

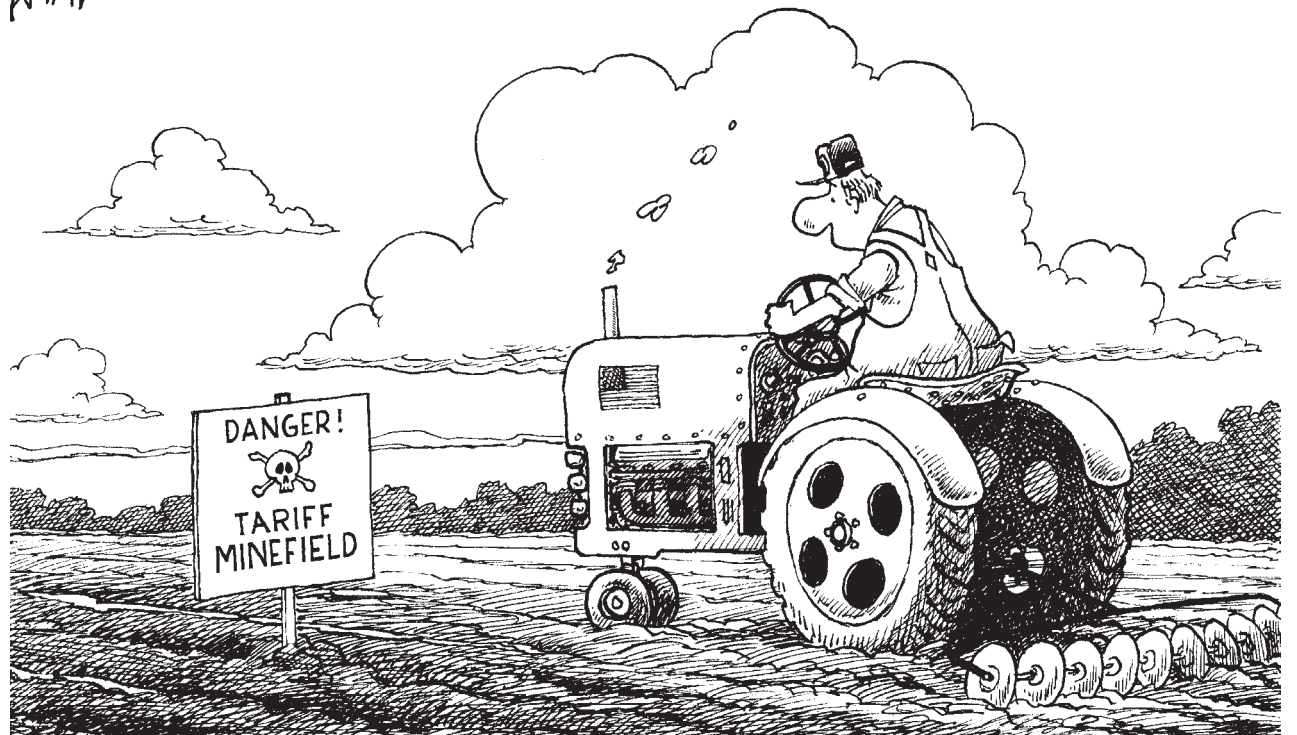
Standard online reader survey



Q: In what has become a nasty race, who would you like to see get the Republican nomination for Tennessee governor?

- **Beth Harwell** 39%
- **Bill Lee** 34%
- **Randy Boyd** 15%
- **Diane Black** 12%

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LETTER TO THE EDITOR

When did birds at park become issue?

TO THE EDITOR:

The ducks and geese have been at Riverfront Park for decades and now they are a problem? Their numbers remain pretty consistent over the years that I can testify to, as I am sure many others can.

Using a little creative talent/engineering solutions can stop this problem, like higher intake valves, screens, pumps, etc. How has the problem been dealt with in previous years?

I'm sure other cities may have this problem. Maybe check with them to see how they handle this issue. I'm sure the things volunteers pulled from the river at its annual cleaning are more serious issues.

