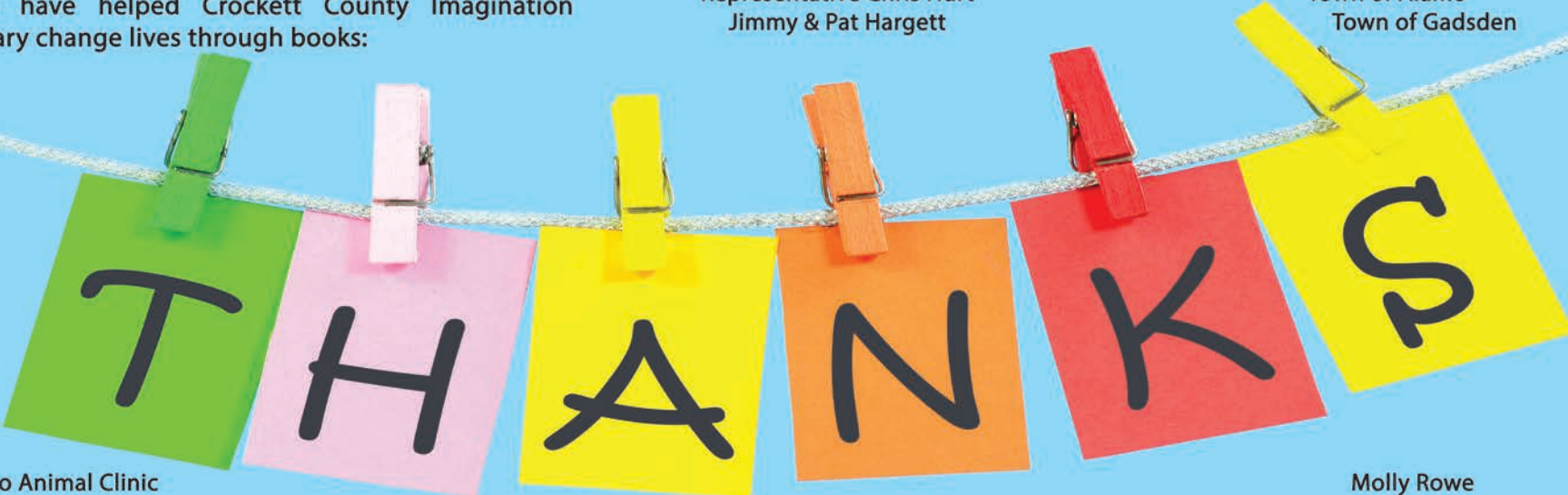
The Crockett County Imagination Library would like to thank all of you who have so kindly contributed both your time and money to this literacy program during 2024. We are beginning our twenty-first year of Imagination Library, and it has been a tremendous success in Crockett County. In this county, 695 preschoolers are now enrolled and receiving by mail a new book each month, and 2,949 of our county's children have graduated from the program.

Imagination Library is making an impact on literacy. Studies have shown that having books in children's homes will propel these children ahead 3.2 years in reading.

A special thank you goes to the following donors who have helped Crockett County Imagination Library change lives through books:

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The Permenter Family
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Jackie, & Gene)
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We greatly appreciate those whose contributions to Crockett County Imagination Library cannot be measured in dollars and cents:

Alamo Elementary School	Alamo First Baptist Church	Angel Holder	April Trimmer	Bank of Crockett	Bells Elementary School
Brenda Williams	Connie Brooks	Crockett County Courthouse	Crockett County Extension Service	Crockett County High School	
Crockett County Middle School	Crockett Memorial Library	Friendship Elementary School	Gadsden Elementary School		
Marcy Laxton	Maury City Elementary School	The Crockett County Times	The Crockett Rocket		
All Crockett County Imagination Library Volunteers					



Finally, we thank the Governor's Early Literacy Foundation. This foundation matches all funds raised in Crockett County for Imagination Library.

Thank you to those who made donations in honor or memory of loved ones. We also thank all others who made a contribution of any amount. Your donation is greatly appreciated.

