



Kroger employee Vickey Jones prepares flowers for the Valentine's Day rush. According to the National Retail Federation, 55 percent of Americans celebrated Valentine's Day this year with an estimated \$2 billion spent on flowers. The Society of American Florists says 250 million roses are grown for Valentine's Day.

Valentine's Day means big bucks

Valentine's Day has long been known as a day of loooooove. It's also a day of fabulous gifts. Like it or loathe it, Valentine's Day is an important time for the U.S. economy with total expected nationwide spending at \$19.6 billion. According to the National Retail Foundation, the average American will spend \$143 on gifts this year. Here's a breakdown of how some of the money will be spent.

JEWELRY – \$4.7 billion
EVENING OUT – \$3.7 billion

FLOWERS – \$2 billion
CLOTHING – \$1.9 billion
CANDY – \$1.8 billion

Just over half of Americans -- 55 percent -- are expected to celebrate Valentine's Day, the National Retail Foundation said. Couples are expected to exchange an estimated 190 million greeting cards, according to the Greeting Card Association. Most people plan to spend the bulk of their money on their spouse. But money will also be spent on other family members, children's classmates and teachers, friends, pets, and co-workers.



Register to win the Southern Standard's prize package, which includes hundreds of dollars in prizes, until 2 p.m. today at the newspaper office.

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Garry McBride 931-260-3328



Colorado resident Red Gerard has gained fame since his Olympic gold medal in snowboarding.

Olympic ratings off to good start

NEW YORK (AP) — While gold medals aren't awarded a quarter of the way into a race, NBC says it is encouraged by how the viewing public has responded to the Winter Olympics from South Korea. NBC Sports Chairman Mark Lazarus said Tuesday ratings are exceeding the guarantees that NBC gave to its advertisers which has enabled the network to sell even more commercial time. NBC said before the games it had sold \$900 million worth of advertising. Through five days, the Nielsen company said NBC's prime-time Olympics viewership is down 6 percent from the 2014 games in Sochi. This year's numbers include prime-time programming on the NBCSN cable network and digital streaming, which adds about 2 million viewers each night to the 22 million who watch on the broadcast network. Those extra options weren't available four years ago. "The Olympics continue to defy media gravity," Lazarus said. While the viewership is down, it hasn't dropped as much as the conventional TV audience. For example, the 10 most popular programs on TV this season average 11.2 million, or 22 percent lower than the 14.26 million for the most popular programs in 2013-14, the Nielsen company said. None of the shows popular four years ago that are still on the air — "The Big Bang Theory," "NCIS," "60 Minutes," "The Voice" and "Blue Bloods" — have a larger audience today. While Lazarus offered no specifics, he said viewing in some other parts of the day is actually up from Sochi. Adam Schwartz, an analyst for the ad buying firm Horizon Media, said he's been pleasantly surprised by the early ratings. "I definitely think they've exceeded expectations given the current climate," Schwartz said.

Five methods to combat high blood pressure

Which one of the following lifestyle choices is best at preventing high blood pressure?

- Never smoking.
- Drinking seven or fewer alcoholic drinks weekly for women, or 14 or fewer drinks a week for men.
- Eating a healthy diet, especially by following the Dietary Approaches to Stop Hypertension, also known as the DASH diet.
- Getting 150 minutes or more a week of moderate to vigorous physical activity.
- Maintaining a healthy weight.

According to Dr. Bret Rogers, a cardiologist at The University of Tennessee Medical Center, even though these healthy habits work well at preventing high blood pressure, if you answered "e" — maintaining a healthy weight — you guessed correctly. "While all of the five healthy lifestyle choices are important, maintaining a healthy weight is the one behavior that best prevents high blood pressure," said Rogers. "Research has proven that of the five healthy behaviors, people who maintain a healthy body weight are less likely to see their blood pressure rise as they approach middle age."

Rogers explains all five lifestyle behaviors work together to help prevent high blood pressure, and they are linked to maintaining a healthy weight. So, what is it about weight that can cause high blood pressure? "When you gain weight, blood vessels become compressed and your heart must work harder," said Rogers. "Over time that can cause cardiac problems, especially when people get older and blood vessels stiffen."

Rogers says for people who do not gain weight, blood vessels do not become as stiffened and this helps keep blood pressure lower. After maintaining a healthy weight, which healthy behavior is next best at preventing high blood pressure? "Never smoking and drinking little to no alcohol also keep blood pressure lower in middle age," said Rogers. "Remember that all five of the health behaviors work together to help keep blood pressure at a healthy level. Eating a healthy diet, being physically active, and drinking little to no alcohol all add up to helping you maintain a healthy weight."