Over the years, I have

seen many families, single parents, take their children to Riverfront Park to feed the ducks/geese.

It is showing them compassion to help God's creatures, something this city and county could use more of! These families more often than not, do not have the money for the show, bowling or roller skating.

McMinnville is a pleasant city to live in. It does have some serious problems, though. Much more than the ducks/geese. Let the city officials deal with that, instead of creating a small issue, such as this.

Respectfully,
Linda Salter
Meiser Lane
McMinnville

WRITE A LETTER

Members of the community are encouraged to write letters to the editor

EDITOR@SOUTHERNSTANDARD.COM



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Why primaries do matter

As my astute and attentive readers may recall, in the Sunday March 25 edition of the *Southern Standard*, I opined on "The problem with primaries."

I wrote then that most folks don't know much about primaries and their lack of knowledge is compounded by their lack of interest. Ignorance and apathy on politics in general and primaries in particular can be hazardous to the health of our representative democracy.

The obvious antidote to political ignorance and apathy is an informed and active citizenry.

There are two kinds of party primaries, closed and open. In a closed primary, only voters registered in the party may vote in that party's primary.

Conversely, in an open primary, any voter can participate in any party's primary. Tennessee has an open primary system. This leads to "crossover voting," which enables voters from outside a party to distort the outcome of its primary. Democrats could vote in the Republican primary for the weakest candidate, hoping that candidate will win the GOP race, but lose to the Democrat nominee in the general election. And vice versa for Republicans.

Despite the problem with primaries, especially open ones, I believe primaries, closed and open, still matter. First, they are a means to organize the competition and select the party's nominees to run in the general elections. Second, they help energize and unite their party faithful to propel their nominees to victory in the general elections.

Primaries, warts and all, also still matter because they have the potential to generate higher voter turnout, particularly in presidential election

years, but also in mid-term elections when both parties are competitive. We're seeing this scenario unfolding right now, in Tennessee and around our nation.

Locally, we have candidates aplenty for Warren County sheriff and county executive. Barring any election night voting glitches, we should know who wins in these and other Warren County General Election races by next Thursday night.

Aug. 2 is also primary election time in Tennessee for governor, state House and Senate candidates, plus one open U.S. Senate seat being vacated by GOP Senator Bob Corker, and all 9 U.S. House seats.

Bill Lee, Randy Boyd, Diane Black, and Beth Harwell are in a tight race for the GOP nomination for Governor. Karl Dean and Craig Fitzhugh are vying for the Democratic nomination. Marsha Blackburn is the GOP candidate most likely to face putative Democratic nominee Phil Bredesen for the U.S. Senate in the November general elections.

This rich mix of competitive local general elections and competitive state primaries augurs well for a robust voter turnout on Election Day this Thursday. As my colleague and *Southern Standard* editor James Clark has boldly predicted, "We'll have right at 10,500 Warren County voters cast ballots in this county election."

I hope he's right.

I also hope my fellow Warren County citizens who've not yet voted will take the time to vote for the candidates of their choice in the Tennessee State primary elections as well.

Retired Army Col. Thomas B. Vaughn can be reached at tbobwmi@blomand.net.

MY TURN

THOMAS B. VAUGHN



JUST A THOUGHT

LISA HOBBS



Diet news that's hard to digest

Healthy eating is killing me! Let me explain. I've been having digestive issues. When I mentioned it during a routine health exam, it was suggested I cut back on the roughage – raw fruits and veggies. I didn't listen, and the situation got worse.

I don't want to be graphic. However, everyone asks what kind of issues I'm having. That would be upper intestinal gas. I'm belching like crazy. One evening, my stomach was swollen and extremely painful. I looked pregnant – not a good look for a woman who isn't. I managed to get the swelling down enough to continue working.

At first, I tried treating the symptoms. Friends made several suggestions. Nothing seemed to work and those that did work produced minimal results. Then it dawned on me that I'm treating the symptoms while completely ignoring the cause. Not good.