Children from birth to age five may now be enrolled online. Access the Crockett County Imagination Library at www.imaginationlibrary.com or the Governor's Early Literacy Foundation at www.governorsfoundation.org to begin a child's journey into the wonderful world of books. For more information about Crockett County Imagination Library, please contact Crockett Memorial Library at (731) 696-4220. For information regarding donations, memorials or honorariums, please contact Connie Brooks at cbrooks@downhomebank.com.



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October is Contact Lens Safety Month. Cosmetic contact lenses purchased without a prescription at nonprofessional retailers such as convenience stores pose dangers for your eyes. Talk to Vision Source professionals before wearing cosmetic contacts.

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and
58.9% of cats
were classified as overweight in 2016*

*2016 US Dog Population Survey Overweight and Obese

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The Crockett Rocket

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- Moderna Spikevax (Covid-19 mRNA) booster for ages 65+ or for those 12-64 at high risk for COVID, *please call ahead for this one*
- Shingrix, which is a 2-dose series vaccine against herpes zoster (shingles) for ages 50+
- Pneumococcal (pneumonia) vaccine for ages 50+
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PLLC



The Latest Breast Cancer Screening Recommendations

Health care screenings save untold numbers of lives each year. Screenings can uncover potentially life-threatening issues in their infancy. Such is often the case with cancer screenings, which are recommended to adults from all walks of life in an effort to detect the presence of the disease in its earliest, most treatable stages.

Screening can detect various forms of cancer, including breast cancer. Breast cancer screening guidelines are fluid as researchers and other health care professionals learn more about the disease. The following guidelines reflect recommendations from the United States Preventive Services Task Force (USPSTF) in 2024.

¥ Women are now advised to start regular mammograms at age 40. Prior to these updated USPSTF recommendations, women had been advised to start regular mammograms at age 50. But the Breast Cancer Research Foundation notes these new USPSTF guidelines now align with recommendations from other organizations.

¥ Screening mammograms should be scheduled every other year between the ages of 40 and 74. This timeline does not align

with other organizations, many of which urge women to get annual mammograms. Women can discuss mammogram frequency with their physicians.

¥ The USPSTF cited a need for more research into the benefits of breast ultrasound and MRI for women with dense breasts. Women identified as having dense breasts can open a dialogue with their physicians about breast cancer screenings and request updates on the latest opinions surrounding breast ultrasounds and MRIs.

¥ The USPSTF acknowledged it was unable to make specific recommendations regarding breast cancer screenings for women 75 and older, citing a lack of sufficient studies on which to base recommendations to women in this age group.

It's important to note that USPSTF recommendations are fluid and can change. Women are urged to take USPSTF recommendations and advice from other organizations into consideration and work in concert with their health care team to identify the best screening strategy for them. More information about breast cancer screening is available at bcrf.org and uspreventiveservicestaskforce.org.

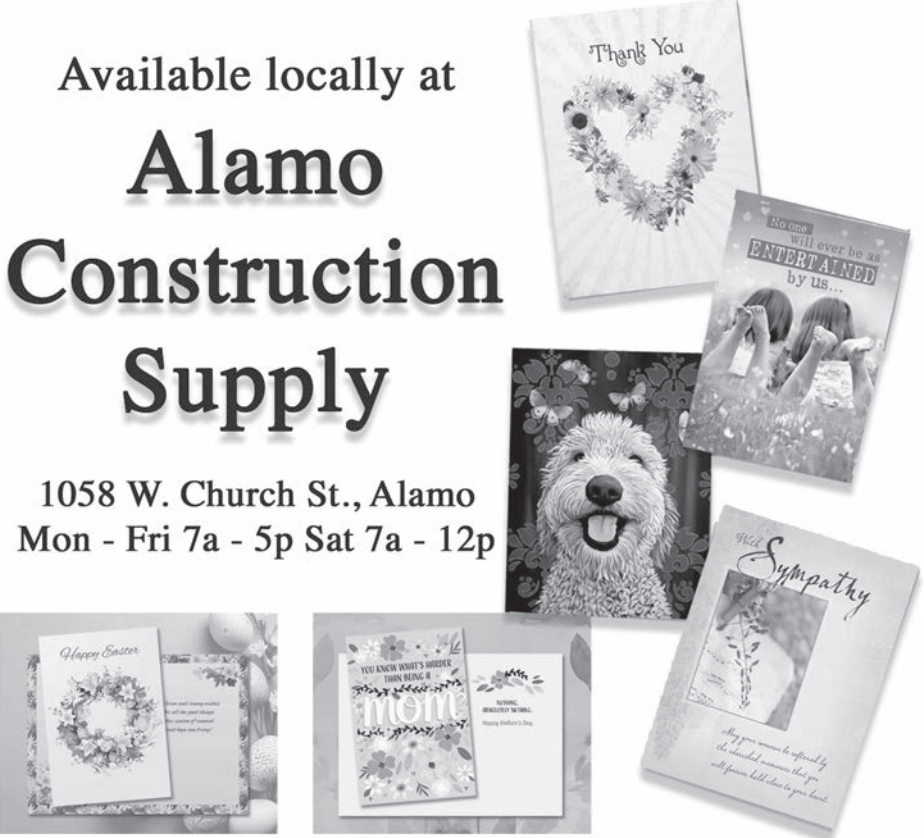
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IN STEP

