

David Dunlap runs for District 4 Commission

I am David Dunlap and I am a candidate for Warren County Commission in the 4th District. My wife is Linda Gillespie Dunlap. My children are Joe (Deitra) Dunlap and Jennifer Dunlap (Jason) Loh. We have eight grandchildren. My brother is Doug (Fran) Dunlap.

I was born in McMinnville and raised in Walling. We lived in several states and Cuba on the Navy base because my dad was in the Navy 20 years. I was also in the Navy four years. I graduated from White County High School and Tennessee Tech University with B.S. and M.A. degrees in health and physical education.

I was recreation director for Plateau Mental Health Center. I worked part-time for Kroger's. I taught public school in Louisville, Sparta, and McMinnville. I retired at Warren



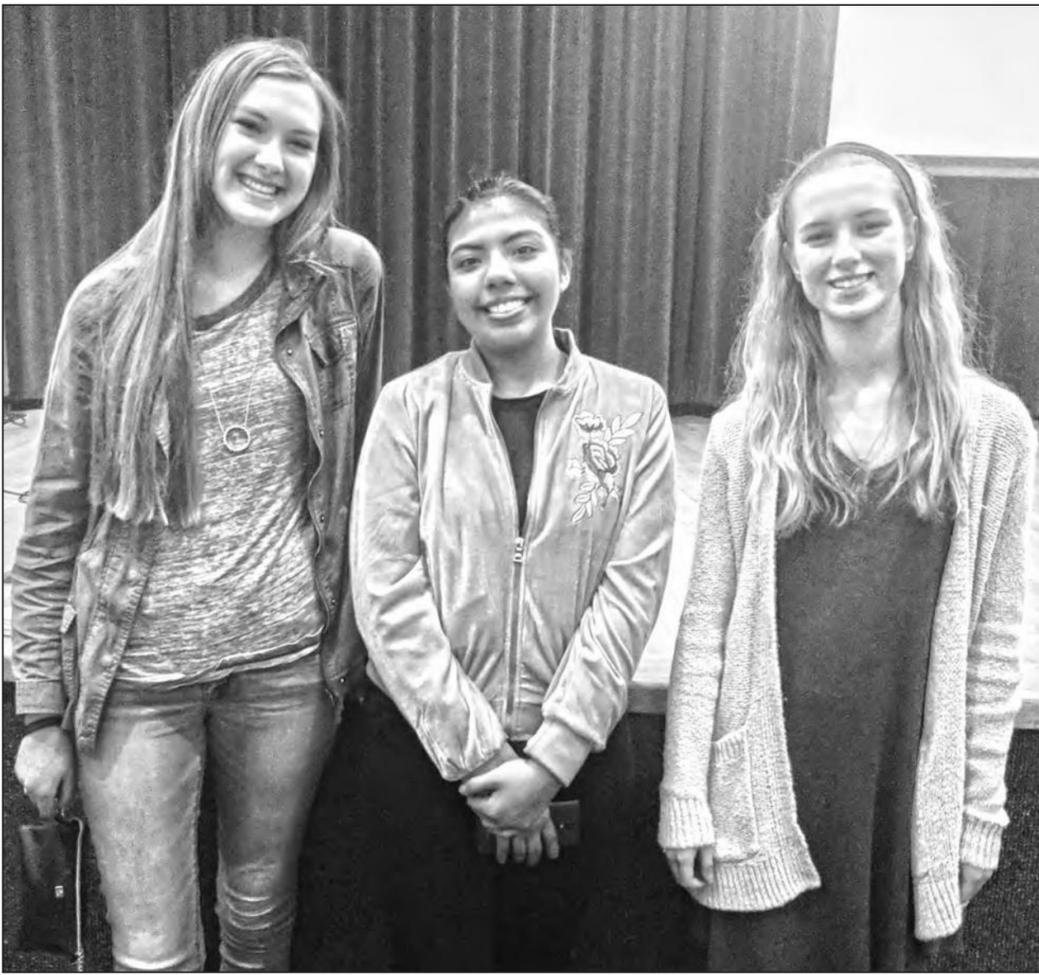
DUNLAP

County Middle School teaching sixth-grade math and a few years later retired coaching Warren County High School tennis. Over the years, I also coached football, basketball, baseball, golf,

math and chess. Presently, I am an adjunct faculty member at Motlow State Community College and I teach tennis lessons. I am a CPR instructor for the American Red Cross and on the disaster team. With my experience, I would vote for common sense legislation after talking to the voters. If you

have questions or ideas call me anytime. My number is 931-273-3635. If I have the honor of serving, I will respect those with different opinions and practice civility to all citizens. If elected, I will perform my duties with integrity. I humbly ask for your vote. Thank you.

