

Standard online reader survey



The Tennessee Titans have parted ways with head coach Mike Mularkey. The Titans finished the regular season 9-7 and won one playoff game.

Q: Do you think having a new head coach will help the Titans?

YES or NO

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IMAGINE YOU'VE GOT ONLY MINUTES TO FIND A SAFE HAVEN IN HAWAII, FROM A MISSILE HEADED TOWARDS YOU.

NAH... THAT'S TOO HOLLYWOOD.



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LETTER TO THE EDITOR

Exercise mitigates so many health problems

TO THE EDITOR:

Thanks for Duane Sherrill's "Family Man" entry in the Jan. 3 issue of the *Southern Standard*.

In it he mentions his very important New Year's promise that he made and has kept since 1999. His promise was to work out three times every week. I congratulate him and others who have made and kept the same promise.

The American Heart Association and the CDC strongly urge that all adults should have, with physician approval, 30-minute sessions of aerobic exercise, like walking, three times a week and sessions of weight-resisted exercise twice per week.

This level of exercise greatly improves the probability of a healthier longer life. Having adequate exercise and ideal body weight reduces the chance having many diseases, including diabetes, arterial disease including heart attacks, leg amputations, strokes and

some cancers.

Exercise lowers blood pressure and improves mood and reduces depression and mental deterioration.

Tennesseans have the nation's highest attack rate of type 2 diabetes and are among the top four states for overweight/obesity and inactivity. We are shortening our life expectancy and our good health because of inactivity and eating too much and choosing foods that are bad for health.

The emotional cost of illness is enormous and the dollar cost in lost wages and medical care is very real. For example the average diabetic patient will spend about \$200,000 more on lifetime health costs than the non-diabetic patient.

Everyone should look ahead to see the future problems that are brought on with an unhealthy lifestyle. You can change your future.

Wallace Bigbee Sr.
Oak Hill Drive
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Paul Manafort has a point

It's not a popular thing to defend Paul Manafort, the international influence peddler who ran Donald Trump's presidential campaign for a short time in 2016. But even bad guys have a case sometimes. And Manafort has a case in his lawsuit against Trump-Russia special counsel Robert Mueller.

Mueller sent Manafort a strong message last July, when FBI agents working for Mueller, guns drawn, broke into Manafort's house in the pre-dawn hours while Manafort and his wife slept inside. Mueller sent another message last October, when he indicted Manafort on eight counts (out of a total of 12) that targeted allegedly criminal acts that ended in 2014 or 2015, before Manafort's participation in the Trump campaign. None of the counts concerned alleged collusion between Trump or his associates and Russia.

Now, Manafort has pushed back with a lawsuit against Mueller. Manafort argues that the Justice Department gave Mueller overbroad powers, and that, as a result, the investigation of Manafort, and the resulting indictment, has ventured "beyond the scope of (Mueller's) authority" granted to him by deputy attorney general Rod Rosenstein.

Some legal analysts have characterized Manafort's lawsuit as frivolous. If Manafort were really serious, they say, he would have filed a motion with the court that will try the case against him. Or he would have made a different legal argument.

This is not to argue with that legal thinking. But everything in the

Trump-Russia affair operates on two levels, the legal level and the political level. And on the political setting, Manafort has made a strong case that he is being treated unfairly.

Rosenstein authorized Mueller to investigate three things. First was "any links and/or coordination between the Russian government and individuals associated with the campaign of President Donald Trump."

Second was "any matters that arose or may arise directly from the investigation."

Third was crimes like perjury or obstruction of justice that occurred "in the course of, and with intent to interfere with, the Special Counsel's investigation."

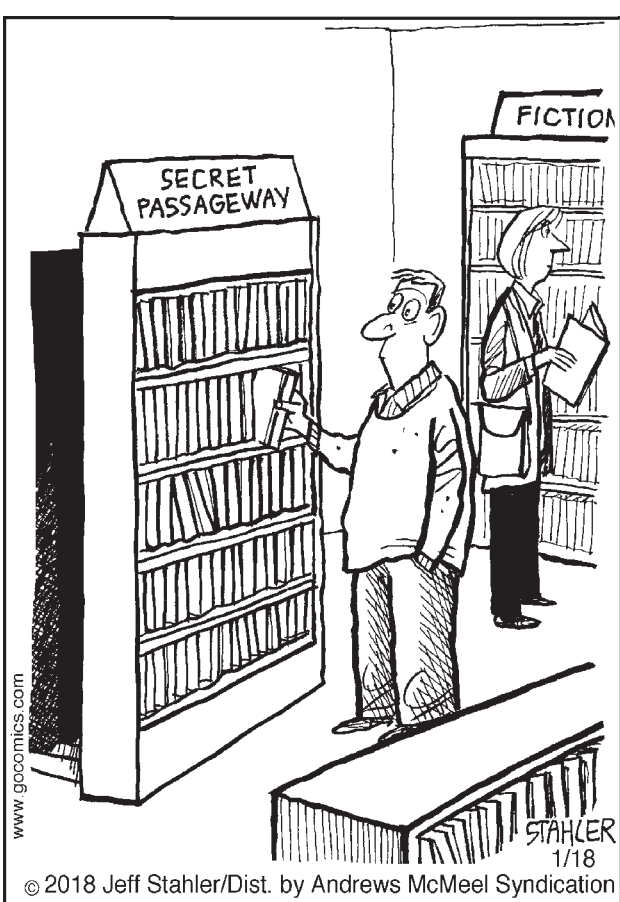
Manafort's objection is to the second part of Mueller's charge. Manafort's argument is it virtually invited Mueller to venture far afield from the Trump-Russia topic — and violated those Justice Department regulations guiding special counsels.

