



Showing you're never too young to support the Go Red For Women movement, Saint Thomas River Park officials promoted the program Friday from the hospital's Family Birth Unit. Pictured along with newborn Adaline Jane Boyd are, from left, hospital CEO Dale Humphrey, mother Ashton Harmon, father Seth Boyd, and Saint Thomas representative Kristen Toth.

River Park Hospital goes Red for Women

BY **JAMES CLARK**
Editor for the Southern Standard
(McMinnville, Tennessee)

One woman dies every 80 seconds in the United States due to cardiovascular disease.

And about 80 percent of cardiovascular disease can be prevented.

Those numbers from the American Heart Association show a difference can be made in fighting the No. 1 killer of women if recommendations are turned into action.

The nationally sponsored Go Red For Women Day was recognized Friday to encourage women to make a commitment to improve their heart health.

To show the effort reaches down to the very youngest in our community, 2-day-old Adaline Jane Boyd was sporting a red toboggan in the Family Birth Unit at Saint Thomas River Park Hospital.

"You definitely need a routine physical every year," said Kristen Toth, VP of women's and children's services at Saint Thomas.

"There are indicators which can identify heart disease and catch it early. We use Go Red For Women to highlight cardiovascular disease to make women more aware of the risk factors."

There are many well-known factors to help prevent heart disease.

These include getting active, eating healthy, and monitoring your blood pressure.

The American Heart Association points out that less than 20 percent of women meet federal guidelines when it comes to the amount of physical activity they get each day.

Heart disease is the No. 1 killer of women, the AHA says, claiming more lives than all forms of cancer combined. Yet only 17 percent of women consider heart disease a serious health threat.

By raising awareness, the American Heart Association hopes to steer women toward a more heart-healthy lifestyle.



GENERAL SESSIONS

BY **DUANE SHERRILL**
Reporter for the Southern Standard
(McMinnville, Tennessee)

Sentences were handed down Tuesday afternoon by Judge Bill Locke in General Sessions Trial Court. Included in the afternoon session:

Johnathan Andrew Skinner was directed to serve 30 days of an 11-month, 29-day sentence and pay \$750 plus costs for possession of meth and evading arrest. He must serve the balance of his sentence for violation of probation.

Nicole Muncey was instructed to serve 30 days of an 11-29 sentence and must pay \$750 plus costs for possession of meth.

Corey Michael Kirby was ordered to serve 30 days of an 11-29 sentence for attempted forgery.

Cody Lynn Cantrell was bound to the grand jury on the charge of domestic assault.

Chad Rogers was instructed to serve 30 days for possession of meth.

Johnny Miles Tindell was bound to the grand jury on the charge of aggravated assault.

Hunter G. Holt was given an 11-29 probationary sentence and must pay \$750 plus costs for simple possession of drugs.

Jeremy Scott Vann was bound to the grand jury on the charge of violation of sexual offender registration.

Colton W. Hollis was given a six-month probationary sentence for criminal impersonation.

Kimberly Chisam was given a six-month probationary sentence and must pay \$50 plus costs for driving on a suspended license.

Austin Taylor Kebert was bound to the grand jury on the charge of attempted burglary.

Jessica Leyendecker was given an 11-29 probationary sentence for shoplifting.

Billy Earl Carter was ordered to serve 60 days and had his probation extended by six months for violation of probation. He was given five more days in jail for domestic assault and must undergo batterer intervention. Two additional days were piled on top of that for failure to appear in court.

Tamara Shanay Pleasant must serve the balance of her sentence for violation of probation.

Jesse Ren Powell must serve 30 days and have probation extended by one year for violation of probation.

Michael Curtis Willard must serve the balance of his sentence for violation of probation.

Logan Kane Fuqua was ordered to serve 90 days and have his probation extended by one year for violation of probation.

Teri Ann Tatum was directed to serve 60 days for violation of probation.

Steven Halcomb must serve 30 days for violation of probation. He was given five additional days for violating an order of protection.

Christopher R. Hunter must serve 60 days and had his probation extended by six months for violation of probation.

William Kyle Jackson was directed to serve 30 days on house arrest for violation of probation.

Jesse Adam King must serve 120 days for violation of probation.

Jared Miles Marsh must serve 30 days and have his probation extended by one year for violation of probation.

Curtis Allen Lloyd must serve 10 days for violation of probation.

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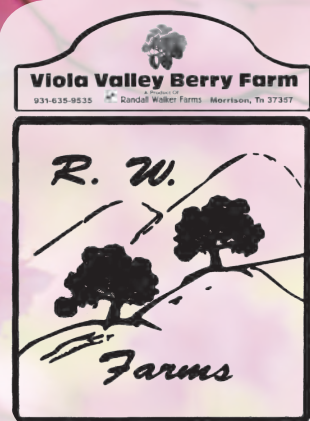
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