\$500 scholarship winners



These girls each won a \$500 scholarship Tuesday during Junior College Planning Night at WCHS. Pictured, from left, are Makenzie Whitlock, Meliza Espinoza and Lillian Hutchins.

Fish fry lands \$1,200 for Relay for Life

BY **LISA HOBBS**
Reporter for the Southern Standard
(McMinnville, Tennessee)

Morrison Ruritan netted something big during its fish supper. "We hosted our annual fish fry March 3," said Kay Holt, Morrison Ruritan member. "We raised \$1,200 for Relay for Life." Holt relayed the truth behind the club's fishy fundraiser. "What most people don't know is that club members donate everything for this event," she said. "All the expenses are paid for out-of-pocket by club members in order to support this worthy cause. We do that so everything earned during the event goes to Relay for Life. We don't keep a penny."



HOLT

Since all the supplies are donated, it makes for a larger donation since no money has to be used to pay expenses. Morrison Ruritan is part of Ruritan National and is known as America's leading community service organization. Ruritan clubs are dedicated to improving their communities through fellowship, goodwill and community service. The club asks for monetary donations for its fish supper rather than setting a price, allowing all Warren countians to enjoy great fish with all the trimmings no matter how much they have to give. If you're interest in becoming a member of Morrison Ruritan, or if you would like more information, contact any club member.

Prepare to spring forward Sunday

Being well-rested ahead of this weekend's change to daylight saving time is a smart way to avoid the frantic feelings and lingering fatigue associated with the lost hour of slumber, a sleep specialist says. "It's really important to go into the time change without being significantly sleep deprived," said Vanderbilt Sleep Disorders Center specialist Kelly Brown, MD. Brown recommends taking a nap of not more than an hour on the day before reporting back to work and also going to bed 15 minutes earlier each night during the days leading up to the time change. "It's really a good idea to not sleep in excessively over the weekend because it will make getting up Monday even more difficult," Brown said. "Taking a brief nap on the Sunday of the time change can be helpful to offset the sleep loss. A one-hour nap would be helpful, but not more than an hour. More than an hour could affect your nighttime sleep." A Sunday afternoon nap should offset the average of 40 minutes of lost sleep most people experience on the night before reporting back to work, she said. She also recommends taking in some bright sunshine after rising from bed on the weekend of the time change

because light helps regulate the body's internal clock. If the weather is dreary, a brightly lit space can be a substitute. The time change is more than an inconvenience, Brown said, noting studies have linked it to increased incidences of stroke, heart attacks, workplace injuries and traffic accidents. "It is going to be darker than usual driving into work Monday morning," she said. "There can be increased accidents, including accidents involving pedestrians because it is darker and people don't always account for that." Most people need a few days to one week to adjust to the time change. For others, especially night owls, the effects are longer lasting, she said. If fatigue and difficult sleep patterns persist for more than two weeks after the time change, a medical analysis may be a warranted. Sleep disorders, such as obstructive sleep apnea, are very common, but often under-diagnosed — and effective treatments are available. "If you are a person who has a difficult time falling asleep or staying asleep, or if you often feel tired in the daytime, you should speak to your primary care physician and consider an evaluation by a sleep specialist," Brown said. It may also be a good idea to consult your primary care physician about taking low-dose melatonin if you have trouble falling asleep with the time change, she said.



Prepare to lose an hour of precious sleep this weekend as Daylight Saving Time begins. The official start time is this Sunday, March 11, at 2 a.m. Local residents are advised to set their clocks ahead one hour before going to bed Saturday night.

TIPS TO EASE THE DAYLIGHT SAVING TIME TRANSITION

- Don't excessively oversleep on the weekend of the time change. Consider a Sunday nap of no more than one hour.
- Go to bed 15 minutes earlier each night, beginning on the Wednesday before the March 11 time change.
- Dim lights earlier leading up to the time change and avoid bright lights in the evening, especially from smartphones, computers and TV screens.
- Avoid alcohol and caffeine in the evening.
- Keep the bedroom cool and dark.
- Get morning exercise in

sunlight on the weekend of the time change. Eat an early breakfast and dinner on the weekend before, and eat a good breakfast on the Monday morning after the time change.