Mueller and Rosenstein could moot the whole thing by explicitly expanding Mueller's authority to include specific activities that have no connection to the Trump-Russia affair. But as a political case, Manafort makes a strong point: Mueller is prosecuting people (Manafort and associate Rick Gates) for alleged crimes that have nothing to do with Donald Trump, Russia and the 2016 election. That political argument may be heard more and more as the Mueller investigation goes on.

Byron York is chief political correspondent for *The Washington Examiner*.

COLUMNIST

BYRON YORK



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Don't forget to breathe

The treadmills at my health club were all in use when I walked in today. I had to wait for half an hour before there was a free one. Funny, I never had to wait for one in September, October, November or December, but starting Jan. 1, the gym was suddenly busier than Walmart on Black Friday.

There were guys I've never seen before in the weight room doing sit-ups. There were women in yoga pants on every elliptical machine. The spinning class was full, the Zumba room was packed and someone was even using the rowing machine. That was a first. All the lanes of the swimming pool were full, and it was hard to find an empty locker.

Most of the exercisers had that "I've made a New Year's Resolution and I mean it this time!" look on their faces. I've had that look before, so I understand it. But I know from experience that there won't be any trouble finding an empty treadmill a week from now. By mid-February, the staff will be twiddling their thumbs trying to find things to do to stay busy.

If you ask what happened to all that New Year's resolve, no one will say exercise was too hard or too boring. They will say something came up at work, or one of the kids got sick, or they had to take the car to the shop. Pretty soon a week goes by, and then you have to shop after work for something special for Valentine's Day, and on it goes.

Life always gets in the way. But even with all the "real life" stuff happening, somehow there's always time to find a half-hour to watch "Jeopardy!" or "Wheel of Fortune." And besides, you're plenty active. It's not as if you're sitting around doing

nothing! You're posting on Facebook and refreshing your Twitter feed all the time. You're ordering things on Amazon, you're fixing up the house. You're busy planning that family vacation. Then there are the grandkids, the pets, the birthdays, and you have to make something special for that one event, and there's the potluck dinner this Friday at the Nussbaums'.

There's just not enough time in the day to do all that and go to the gym, too. How, then, do other people find the time to go? Are they childless? Friendless? Petless?

Don't they ever watch TV? Don't they ever waste time on the computer?

Maybe they have servants that do all that stuff for them. Or maybe they simply feel the gym is worth it.

If it keeps them out of the hospital one day a year, what is that worth? If their extra leg muscles keep them from falling and breaking a hip, what is that worth? If exercise lowers your cholesterol or helps control your diabetes, what is that worth? If it keeps your heart healthy, isn't that better than having your chest cracked?

And exercise can be fun. Swimming, dancing, biking, hiking — lots of people do those for fun.

Yes, I know we all have to die of something, and that all the exercise and healthy living in the world won't put off the inevitable. Even the most diligent of us can be taken down too soon. But given a choice, I'd rather the process be quicker rather than slower, and peaceful rather than traumatic.

If you want to make a New Year's Resolution, here's a good one: I resolve to be around for next New Year's Eve!

Contact Jim Mullen at mullen.jim@gmail.com.

VILLAGE IDIOT

JIM MULLEN



FAMILY MAN

DUANE SHERRILL



Graduating without debt a big benefit

I've always been taught you should pay it forward when it comes to helping others because it is true that what comes around, goes around. If you help others then, when you are in need, there will be someone to help you or your family. That's why I joined tnAchieves as a mentor this year, to both pay it forward and to pay it back.

For those of you who don't know, tnAchieves is a mentoring program for high school seniors to help them navigate the sometimes-tangled web of financial aid and other red tape that stands between them and a higher education. The mentoring program was brought about to operate hand-in-hand with the Tennessee Promise program that promises two years free community college or technical school education for every student who graduates in Tennessee.

I ended up getting my basics at Motlow and then getting my bachelor's degree in political science at Tennessee Tech. Of course, this was long before Tennessee Promise came about. I wish they had it when I was in school because it would have saved me thousands of dollars.

Given the insanely high costs of post-secondary education nowadays, unless you are loaded you can't afford to pay for college out of your pocket. It was expensive 30 years ago when I was in college but since then, post-secondary education has skyrocketed leaving many students facing two avenues.

First, you need to be good at sports or be good academically so you can get a scholarship to pay for your education. Then second, which was my case, you have to pay back tens of thousands of dollars in student loans after your college career is over. Yes, you're rewarded for all your hard work by Uncle Sam sending you a massive bill that you're expected to pay just as you're getting your career started.

Fast forward 30 years. My son Jack recently graduated with a machinist degree from the local Tennessee College of Applied Technology. He was even assisted in finding a job in his field of study and is presently working full-time.

However, unlike me and millions of others who started adult life saddled with thousands in college debt, Jack doesn't owe the government one penny thanks to Tennessee Promise. They paid his technical school bill allowing him to begin his career by saving money, not paying it to Uncle Sam.

Like I said, in mentoring students who will be taking advantage of free two years of college, I'm paying it forward and paying it back. Someone mentored Jack and started him on his career. They paid it forward now I'm paying it back.

Plus, someday Henry may look to continue his education. That's where I'm paying it forward, for that mentor out there who will someday help him.

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