



Amber Hertwig Photography
Kathryn Lauren Burnett will become the bride of Lee Carden on Sept. 29 in a ceremony planned to take place at the bride's grandparent's home.

Burnett, Carden set Sept. 29 wedding

The engagement and forthcoming marriage of Kathryn Lauren Burnett and James LeBron (Lee) Carden, III is being revealed by the bride's parents, Kevin and Kari Burnett. The prospective bridegroom is the son of Jim and Lisa Carden. The couple are planning nuptials to take place Sept. 29 at the bride's grandmother's residence.

Miss Burnett is the granddaughter of Margia and the late Eddie Pack, and Helen and the late Ronnie Burnett. Mr. Carden's grandparents are Martha and the late Hureschal Sandidge of Chattanooga, and LeBron and Nadine Carden of Flinstone, Ga.

The bride-elect graduated from Warren County High School in 2011, and Motlow State Community College, earning an associate degree in entrepreneurship in 2013. She is the manager of Tiger Lily Boutique.

Her fiancé is also a WCHS graduate, and attended Middle Tennessee State University and University of Tennessee at Chattanooga, with a focus on business administration. He is a foreman at Custom Granite Interiors.

Juice your joints

If you have arthritis or are simply looking for a joint-safe way to get moving, consider the Arthritis Exercise Program (AEP). Developed by physical therapists specifically for people with arthritis, this low-impact, joint-safe exercise program has been documented to help increase joint flexibility and range of motion and to help maintain muscle strength. This class is offered by the University of Tennessee/Tennessee State University Extension, with Hilda Lytle, Family and Consumer Science Agent, serving as instructor.

The exercise program consists of 16 classes. The classes last approximately one hour and begin on Monday, Aug. 13. Participants will go through a series of gentle movements and activities designed to increase mobility and range of motion. In addition health information, joint checks, cool downs and relaxation techniques will be provided. This free, low-impact program is suitable for every fitness level and is open to all eligible persons regardless of race, color, national origin, sex, age or disability. The exercises are designed to work all joints in the body in a slow and gentle manner.

The arthritis exercise program classes are scheduled for most Mondays and Thursdays.

The tentative dates are: Aug. 13, 16, 20, 23, 27, 30; Sept. 4, 6, 11, 17; Oct. 1, 8, 11, 15, 22 and 25. *September 4 and 11 are Tuesdays.

Class begins at 10 a.m. and will be held at the Warren County Administrative Building. Participants should plan to attend all 16 classes if possible. Registration is needed by Aug. 10. Please call the UT-TSU Warren County Extension Office at 473-8484 or email Hilda Lytle at hlytle@utk.edu.

Through its mission of research, teaching and extension, the University of Tennessee Institute of Agriculture touches lives and provides Real. Life. Solutions.

FCEC NEWS

Vinson's Crossroads FCEC met on July 19 in the Magnolia Room. The meeting was called to order by President Frances Hobbs, and she introduced guests, Vicki Gibbs, Victoria Conley and Jessie Carson. Alda Bandy gave the devotional by reading Romans 38-39 and Wilma Davenport led in prayer. Hobbs led the Pledge of Allegiance.

Roll call was answered with "name your favorite variety of apple" with 11 members and 3 guests present. Treasurer Becky Phillips gave the financial report. Bandy gave a home-made box to all members and guests. Reading reports were given by Phillips and Naomi Smith.

Sandra Blair reminded members to fill out their State Project report. Phillips reported we received a thank you note from Ronald McDonald House for all the tabs we donated. Members signed thank you cards for the sponsors for A & R Day.

Wilma Davenport motioned to take money from our treasury to pay for the food for the Firefighter meal on July 31. The motion was approved. Hobbs reminded members all clubs are meeting in the Magnolia Room to make santi panties, with materials needed for the project.

Our next meeting will be Aug. 16 at the Fisher House. We will meet at 10 a.m. at the Centertown United Methodist Church. Bandy gave members a list of items needed by Fisher House.

There was discussion regarding the meal our club will be providing for the Sept. 24 County Council meeting. Members signed up to work at the Country Store during the fair.

After the Club Creed was read, the meeting was adjourned.

BEST WISHES

Southern Standard readers are invited to extend happy birthday and anniversary best wishes to friends and loved ones through this weekly column. Please submit your messages by our noon deadline each Thursday. No more than three wishes to any individual, please.

July 31 – Happy birthday wishes to Allison Stiles. Love, your family and friends.

Aug. 1 – Violet Mason, happy birthday to a wonderful lady who is loved by many. May you have a blessed day. We love you.

Aug. 3 – Mary Ellen Ware, happy birthday wishes to a great lady.

ANNIVERSARY WISHES

July 27 – Happy 50th Garry and Helen Gillentine. Love, Ashley, Seth, Greg and Buffy.

Aug. 2 – Happy anniversary Kyle and Kristi Jones.



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