DR. ROGERS

Man jailed for robbing woman at knife point

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

A thief who jumped into a woman's car and robbed her at knife-point in January has been given 90 days in jail.

Isaac Brian Whitman, 27, has been sentenced for the incident which happened in the Walmart parking lot.

According to the arrest warrant against Whitman, the female victim was "sitting in her vehicle at Walmart when she was approached by the suspect who opened the passenger-side door and entered her vehicle. He asked her if she had any money and she said no and he saw her wallet sitting on her seat between her legs."

The man grabbed at the wallet and the victim

tried to fight him off, yelling and screaming. During the struggle, Whitman reportedly pulled a knife and threatened her.

"You will have some of my blood in your car," the suspect warned as he placed the knife to his own wrist before placing the blade to the woman's throat as she tried to get out of the car. She was able to get away and call for help.

The suspect was able to steal around \$200 from the woman before fleeing. Officers swarmed the location and were able to nab Whitman before he left the premises.

"Officers did find \$200 on his person," city detective Stuart Whitman revealed, adding Whitman was also wanted on outstanding warrants.



WHITMAN

OBITUARIES

Ruby Caroline Brewer, 85

Ruby Caroline Brewer, 85, a Warren County resident and native, was born Sept. 30, 1932 and went to her heavenly vacation Sunday night, Feb. 11, at St. Thomas Rutherford Hospital following an extended illness. She was a retired secretary for Dr. James L. Moore, a member of Westwood Church of Christ and daughter of the late Morris and Jessie Bonner Mansfield Sain. In addition to her parents, she was preceded in death by husbands, J.C. Davis and Bill Brewer; brothers, Robert, Harold, Jim and Fred Sain; and sisters, Lillian Cunningham, Janie Gonce, Margaret West and Annie Mai Southard. Mrs. Brewer is survived by daughters and sons-in-law, Diane and Daniel Dishmon and Beverly and James Hutchings, all of McMinnville; four grandchildren, Jason Broyles, Anna Clayton and husband Charles, David Hutchings and Mike Hutchings; great-grandchild, Dylan Hutchings; stepdaughters, Barbara Tobitt and husband Malcom, Rebecca Jo Brewer, and Brenda Nesbitt and husband Joe, all of McMinnville; and several nieces, nephews and a host of friends.

Funeral service will be held at 3 p.m. Thursday, Feb. 15, at High's Chapel with Paul Sain and David Sain to officiate. Interment will follow at Mt. View Cemetery. Visitation will be 10 a.m. to 8 p.m. Wednesday, and from 10 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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(McMinnville, Tenn.) Feb. 14, 2018

Jo Anna Williams, 89

Jo Anna Williams, 89, a Morrison resident and Warren County native, was born May 6, 1928 and died Feb. 11 at St. Thomas Rutherford Hospital. She was a retired employee of Century Electric, member of Covenant Fellowship Church and daughter of the late Joseph Alonzo and Anna Adele Maxwell Maddux. In addition to her parents, she was preceded in death by husband Enoch Williams; son Charles Williams; brother Willard Maddux; and three sisters, Winnie Julian, Evelyn Vanatta and Bettie Sue Maddux. Mrs. Williams is survived by two daughters and sons-in-law, Helen Kay and Jimmy Burr of Manchester, and Joyce and Wayne Davenport of Morrison; daughter-in-law, Christy Woolwine Williams of New Whiteland, Ind.; five grandchildren, Nedra and Brad Davenport of Morrison, Chad Williams and wife Rachel of Elizabeth City, N.C., Cory and Rikki Williams and Cody and Dana Williams, all of Indianapolis, Ind.; three great-grandchildren, Cooper and Colton Williams of Elizabeth City, N.C., and Isabella Williams of Indianapolis; two step-grandchildren, Mike Burr and wife Cathy of Guntersville, Ala., and Sharon Woodard of Tullahoma; six step-great-grandchildren, Anna and Hope Woodard, Grace and Stone Woodard, Matthew and Megan Burr; and four nieces and great-nieces.

Funeral service will be held at 10 a.m. Saturday, Feb. 17, at Covenant Fellowship Church with Dean Northcutt and Clayton Jones to officiate. Interment will follow at Morrison Cemetery. Visitation will be 2 to 8 p.m. Friday at Covenant Fellowship Church. There will be no service or visitation at High's. Memorial contributions may be made to The Fuel Program, Morrison Elementary, 500 S. Fair Street, Morrison, TN 37357. Online condolences may be made at www.highfuneralhome.com.

High Funeral Home is in charge of arrangements.
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