

Tips to keep the frost from biting

After a frosty New Year's celebration, overnight temperatures are expected to continue dipping into single digits this week.

According to the most recent AccuWeather forecast Tuesday afternoon, the lows will hit 6 degrees Thursday and 8 degrees Friday.

With those chilly extremes, make sure to take proper precautions to prevent a potentially dangerous medical emergency.

The National Weather Service offers the following tips for the home, car, and personal attire.

HOME

Make sure your home is well insulated and you have weather stripping around your doors and window sills to keep the warm air inside.

Make sure you have a working carbon monoxide detector. Each year, an average of 430 Americans die from unintentional carbon monoxide poisoning, and there are more than 20,000 visits to the emergency room with more than 4,000 hospitalizations.

Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them.

House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.

Learn how to shut off water valves in case a pipe bursts.

If you have a wood-burning fireplace, consider storing wood to keep you warm if winter weather knocks out your heat. Also, make sure you have your chimney cleaned and inspected every year.

Have an alternate heat source in case power goes out. The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.

People who depend on electricity to operate medical equipment should have alternate arrangements in place in case power is out for an extended period of time.

Plan to bring pets inside.

VEHICLE

Fully winterize your vehicle. Have a mechanic check antifreeze, brakes, heater and defroster, tires, and windshield wipers to ensure they are in good shape. Keep your gas tank at least half full.

Keep an extra emergency kit specifically created for your car. In addition to the basic essentials, consider adding a portable cell-phone charger, ice scraper, extra blanket, sand for traction and jumper cables.

Have rock salt, or more environmentally safe products, to melt ice.

PERSONAL TIPS

Stay indoors during storms. Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack — a major cause

of death in the winter.

Use caution, take breaks, push the snow instead of lifting it when possible, and lift lighter loads.

Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.

If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing.

The outer garments should be tightly woven and water repellent.

Wear mittens, which are warmer than gloves.

Wear a hat and cover your mouth with a scarf to reduce heat loss.

Frostbite is a serious condition that's caused by exposure to extremely cold temperatures.

It is characterized by a white or grayish-yellow skin area, skin that feels unusually firm or waxy, and numbness. If you detect symptoms of frostbite, seek medical care.

Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures.

Hypothermia is caused by prolonged exposures to very cold temperatures. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposures will eventually use up your body's stored energy, which leads to lower body temperature.

2018 goals

Continued from page 1A

Director of Schools Bobby Cox says school officials have developed strategic planning goals. He says those goals include: 1) improving literacy and grade-level reading, 2) continuing to build a good learning environment and school culture, 3) continuing to improve ACT scores and high school academics, and 4) continuing to improve salaries and benefits for teachers and staff.

When it comes to ACT scores, Cox said the current average is up to 18.9. He said that's improved from 18.4 in 2015 and 18.6 in 2016.

"Making progress with your ACT scores is a slow process," said Cox. "Our goal is 21. If you're going to college, the ACT is the score that counts."

The high school academies are aimed at putting students on an appropriate path for their future after high school. That can include a college prep curriculum, courses geared toward entering the workforce, or both.

Cox said creating a healthy school environment is always a priority. "We're working on posi-

tive behavior support rather than punitive measures for negative behavior."

As for building projects, upgrades at West and Bobby Ray have moved atop the list. The goal is to start work over the summer when students are out of school.

McMinnville Mayor Jimmy Haley says he has not finalized goals for 2018, but says he will be looking to continue positive momentum from 2017 that includes expansion plans at McMinnville Civic Center, street paving and sidewalk improvements, and work with the newly created Tourism Development Board.

"We must continue the progress we have made through team work and partnerships so we can build a better tomorrow for all our residents," said Haley. "My board has been great. My department heads and employees are all team players. My citizens have been supportive. All the community players, organizations and agencies have all pitched it with rolled-up sleeves, because we believe in McMinnville."

OBITUARIES

Frank Marshall Coppinger Jr., 74

Frank Marshall Coppinger Jr., 74, a Grundy County resident and native, was born June 12, 1943 and died Jan. 1 at his residence following a sudden illness.