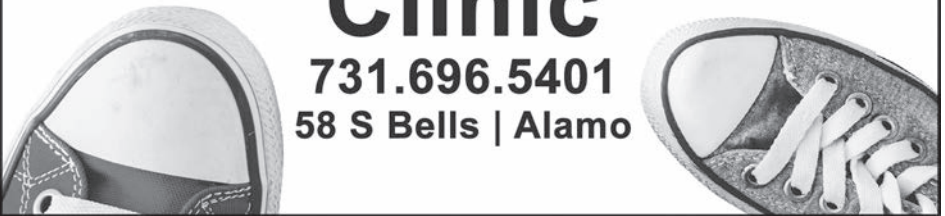
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Death Notice

Glen Hughes
April 11, 1964 – September 8, 2025

Gulfport, MS – Glen Hughes, age 61, passed away peacefully at his home in Gulfport, Mississippi, on September 8, 2025.

Born on April 11, 1964, Glen grew up in Crockett County and later moved to Dyer County, Tennessee.

Glen began his career working at Bekaert and Caterpillar factories in Dyersburg before pursuing higher education. He graduated from the University of Tennessee at Martin with a degree in accounting, became a CPA, and worked for the State of Tennessee. In 2013, he began a distinguished career as a special investigator and forensic auditor for the federal government, earning numerous awards for his casework. He also established his own CPA tax



and business consulting firm, serving clients across the country.

A man of many passions, Glen enjoyed precision rifle shooting, was a proud squire of the Tennessee Jack

Daniels Distillery, and was known for his love of barbecue. He was a lifelong St. Louis Cardinals fan and season ticket holder, and he faithfully cheered on his Tennessee Volunteers football team.

Glen is survived by his devoted wife, Kathy of Gulfport, MS; her two sons and three grandchildren; his parents, Gerald and Carol Hughes; his sisters, Dinah (Kenneth) Fewell and Dawn (Jeff) Tysinger; his sons, Andy (Shelby) Hughes and Matt Hughes, both of Dyersburg; five cherished grandchildren, Jake, Hailey, Easton, Amelia, and Jaxson; two nieces, two nephews, and a great-niece.

He was preceded in death by his grandson, Landon Parker Hughes, and his grandparents.

A celebration of Glen's life was held on Saturday, September 13, in Gulfport, MS. His Tennessee family wishes to express their heartfelt gratitude for the many calls, texts, cards, visits, food, and condolences received during this difficult time.

For those wishing to send memorials, they may be made to the Dyer County High School Band in memory of and to honor Glen's grandchildren:

Mail: Dyer County High School Band, c/o Justin Brown, 1000 West Main Street, Newbern, TN 38059

PayPal: @jusmbrow

Venmo: @king_band_nerd

Glen will be deeply missed and fondly remembered by all who knew and loved him.

