2B Southern Standard, McMinnville, Tenn., Friday, April 13, 2018



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.

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

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

PIONEERS FALL 5-4

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.

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, 315pound Logan has started 63 of his 74 games in NFL the 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 LSŬ.

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

SPORTS BRIEFS

CO-ED SOFTBALL LEAGUE

Registration for a 7-3 co-ed softball league at McMinnville Civic Center is currently open. The league is set to start in late April and will be played on Wednesday nights. Roster forms are available at McMinnville Civic Center on Monday thru Thursday from 8 a.m. until 8 p.m. and Friday and Saturday from 9 a.m. until 4 p.m. The fee is \$400. Rosters and entry fees must be turned in by April 23.

For more information, contact Terry Beard at 473-1212.

COUNTRY CLUB SCRAMBLES

McMinnville Country Club will hold Tuesday scrambles starting April 24. Scrambles begin at 5 p.m. and are open to the public. Players must be 18 or older. For more information, call the Country Club pro shop at 668-4143.

KICKBALL LEAGUE

Registration is open for the McMinnville adult co-ed kickball league. Games will be played on Mondays and Thursdays starting in May. Entry fee is \$200. Roster forms are available at McMinnville Civic Center Monday thru Thursday from 8 a.m. until 8 p.m. and Friday and Saturday from 9 a.m. until 4 p.m. Rosters and entry fees are due by April 27.

For more information, contact Terry Beard at 473-1212.

SUBMIT A SPORTS BRIEF If you would like to run a sports brief, bring in a typed copy to the Southern Standard sports desk or email the information to sports@ southernstandard.com. Sports Briefs runs as space allows and begin two weeks before the event.







Bud McGiboney, OT

Occupational Therapy

What is Occupational Therapy? Occupational therapy focuses on the ties that



Rehab / Healthcare

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



Forestry

O: What can I do about Kudzu infestations?

A: Kudzu is a difficult plant to control due to the deep

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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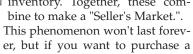
3087 Sparta Highway McMinnville, TN 37110 931-668-1595

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.".

Lynne Cole 607-5156



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.

KIRBY REAL ESTATE CO. 823 NORTH CHANCERY ST. 473-3181

Do you have a Question for one of the Experts?

Submit your question to our office, and we'll get your answer! SOUTHERN STANDARD

P.O. Box 150, 105 College St., McMinnville, TN 37111 or email to: patrick@southernstandard.com

Emily Estes

Registered Dietician

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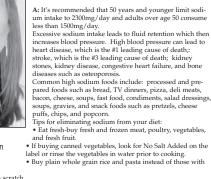
aaaea seasonings. • Make your own soup from scratch. • Use herbs, spices, and no salt seasonings for flavor enhancers instead of the salt shaker. • Remove the salt shaker form the dinner table. • Be cautious of Low Fat or Low Calorie foods as they are not always healthy. Sodium is often added to that product's flavor that is missing from the fat and other high calorie ingredients tha have been proved

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have been removed. • Pack your breakfast and lunch for work. Restaurant food is often loaded with sodium • Ife is short. Don't let the salt shaker end it sooner.





Ben Myers

tuberous roots that grow up to 16' deep. Multiple treat ments 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 xotic species, please contact the Panther Creek Forestry Office. At Panther Creek Forestry out 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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Ask The Experts will publish every second Friday of each month

Deadline to submit your questions is the first Friday of each month.



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 come 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

LAW OFFICES OF

GALLIGAN & NEWMAN

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