He was a truck driver, member of Philadelphia Baptist Church, and son of the late Frank Marshall and Stella Margie Gross Coppinger. Mr. Coppinger was married Feb. 13, 1976 to Gloria Caudill Coppinger, who preceded him in death. In addition to his parents and wife, he was preceded in death by brother, J.C. Coppinger.

Survivors include two daughters and sons-in-law, Melanie and Dennis McCormick of McMinnville and Jennifer and Michael Reed of Rock Island; four grandchildren, Trent Hampton and wife Shelby of Morrison, Kayla Reed of Rock Island, Nichole Hampton of McMinnville and Madison Reed of Rock Island; one great-granddaughter, Alice of McMinnville; several nieces, nephews and cousins; special friends, Charles Killian of Grundy County and Clinton "Pee Wee" Hill of McMinnville.

Funeral service will be held at 1 p.m. Thursday, Jan. 4, at High's Chapel with William Wanamaker to officiate. Interment will follow at Philadelphia Cemetery. Visitation will be 4 to 8 p.m. Wednesday, and 9 a.m. Thursday until time of service at High's. Online condolences may be made at www.highfuneralhome.com.

High Funeral Home is in charge of arrangements.

Southern Standard
(McMinnville, Tenn.) Jan. 3, 2018

Beecher Myers Jr., 54

Rock Island resident and Warren County native Beecher Myers Jr., 54, was born Oct. 3, 1963 and died Dec. 31 at his residence following an extended illness.

A mechanic with Perry's Garage and a member of the Baptist Church, he was the son of the late Beecher and Alice Irene Cummings Myers Sr.

He is survived by son, Nicholas Ryan Myers of Rock Island; daughter Chanaey Ficken of Atlanta, Ga.; grandchild, Brentley Ray Myers; sister and brother-in-law, Kay and Jackie Haston of Rock Island; nephew, Chad Haston and wife Leila of McMinnville; two great-nephews, Traeton Byars and Brody Haston; great-niece, Annleigh Haston; best friend, Tina Myers of Rock Island; special friends, Austin and Peggy Grissom of Rock Island; and several nieces and nephews.

A memorial service will be held at a later date. Online condolences may be made at www.highfuneralhome.com.

High Funeral Home is in charge of arrangements.

Southern Standard
(McMinnville, Tenn.) Jan. 3, 2018

Penny Lee McAfee Horn, 52

McMinnville resident and Warren County native Penny Lee McAfee Horn, 52, was born July 23, 1965 and died Dec. 30 at her residence following a sudden illness.

A secretary and member of the Church of Christ, she was the daughter of Kenneth and Barbara McAfee of Morrison. In addition to her parents, she is survived by two children and their spouses, Derek and Jennifer Horn of Goldsboro, N.C., and Kayleigh Horn May and Justin of Manhattan, Kan.; two grandchildren, Carter Horn and Amelia May; brothers and sisters-in-law, Kirk and Margaret McAfee of Cooper City, Fla., and Scott and Sheri McAfee of Suwanee, Ga.; seven nieces and nephews and uncle, Rod T. McAfee of Morrison.

A graveside service and interment will be held at 10 a.m. Thursday, Jan. 4, at Morrison Cemetery with James Rogers officiating. There will be no visitation at High's. Family and friends will meet at Morrison Cemetery for the graveside service at 10 a.m. Online condolences may be made at www.highfuneralhome.com.

High Funeral Home is in charge of arrangements.

Southern Standard
(McMinnville, Tenn.) Jan. 3, 2018

Dessie Dean Barkes, 85

Dessie Dean Barkes, 85, a Warren County resident and native was born Feb. 7, 1932 and died Jan. 1 at Raintree Manor following an extended illness.

She was a retired dietician with River Park Hospital and daughter of the late Elmer and Linnie Fults Vickers. In addition to her parents, she was preceded in death by husband, Willie Jewell "Speedy" Barkes; son Jewell Wayne Barkes; brothers Paul, Frank, Jack and James Barkes; and sister Pauline Sutton.