The Crockett Rocket is honored to memorialize your loved one with an obituary and photo for a fee of \$25.

For more info., contact Michael Harrison
at (731) 414-4924,
via e-mail to rocketmail68@yahoo.com, online at
www.thecrockettnews.com

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



With Sympathy for Your Loss

Targeted Cancer Therapy

Individuals have various options to consider when seeking treatment for cancer. Radiation, surgery and chemotherapy are some of the better known treatments, but individuals may want to consider an option known as targeted therapy.

Targeted therapy is a type of cancer treatment that targets proteins that control how cancer cells grow, divide and spread, advises the National Cancer Institute. It is a precision and personalized medicine that addresses specific features, changes, mutations, or substances on cancer cells.

The American Cancer Society says there are

many kinds of targeted therapies, each of which is designed to stop cancer cells from growing and spreading while limiting damage to normal, healthy cells. Targeted therapies are not yet available for all types of cancer, but they can be used to treat breast cancer.

The ACS says targeted therapy has different side effects than standard or traditional chemotherapy. Some produce very few side effects, while others cause more serious problems.

It is wise for patients to learn more about targeted therapies and talk about the pros and cons with their cancer care team.



Tarissa Gavin: WBBJ Educator of the Week

BY JUDY POSTON
(judyposton1963@gmail.com)

She started out with plans to be a nurse. However, she very soon realized an occupation with needles and shots was not for her. Nevertheless, she definitely wanted to be in a position to serve and help others. She believes she has always been “a big kid at heart,” so she thought, maybe, with her being a big kid at heart, other kids might see something in her that would cause them to cling to her. Today, Tarissa Gavin, of Maury City, has achieved the goal of becoming an elementary school teacher, realizing her greatest passion and joy is for teaching youngsters and helping them succeed.

The path has not been easy. Following an illness, her mother, Stella, passed away when Tarissa was a freshman in high school. She lost her father during her junior year of college. The memory of her parents pushed her forward, propelling her to strive even harder in her studies. She knew her mom had very high expectations for her. Tarissa had those same expectations for herself. She wanted to make both her parents, who had invested so much in her, proud of her.

Having attended Maury City Elementary School and having graduated from Crockett County High School, Tarissa attended University of Tennessee at Martin. She went on to earn a master’s degree from Union University. She is certified to teach Pre-k – grade 3.

Tarissa has taught head start for two years in Crockett County and two in Humboldt. She moved on to teach first grade at Halls Elementary and is now a first grade teacher at Lincoln Elementary in Jackson, where she is serving her second year. Despite being a young teacher, she serves as grade chair for the first grade teachers at Lincoln. She is mentor to two other teachers on her team. She says, “I am excited to work with like-minded individuals as well as students whom I want to see succeed.” She shares, too, that she could not ask for a better environment or more nurturing atmosphere than the one teachers, administrators, and other workers have created at Lincoln.

Tarissa says her favorite subject is reading and shares how she loves to see her students decode, learn, and recognize new words. “There is much satisfaction in that,” she states.

On Friday, August 15, Tarissa,

who was nominated by her peers, was named WBBJ’S Educator of the Week. Having served as Tarissa’s first grade teacher, I watched with pride as she spoke into the camera with poise, confidence, and grace, knowing how delighted her parents would be for such an accomplishment and that surely they were on her mind as she accepted this prestigious award.

Following her mother Stella’s death, Tarissa was reared by her aunt, her mom’s sister, Martha Snipes. Tarissa says, “I thank God for my aunt.” Stella and Martha sang gospel music together and were much in demand with many invitations to share their musical talent at church and quartet anniversaries. Today Tarissa, Martha, and Martha’s daughter, Dawn, also a young teacher at Alamo City School, carry on this family tradition, blessing the hearts of others with their songs. Their ministry carries them across West Tennessee as



well as to Missouri, Kentucky, and Arkansas.

When not in school or preparing lessons and working on curriculum, Tarissa enjoys shopping. She loves to spend time with her family. She especially treasures her private time spent with her LORD and Savior, Jesus Christ.

