



Jeffery Simmons photo
Jorge Sifuentes battled to a tiebreaker victory over DeKalb County's Justin Washer Tuesday. The Pioneers fell 5-4 to the visiting Tigers, but the Lady Pioneers won for the third straight match.

Titans sign Logan for defense depth

NASHVILLE (AP) — The Tennessee Titans have added a veteran defensive lineman a day before kicking off their offseason program under new coach Mike Vrabel.

The Titans announced Sunday they have agreed to terms on a deal with Bennie Logan.

The 6-foot-2, 315-pound Logan has started 63 of his 74 games in the NFL with Philadelphia and Kansas City. He has 218

tackles, seven sacks, three forced fumbles and two fumbles recovered in his career. According to STATS Inc., Logan ranks ninth among defensive linemen for stuffs or tackles for losses on rushing attempts.

Philadelphia drafted Logan in 2013 out of LSU.

Logan helps replace Sylvester Williams, who was released last month one year into a three-year deal.

WCHS TENNIS

WCHS VS. DEKALB COUNTY
Match played Tuesday, April 10

LADY PIONEERS WIN 7-2

RACHEL STEWART def. Faith Judkins, 8-0
MARY-ELLA LEE def. Catherine Coplinger, 8-0
BETH VAUGHN def. Marline Coromilla, 8-0
HALIEGH ARNOLD def. Hannah McBride, 9-8
Daisy Hernandez def. **MARY ST. CLAIR**, 8-4
RANDI APPLE def. Shelby Claiborne, 8-3

STEWART/LEE def. Coplinger/Belk, 8-1
VAUGHN/ARNOLD def. Judkins/Coromilla, 8-4
McBride/Claiborne def. **ST. CLAIR/APPLE**, 8-2

PIONEERS FALL 5-4

DALTON BATES def. Lana Davis , 8-3
Ethan Cantrell def. **BRILEY BOLDING**, 8-5
Eli Cantrell def. **BENJAMIN CAMPOS**, 8-1
BRAD CATEN def. Dawson Medlen, 8-2
Garrett Hayes def. **RYAN SALAMAN**, 8-4
JORGE SIFUENTES def. Justin Washer, 9-7

Davis/Cantrell def. **BATES/BOLDING**, 8-1
Cantrell/Medlin def. **CAMPOS/CATEN**, 8-6
SALAMAN/SIFUENTES def. Trail/Snipes, 8-3

WCHS players in **BOLD**



Jeffery Simmons photo
Marli McBride had two hits in Tuesday's 5-1 win over White County.

Ten in a row

BY **JEFFERY SIMMONS**
Sports Editor for the Southern Standard
(McMinnville, Tennessee)

The Warren County Middle School softball team needed a late rally to beat White County Monday. The Lady Pioneers made sure it wasn't needed again in Tuesday's rematch.

Warren County (12-1) extended its win streak to 10 games with a 5-1 victory over White County.

After scoring two runs in the bottom of the fifth to win Monday, the Lady Pioneers needed just seven pitches to plate a run on the road. Shelby Roberts started with a single, swiped second and then scored on Madison Hollis' single.

Warren County got two more runs in the second, both scoring on White County errors. By the time Marli McBride tripled and scored in the fourth, the Lady Pioneers led 4-0.

Another error in the fifth gave Warren County a 5-0 lead, more than enough for Hollis.

Hollis gave up an RBI double in the fifth, but finished with a fly ball to earn her sixth win this season.



Occupational Therapy

What is Occupational Therapy?
Occupational therapy focuses on the occupations and/or activities that are meaningful to the patient. This may include adaptations for how to do a task, changes to their environment, or helping someone alter their behaviors. Our Occupational Therapist specializes in hand therapy. Hand therapists combine knowledge of the upper extremity (hand, elbow, shoulder) with specialized skills in assessment and treatment to restore function.

How Can an Occupational Therapist Help Me?
OT's are experienced in treating a wide variety of injuries and disorders of the upper extremity including: Tendonitis (Wrist, DeQuervains, Trigger Finger), Epicondylitis (Medial/Lateral, Ligament Injuries, Sprains, Strains, Wrist Pain, Carpal Tunnel Syndrome, Cumulative Trauma Disorders, Fractures, Tendon and Nerve Repair, Arthritis, RSD/Complex Regional Pain Syndrome, Dupuytren's Contracture, (Post Surgery), Splinting

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Rehab / Healthcare

Q: Did you know that the average American gets about 3400mg of Sodium each day?!! That's almost 50% above the recommended amount!