I finally relented and did some research on which food items were easier to digest and which ones weren't. What an eye-opener. More than half of my daily food intake was items from the "tough to digest list." That information was, as the list implies, tough to digest.

The list suggested avoiding raw vegetables and fruits, beef, greasy foods, sugary food, spicy food, high-fat foods, sodas, coffee, and tea. Foods easiest to digest: brown rice, bananas, gelatin, toast with butter, chicken (grilled, baked or boiled, but not fried), yogurt, saltine crackers, nuts, apple sauce, sauerkraut, salmon, eggs (scrambled or boiled, but not fried with grease), oatmeal (steel cut, not instant, is best), avocado, turkey, and cooked veggies.

Approximately four years ago, I started slowly changing my bad eating habits to good ones in order to be healthier. That effort was successful, if weight loss is any indication. Now, here I am looking at even more changes because I've apparently overloaded my system with too much raw veggies and fruits.

Isn't this something? I don't recall having issues such as these more than four years ago. This is cruel irony.

Regardless, due to the extremely painful episode a week or so ago, I was more than willing to make some changes and try to limit the majority of my food intake to items that are easy to digest. I've been doing just that since Tuesday of last week. I can tell there's a slight improvement. The pain is gone, and that's good.

What I'm trying to eat: 1) morning is steel cut oats with a banana and pure maple syrup (expensive stuff); 2) lunch is an omelet; 3) dinner is three chicken strips and brown rice; 3) snacks are two Dannon activia probiotic yogurts, apple sauce and crackers. I'm not restricted to eating just those items. However, those are my staples.

Making drastic changes is difficult. It's why diets do not work. After about a week or two, you'll likely to give up. However, I felt this issue required swift changes. I'm having raw veggie withdrawals. I want a salad with diced broccoli so badly.

Standard reporter Lisa Hobbs can be reached at 473-2191.

My time at Southern Standard

As my time comes to a close here at the *Southern Standard*, it is a bittersweet moment. It's bittersweet because I get to go back to college and see all of my friends I've made, but I leave the friends I've made here.

The people here are respectable and caring and have guided me onto a path that I was worried to travel before my internship. I have changed my major too many times in just two years at Tennessee Tech University. When I switched to journalism I was afraid I would not like it. Starting this internship made me realize I finally picked the right major. I did not know I would come to enjoy the paper so much it would be hard to leave.

Lisa Hobbs and Lacy Garrison have been so kind to me and have walked me through difficult articles and showed me how to write like a pro. Lisa has taken up with me and hauled me to many different spots around McMinnville for car wrecks. She has taught me how to handle people who don't really comply and how to overcome challenges.

Lacy has been a friend to me in the office and listens to all my rants about planning my wedding and college in general. She has given me such great advice about how to get through all the venue searching, picking wedding guests and picking what master's degree I want to pursue. I honestly would have had a lot of meltdowns if I didn't have Lacy. Margaret Hobbs gave me an

opportunity to write a front-page lifestyle story which gave me so much confidence in myself to feel like an actual reporter and not just a college student. The world needs more Margarets because people like her make others feel special.

Seth Wright and Jeffery Simmons always made me laugh, and I always had a fun time whenever we all talked together. From talking about "The Bachelor" to "Star Wars," they always knew how to put a smile on my face. Along with Pat

Zechman, she is just the cutest person I've ever met. I can't thank her enough for this opportunity.

Last but not least, James Clark. Poor guy had to put up with me all summer. Bless his heart. He has heard all my stories that I could talk about all day. He is a stand-up guy for doing all that. He has built me up to feel like I can go back to school, or a job, with determination and sureness that I can complete anything that's given to me.

I am very thankful I have met all these delightful people. They have welcomed me with open arms. I have learned so much from each one of them in many different ways. The *Southern Standard* will always have a special place in my heart, and I hope I can make them all proud in the future with whatever path I choose.

Emma Holmes was a summer intern at the *Standard*.

COLUMNIST

EMMA HOLMES



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