Mrs. Barkes is survived by daughter Sherry Carter of Smithville; son and daughter-in-law Kenneth C. and Tammy Barkes of McMinnville; daughter-in-law, Debra Barkes of McMinnville; 12 grandchildren and spouses, April and Bill Barkes of Spencer, Lakeisha and Cory Tobbit of Morrison, LaShay Johnson, Dustin Barkes, Summer Grissom and Ricky Carr, all of McMinnville, Jennifer and Steve Wright and Anthony and Danielle Carr, all of Smithville, Dynasty Barkes, Brandon and Devoni Barkes and Chad Coppinger, all of McMinnville, Heather Vinson of Virginia; 13 great-grandchildren; one great-great-grandchild; two sisters and brother-in-law, Josephine and Don Herrin of McMinnville, Earline Holt of Hendersonville; brother and sister-in-law, Dan and Myrna Vickers of Morrison; longtime friend, Jerry Duggin of Smithville.

Funeral service will be held at 1 p.m. Friday, Jan. 5, at High's Chapel. Interment will follow at Mt. Zion Cemetery. Visitation will be 4 to 8 p.m. Thursday and 10 a.m. Friday until the time of service at High's. The family has asked for memorial contributions to be made to High's to assist with funeral expenses.

Online condolences may be made at www.highfuneralhome.com.

High Funeral Home is in charge of arrangements.

Southern Standard
(McMinnville, Tenn.) Jan. 3, 2018

William "Bill" Anderson Worley, 83

McMinnville resident and Doyle native William "Bill" Anderson Worley, 83, was born June 18, 1934 and died Dec. 27 at his residence following a sudden illness.

Retired as an assembly floor supervisor from Ford Motor Company, a United States Navy veteran of Korea, and a member of the Lutheran Church, he was the son of the late John Alfred and Thelma Lee Myers Worley.

He is survived by two daughters and sons-in-law, Roena and Erik Blundell of Washington, Mich., and Chester and Archie Bailey of Clinton Township, Mich.; eight grandchildren, Amanda Blundell, Collin Blundell, Nicholas Blundell and Alexander Blundell, all of Washington, and Shayla Bailey, Lorenzo Bailey, Zayne Bailey and Kobe Bailey, all of Clinton Township; great-grandchild, Emma Blundell of Washington, Mich.; three brothers, David, Jerry and Logan Worley; sister JoAnn Briesmeister; several nieces, nephews and cousins; very special friend, Karen McCoy; children, Chris, Richard and Wendy McCoy; and grandchildren, Alyssa and Cameron McCoy.

Funeral service will be held at 1 p.m. Wednesday, Jan. 3, at High's Chapel. Burial will follow at Bethlehem Cemetery with full military honors administered by VFW Post 5064 and American Legion Post 173. Visitation will be from 9 a.m. until noon Wednesday at High's. Online condolences may be made at www.highfuneralhome.com.

High Funeral Home is in charge of arrangements.

Southern Standard
(McMinnville, Tenn.) Jan. 3, 2018

Ralph Earl "Curley" Roberts, 71

Ralph Earl "Curley" Roberts, 71, a McMinnville resident and Warren County native, was born Aug. 13, 1946 and died Jan. 1 at his daughter's residence following an extended illness.

He was a veteran of the United States Army, retired driver for Warren Farmers Co-op, member of Laurel Creek Baptist Church and son of the late Jessie and Annie Bouldin Roberts. In addition to his parents, he was preceded in death by son Jeff Roberts; brother James Roberts; and sisters Betty Martin and Dean Roberts.

Survivors include children and spouses, Christy and Joe Shaw of Alabama and Angie and Dwain Cantrell of McMinnville; grandchildren, Steven Lee Wade and Chase Taylor; great-grandchildren, Grant Brady, Luke Taylor, Carter Taylor and Dawson Taylor; sisters, Rita Johnson of Smithville, Pat Roberts, Judy Melton, Faye Roberts and Pam Roberts, all of McMinnville; brother Larry Roberts of McMinnville; special friends, Danny Roller and Miles Collier.

Funeral service will be held at 2 p.m. Thursday, Jan. 4, at High's Chapel. Interment will follow at Mt. Zion Cemetery with military grave rites conducted by VFW Post 5064 and American Legion Post 173. Visitation will be 1 to 9 p.m. Wednesday and 11 a.m. Thursday until the time of service at High's.

Online condolences may be made at www.highfuneralhome.com.

High Funeral Home is in charge of arrangements.

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