Congratulations to Tarissa on her award and for following her dreams, pursuing her goals, and living a life of service to God and to others.

THANK YOU,
TEACHERS!

Puzzle On Page 6.

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Game-Winning Pitcher
Casen Taylor pitched all 5 games in last month’s Oxford, Miss., tournament and brought home this championship ring.



UT Martin Chancellor Joins High School Tour

UT Martin Chancellor Yancy Freeman, Kelsea Aslin, Madeline Kilpatrick and UT President Randy Boyd “throw Skyhawks” on Oct. 2 at Crockett County High School during Boyd’s “Find Your Future” high school tour. The Oct. 2 stops at Crockett County and South Gibson high schools concluded the fall initiative that brought Boyd to 11 high schools and provided opportunities to speak to approximately 3,500 students across Tennessee about how a UT degree can transform lives. Both UT Martin graduates, Aslin (second from left) is a UT Extension agent in Madison County who works with 4-H youth development, and Kilpatrick is an Advise Tennessee college advisor at Crockett County High School.

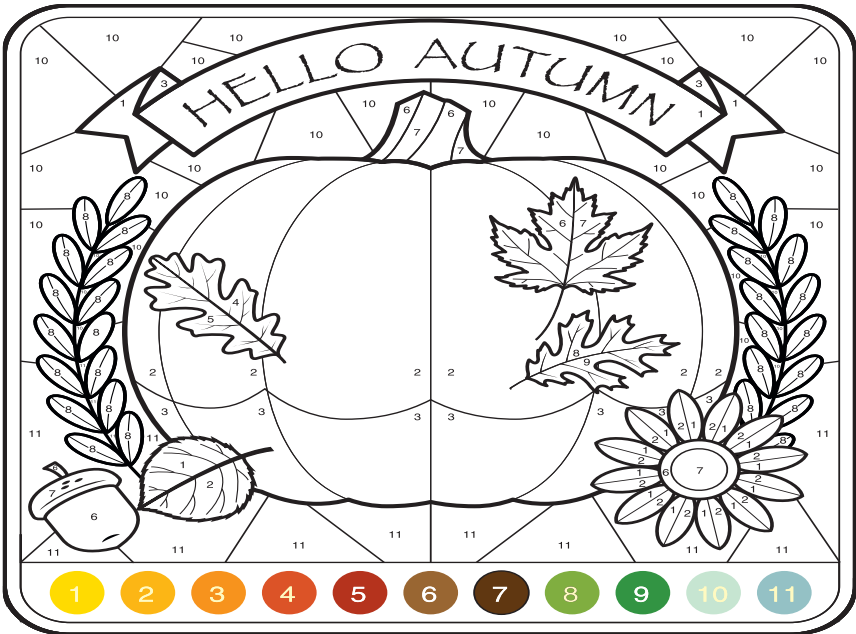
HAVE A Safe & Happy

Spooky Scramble

SUTMEOC _____	LEESOTNK _____
IEPAVRM _____	OBZIEM _____
DIRSEP _____	MYMUM _____

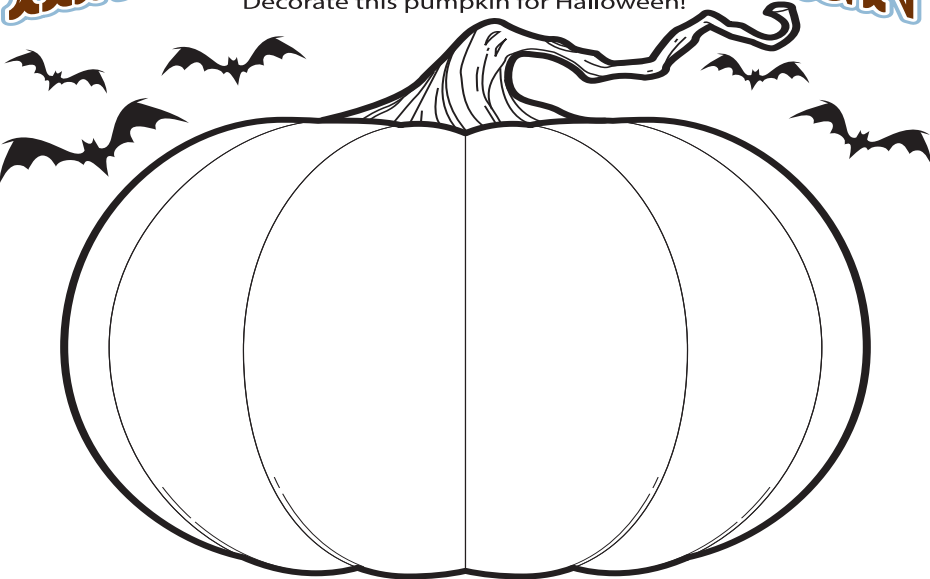
Answers: COSTUME, VAMPIRE, SPIDER, SKELETON, ZOMBIE, MUMMY