VETERANS CORNER

Southern Standard

AMERICAN LEGION POST 173
Our MONTHLY MEETINGS are held the first Thursday of each month at Billy's Restaurant (2822 Nashville Highway in McMinnville). Members will meet at 5:00 pm for dinner with the meeting to follow at 6:00 pm. All members are encouraged to attend. Prospective members are also welcome to attend. Everyone is invited to visit our Facebook page @post173 to stay up to date on all American Legion activities.
New Post address is: American Legion Post 173, P.O. Box 173, McMinnville, TN 37111. The Ladies Auxiliary meets at the same time.

THE BOBBY RAY DETACHMENT OF THE MARINE CORPS LEAGUE
Our MONTHLY MEETINGS are held the first Thursday of each month at the Warren County Administrative Building (201 Locust Street) in the Magnolia Room. Doors open at 1800 and the meeting starts at 1830. All honorable discharged Marines, Navy FMF Corpsman and Navy Chaplains who served with the marines are invited to attend. For more information call 931-934-5619.

AMERICAN LEGION RIDERS CHAPTER (POST 173)
Our MONTHLY MEETING are held the fourth Saturday each month at Billy's Restaurant (2822 Nashville Hwy. in McMinnville). Member will meet at 9:00am for breakfast, meeting to follow at 10:00am. Group will go for a ride after the meeting, weather permitting, location to be determined by the Road Captain. We are looking for new members. For information contact Rider Director John Davis American Legion Rider Chapter Post 173, PO Box 173, McMinnville, TN 37111.

VIETNAM VETERANS OF AMERICA, ROYCE DAVENPORT CHAPTER 1112
Monthly meetings are held on the second Thursday of each month at Billy's restaurant (2822 Nashville Hwy. in McMinnville). Members will meet at 5:00 p.m. for dinner, with meeting starting at 6:00 p.m. All members are encouraged to attend. Prospective members will need to bring copy of DD Form 214 to verify service and join. Everyone is invited to visit our Facebook page @ VVA1112 to stay up to date on all VVA and AVVA activities.

Associate Vietnam Veterans of America, Royce Davenport Chapter 1112
Meeting is the same time and place as the VVA (see above). Anyone can be a member. There is no requirement to be related to a Veteran in anyway, however Veterans can also join. Please come and join our organization. Royce Davenport Chapter 1112 will again be collecting non-perishable items for the Warren County Emergency Food Bank during the Main Street Live Concert Series on Friday nights starting June 9, 2017 and continuing through the series. Your donations are greatly appreciated.

VETERANS OF FOREIGN WARS POST 5064
Our MONTHLY MEETINGS are typically held on the third Thursday of each month at the VFW Post Home (3340 Sparta Highway) at 7:00 pm. Prospective members are encouraged to attend. Call 931-668-8392 for more information. **The VFW Auxiliary meets at the same time.**

FISH DAY

It's Time To Stock Your Pond!!

Delivery Will Be

Thursday, March 22
Smithville 2:30-3:15
@ DeKalb Co. Farmer's Co-op
McMinnville 3:45-4:15
@ Warren Farmer's Co-op

Friday, March 23
Woodbury 7:30-8:15
@ Woodbury Farmer's Co-op
Murfreesboro 9:00-9:45
@ Rutherford Farmer's Co-op

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FRI. THRU THURS.,
MAR. 9 - 15
"HURRICANE HEIST"
- PG13 -
7:15 - 9:15

FRI. THRU THURS.,
MAR. 9 - 15
DISNEY'S
"A WRINKLE IN TIME"
- PG -
7:10 - 9:15

HELD OVER 4TH WEEK
THRU THURS., MAR. 15
"BLACK PANTHER"
- PG13 -
7:00 - 9:25 FRI. & SAT.
7:15 SUN. THRU THURS.

HELD OVER 2ND WEEK
THRU WED., MAR. 14
"JUMANJI: WELCOME TO THE JUNGLE"
- PG13 -
7:00 - 9:10

HELD OVER 5TH WEEK
THRU THURS., MAR. 15
"PETER RABBIT"
- PG -
7:10 - 9:10

- COMING FRI., MAR. 16 -
"TOMB RAIDER"
- PG13 -

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
ADMISSION ADULTS 7.00 CHILDREN 5.00