A: It's recommended that 50 years and younger limit sodium intake to 2300mg/day and adults over age 50 consume less than 1500mg/day. Excessive sodium intake leads to fluid retention which then increases blood pressure. High blood pressure can lead to heart disease, which is the #1 leading cause of death; stroke, which is the #3 leading cause of death; kidney stones, kidney disease, congestive heart failure, and bone diseases such as osteoporosis. Common high sodium foods include: processed and prepared foods such as bread, TV dinners, pizza, deli meats, bacon, cheese, soups, fast food, condiments, salad dressings, soups, gravies, and snack foods such as pretzels, cheese puffs, chips, and popcorn.

Tips for eliminating sodium from your diet:

- Eat fresh-buy fresh and frozen meat, poultry, vegetables, and fresh fruit.
- If buying canned vegetables, look for No Salt Added on the label or rinse the vegetables in water prior to cooking.
- Buy plain whole grain rice and pasta instead of those with added seasonings.
- Make your own soup from scratch.
- Use herbs, spices, and no salt seasonings for flavor enhancers instead of the salt shaker.
- Remove the salt shaker from the dinner table.
- Be cautious of Low Fat or Low Calorie foods as they are not always healthy. Sodium is often added to that product's flavor that is missing from the fat and other high calorie ingredients that have been removed.
- Pack your breakfast and lunch for work. Restaurant food is often loaded with sodium. Life is short. Don't let the salt shaker end it sooner.

NHC

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Forestry

Q: What can I do about Kudzu infestations?

A: Kudzu is a difficult plant to control due to the deep tuberous roots that grow up to 16' deep. Multiple treatments of herbicide is the only proven method of control. Control with goats, livestock, dozer, or mowing will reduce the spread of the vine, but will not eliminate it. Most large patches of Kudzu were originally planted for erosion control in the early 1900's. It is a high protein nitrogen fixing vine that spreads vigorously by rooting at nodes, but the spread by seed is limited. Once a patch is eliminated, the potential for re-colonization is limited. This is unlike Ailanthus (Tree of Heaven) that spread vigorous by seed and root sprouts.

We have eliminated many patches of Kudzu with appropriate mixtures of Milestone or Escort products using backpack sprayers. Cutting of all vines from trees is critical to the success of the process. In addition, follow up spot treatments in later years should be expected. For an onsite consultation or more information on controlling Kudzu, Ailanthus, or other exotic species, please contact the Panther Creek Forestry Office. At Panther Creek Forestry our core business is marketing standing timber for landowners. We also conduct extensive work in forest management planning, greenbelt plans, reforestation, timber stand improvement, and undesirable species control. We serve clients throughout Tennessee.

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Realtor

Q: We have bid on 3 houses lately and didn't get any of them. What advice can you give us?

A: You are, unfortunately, in the middle of the perfect storm in real estate. We have really low interest rates, available financing and grant programs for first-time home buyers, plus a shrinking inventory. Together, these combine to make a "Seller's Market.". This phenomenon won't last forever, but if you want to purchase a home in the near future, my advice is to #1- get pre-approved #2-when you find a house you want, go in strong with an offer and #3- use a realtor with the experience and proven track record to give you the best chance for success. You can find those agents at KIRBY REAL ESTATE.

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Attorney

Q: When and how does a person file for bankruptcy?

A: Bankruptcy laws attempt to provide a fresh start for honest debtors hopelessly in debt while also providing protection for creditors.

Debtors may file under either Chapter 7 or Chapter 13. Under Chapter 7 most debts are forgiven. Under Chapter 13 debts are discharged only after some repayment.

The Bankruptcy Abuse Prevention and Consumer Protection Act of 2005 made it more difficult to file for bankruptcy under Chapter 7. The act includes a "means test" and a counseling requirement.

The means test is given to debtors who make above the median level of income in their state. Failing the means test may result in dismissal of a Chapter 7 case or conversion to a Chapter 13 case.

All debtors are required to receive credit counseling within 180 days prior to filing. All debtors are also required to complete a course in personal financial management during the case.

Because of its far reaching effects on a debtor's credit, bankruptcy should be considered a last resort. All efforts at working with creditors should be attempted first. If all efforts fail, then seek the advice of an experienced bankruptcy attorney.

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