HALLOWEEN



HAPPY HALLOWEEN

Decorate this pumpkin for Halloween!



Gifts for Every Music Lover

Music provides the soundtrack for people’s lives. Music evokes strong emotions and can inspire and motivate individuals while also helping them calm down and reflect. Finding the right gift for a music lover this holiday season can be a worthwhile endeavor, as the world of music offers an array of gift possibilities. Whether a gift recipient plays an instrument, loves live performances or enjoys singing, there is a gift out there to hit all the right notes.



The listening experience

People who prioritize the listening experience will enjoy quality audio equipment. High-fidelity headphones or an upgraded Bluetooth speaker can enhance daily listening sessions, allowing individuals to fully immerse themselves in their favorite tracks. Although digital music is the go-to nowadays,

plenty of music lovers are vinyl enthusiasts. For them, a new record player with modern features, such as Bluetooth connectivity or record storage, would make an ideal gift. For others, a subscription to a quality audio streaming service will offer uninterrupted music on demand.

Music creator

Many music lovers enjoy creating their art. A gift that supports those endeavors will be cherished. Beginners may appreciate entry-level instruments, like a ukulele or a keyboard. Those already playing and creating might appreciate personalized sheet music, new guitar strings and capo, drumsticks, or upgraded software for recording and mixing sound.

Devoted fan

Music fans enjoy expressing their devotion to favorite bands and other musicians. Therefore, artist merchandise can make fitting gifts. Vintage T-shirts, framed album covers, souvenirs from past shows, and any other band-related memorabilia will keep music fans happy.

Live music

A live show is many music lovers’ ideal experience. Tickets to a concert, solo vocal night, theater show, or orchestra performance will certainly strike the right chords with music lovers. The best gifts for music lovers are those that resonate with their passion for the songs and sounds of life.



Mid-South Fair Talent Contestants

These friends of Alamo City School made the Junior Finals at the Mid-South Fair Youth Talent Contest in Southaven, Mississippi.

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Members Are Our Jam: Gibson Electric Celebrates Community

Gibson Electric Membership Corporation, along with its partners and member-owners, celebrated the power of community at the cooperative’s annual Member Appreciation Event held Sept. 30 at the Alamo Member Service Center.

The event highlighted the cooperative’s commitment to giving back, with in \$22,000 in matching grants presented to local non-profit organizations through CoBank Sharing Success, the TVA Community Care Fund, Change for the Community and TVA economic development initiatives.

“As a hometown, member-owned cooperative, our members truly are our jam,” said Gibson Electric and Gibson Connect President and CEO Dan Rodamaker. “We’re proud to support the organizations that make our communities stronger, and we’re grateful for partners like CoBank and TVA who help us stretch our impact even further.”

Grant Recipients

Gibson Electric and Gibson Connect partnered with CoBank to award \$10,000 to the Crockett County Emergency Management Agency District 9 Mass Casualty Unit through the CoBank Sharing Success program. A cooperative bank serving Gibson Electric and Gibson Connect and other rural infrastructure providers, CoBank launched Sharing Success to match donations by the bank’s customers to nonprofit organizations in 2012.

Through the TVA Community Care Fund, Gibson Electric awarded matching funds of \$4,000 to the Exchange Club Carl Perkins Center of Crockett County and \$3,000 to the Crockett County Office on Aging. The Com-



The Industrial Development Board of Crockett County received a \$5,000 matching grant from Gibson Electric and TVA at Gibson Electric’s annual Alamo Member Appreciation Event held Sept. 30.



Gibson Electric and Gibson Connect partnered with CoBank to award a \$10,000 matching grant through the CoBank Sharing Success program to the Crockett County Emergency Management Agency. Funding will be used to purchase and replenish medical supplies and equipment for the District 9 Mass Casualty Unit.



Gibson Electric Membership Corporation held its annual Member Appreciation Event at the cooperative’s Alamo Member Service Center on Sept. 30. Gibson Electric and Gibson Connect President presented grants totaling

\$22,000 to several community nonprofit organizations including the Exchange Club Carl Perkins Center of Crockett County. The center received a \$4,000 matching TVA Community Care Fund grant.

Home Winterization To-Do List

- Clean & maintain gutters
- Find & fill air leaks
- Insulate, insulate, insulate
- Service & maintain furnace
- Repair ductwork
- Maximize window efficiency
- Inspect & clean chimneys
- Check ceiling fans
- Wrap water pipes
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munity Care Fund was created by TVA in response to COVID-19 with the first round of funding launched in April 2020. Nonprofit organizations receiving these funds support education, workforce development and training, arts and culture, community enrichment, disaster relief and response, and health, hunger and housing.

The Industrial Development Board of Crockett County received a \$5,000 matching grant from Gibson Electric and TVA. These funds support efforts such as RFI completion, site and building assistance, marketing and promotion of available sites, recruitment activities and helping communities create an environment where businesses and families thrive.

Gibson Electric is a local, not-for-profit, member-owned and member-controlled electric cooperative serving more than 39,000 homes and businesses in eight west Tennessee counties (Crockett, Dyer, Gibson, Haywood, Lake, Madison, Obion and Weakley) and four west Kentucky counties (Carlisle, Fulton, Graves

and Hickman). Gibson Connect is a wholly-owned, not-for-profit subsidiary of Gibson Electric, working to provide high-speed, fiber-based broadband service access to all the cooperative’s eligible members.



The Crockett County Office on Aging received a \$3,000 matching grant from Gibson Electric and TVA through the TVA Community Care Fund.



Gibson Connect President and CEO Dan Rodamaker (right) and Gibson Electric Community and Member Engagement Specialist Jessica Toliver (left) celebrate with recipients of the cooperative’s 2025 matching grants made by CoBank and TVA. This year’s recipients are the Exchange Club Carl Perkins Center of Crockett County, Crockett County Office on Aging, Crockett County Emergency Management Agency, and Industrial Development Board of Crockett County.

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What Parents Can Do to Spot Cyberbullying

Parenting has always been a tall task, but an assortment of new challenges have emerged as the world has shifted during the digital age. No child is immune to bullying, and modern parents can probably point to at least one instance when they were bullied during childhood. But that bullying may bear little resemblance to cyberbullying, a relatively recent phenomenon that can be extraordinarily harmful to kids.

The Cyberbullying Research Center notes a scarcity of studies exploring cyberbullying, which can make it harder to determine how prevalent it is in the lives of modern students. However, the National Crime Victimization Survey reported in 2022 that more than one in five students who were bullied reported being bullied “online or by text.” Parents know it can be hard to track youngsters’ lives online, as they must walk a fine line between respecting children’s privacy and doing what’s necessary to keep them safe and happy.

Various children’s advocacy groups note that kids are unlikely to tell their parents that they’re being bullied out of fear that doing so will make the situation worse for them. Others may be reluctant to share they’re being victimized by cyberbullying because they fear they will lose access to their



devices. That makes it imperative that parents remain alert and learn to spot warning signs of cyberbullying.

¥ Being upset during or after using devices: Devices play a big part in the lives of adults and children alike, so parents can keep an eye open whenever their children use a smartphone, tablet or another device that connects to the internet. Cyberbullying may cause children to grow upset while using their devices or after using them.

¥ Inexplicable changes in personality: A 2024 report from the Cyberbullying Research Center notes that many targets of cyberbullying report feeling depressed, sad, angry, and frustrated. The same report notes researchers have linked cyberbullying with low self-esteem, anxiety, school violence, and suicidal thoughts, among other outcomes. Students who exhibit sudden changes in their personality, including issues with anxiety and becoming withdrawn, may be targets of cyberbullying.

¥ Unanticipated changes in friendship groups: Sudden changes in friendship groups is another potential warning sign that a child is being cyberbullied. This sudden shift could be sparked by the child’s own friends being the perpetrators of cyberbullying, which can occur after a dispute. The Cyberbullying Research Center report noted that cyberbullying aggressors don’t have to see their targets’ immediate

responses to the bullying, which is perhaps one reason why it can be easier for a child to bully someone who was once his or her close friend.

¥ A dip in academic performance: Cyberbullying can affect kids in every aspect of their lives, including their performance in the classroom. A nationwide study of tween cyberbullying conducted in 2020 found that 6.5 percent of tweens who were cyberbullied indicated the bullying influenced their schoolwork.

A decline in physical health, changes in sleep patterns, avoidance of social settings like extracurricular activities, and behaviors that suggest children are lonely are additional warning signs that kids are being cyberbullied. Parents are urged to take any of the signs noted here seriously. More information about cyberbullying can be found at cyberbullying.org.





World FACT:

This country is the largest auto manufacturer in the world.

Answer: China

How they say that in...

- English: Steer
- Spanish: Conducir
- Italian: Guidare
- French: Conduire
- German: Etwas lenken

What's the Difference?

Find the four differences between the two pictures.

A



B



Answers: Missing lug nuts 2. Tires stacked on right 3. Man on left 4. Missing clipboard/tablet

THIS DAY IN HISTORY



- 1803: The United States Senate ratifies the Louisiana Purchase.
- 1910: The British ocean liner RMS Olympic is launched.
- 1995: The Space Shuttle Columbia launches on STS-73.

NEW WORD

IDLE

an engine runs slowly but the vehicle isn't moving

Did You KNOW?

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Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Car battery



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 NEW LISTING: 205 Park St., Maury City \$145,000	 NEW LISTING: 13217 & 13197 Johnson Grove \$600,000	 805 Faubus St, Tiptonville \$299,999	 588 E Church St., Alamo \$479,900	 220 S Branch St., Alamo, \$164,900
 O Williams Road, Denmark \$1.2 MM	 Lot#4 Humboldt Lake Rd Gadsden \$250,000	 Lot#1 Humboldt Lake Rd, Gadsden \$390,000	 Lots for Sale in THE HIGHLANDS Subdivision	 REDUCED: 140 Forest Lake Dr, Humboldt \$449,900
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 REDUCED: 493 Spence Rd., Halls \$365,900	 REDUCED: 508 Vancil Street, South Fulton \$209,500	 REDUCED: 484 E Main Street, Alamo \$349,000	 REDUCED: 33 College St., Friendship \$234,900	 PENDING: 76 Southpointe Dr., Jackson \$619,900	 PENDING: 413 S. Church St., Trenton \$239,900
 PENDING: 10 Bermuda Cove, Jackson \$139,000	 PENDING: 515 Lankford Rd., Paris \$257,000	 PENDING: 348 N Bells Street, Alamo \$236,000	 PENDING: 207 S Johnson Street, Alamo \$219,900	 PENDING: 126 Highway 88, Halls \$184,900	 PENDING: 165 Harris Grove Cemetery, Alamo \$429,000
 SOLD: 122 Skyridge Dr., Jackson \$250,000	 SOLD: 3017 Northwood Blvd., Humboldt \$184,000	 SOLD: 1185 Belle Vernon Cemetery Rd., Friendship \$449,000	 SOLD: 36 Saxony Way, Lexington \$279,900	 SOLD: 19 Allen Station Rd Brownsville \$329,000	 SOLD: 8 Williams Circle, Alamo \$125,000

