

Join the 'Eat Smart, Live Strong' program

You are invited to join the UT TSU Extension Office for the upcoming Eat Smart, Live Strong series. Enjoy fun and lively activities with other adults. Talk about smart food choices and exercise more. Learn how you can eat smart and live strong.

The Eat Smart, Live Strong program is free and open to all eligible persons regardless of race, color, national origin, age, sex, disability, religion or veteran status. It is designed for older adults, however, all adults can benefit from this interactive pro-

gram.

There will be four sessions held during the month of July. Class time is 9:30 a.m. and each session will last approximately one hour. Scheduled dates are Tuesday, July 3 and 10; Monday, July 16, and Thursday, July 19. Please pre-register for the class by Friday, June 29 by calling 473-8484 or sending an email to hlytle@utk.edu.

This program is a series of four lessons to promote the following behaviors:

- Eat at least 3½ cups of fruits

and vegetables per day

- Participate in at least 30 minutes of physical activity most days of the week.

Details are as follows: Each session will include brief physical activity opportunities and participants will learn about different exercises that can be done at home.

SESSION 1 – Reach Your Goals, Step by Step – Review the amount of fruits and vegetables needed as appropriate for their age, activity level, and gender. Goal setting and tracking achievement

is encouraged.

SESSION 2 – Challenges and Solutions – Numerous suggestions are offered to help adults adapt their eating and physical activity behaviors to reach their goals. Also covered is working with your health care providers for support.

SESSION 3 – Colorful and Classic Favorites – This class will focus on updating classic recipes by adding fruits and vegetables and making simple adaptations to familiar dishes.

SESSION 4 – Eat Smart, Spend

Less – Class designed to help participants become aware of food purchasing options, cost comparisons and nutrition assistance programs if needed.

Participants are encouraged to attend all four sessions to reinforce fruit and vegetable consumption and physical activity. Again, please pre-register by Friday, June 29.

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

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.

June 21 – Happy birthday Garrett Thurman. Love, Granny.

June 25 – Happy birthday Tina Brown. Love, Marlene and Jimmy Young.

June 26 – Happy birthday wishes to Jacklyn Brown. Love, Mom.

June 28 – Birthday wishes to a sweet lady, Edna Delaney Panter. Love, your family and friends.

ANNIVERSARY WISHES

June 29 – Happy anniversary Bobby Wayne and Lou-Shawna Scott.

Red Cross looks to fill 'Missing Types'

As part of an international movement, the American Red Cross is launching the Missing Types campaign to recruit new blood donors – and those who have not given recently – to ensure life-saving blood is available for patients.

During the Missing Types campaign, the letters A, B and O – the main blood groups – will disappear from brands, social media pages, signs and websites to illustrate the critical role every

blood donor plays. When the letters A, B and O vanish from everyday life, the gaps are striking. And when A, B and O blood types are missing from hospital shelves, patient care could be impacted.

“Unfortunately, blood shortages still happen and the number of new Red Cross blood donors is shrinking each year,” said Cliff Numark, senior vice president, Red Cross Blood Services. “That’s why the Red Cross is ask-

ing those who have never donated blood and those who haven’t given in a while to make a lifesaving donation. You are the missing type patients need.”

Don’t wait until the letters A, B and O go missing from hospital shelves. Join the #MissingType movement today – make an appointment to give blood by visiting RedCrossBlood.org/MissingTypes, using the Red Cross Blood Donor App or calling 1-800-RED CROSS (1-800-733-2767).

A recent survey, conducted on behalf of the Red Cross, revealed a troubling disconnect between the public’s perception of blood donations and the realities of patient transfusion needs.

- Three-quarters (74 percent) of the public underestimate how frequently blood transfusions occur. Most people perceive blood is needed in the U.S. every 15 minutes or even every hour or two hours when in fact, every two seconds, someone in this country needs blood.

- Nearly half of the public (45 percent) know someone who has been helped by a blood transfusion. Yet only three percent of the U.S. population donates each year.

- More than one-third (35 percent) of the public has never considered that blood may not be available when they or a loved one need it. Blood shortages are not uncommon in the United States and can only be prevented when more people roll up a sleeve to give.

- More than half (53

percent) of the public believe they need to know their blood type to donate. Good news – Potential blood donors do not need to know their blood type before giving blood. After individuals give blood, the Red Cross provides each donor their blood type. By joining the #MissingType movement, donors can find out their blood type this summer.

A blood drive will be held at Caney Fork Electric, 920 Smithville Highway on June 26 from 2 – 6 p.m.

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood.

High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Donation appointments and completion of a RapidPass are encouraged to help speed up the donation process. RapidPass lets donors complete the pre-donation reading and answer the health history questionnaire online, on the day of their donation, by visiting RedCrossBlood.org/RapidPass from the convenience of a mobile device or computer, or through the Blood Donor App.

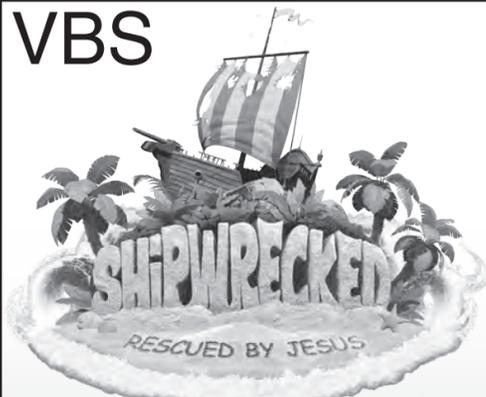
Cultural exchange



Margaret Hobbs photo

Children are never too young to learn about different cultures and traditions. Mustard Seed Nursery School children and teacher, from left, Linlee Taylor, Ava Lilienthal, Courtney Bonner and Abi Stacey enjoy participating in an origami session. Sharing information about Japan are, from left, Ena Yasunaga and Misa Jefferson. Yasunaga will attend school here one more year before returning to Japan, and Jefferson is a Warren County High School graduate, and who will be attending college in Colorado.

VBS



June 24-29th
5:30-8:00PM

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PRE-REGISTER NOW

Customer Appreciation Day

Continued from page 1C

“I do enjoy reading the comic strips,” said Henry. “They make me laugh, and I feel that is something we all need.

Laughter is good for us.” She has retired from the local employment office, and remembers coming over for Banana Day when her work office was located downtown.

“It seems like this one is better than ever,” said Henry. “I enjoy coming every year to take advantage of the subscription discount and to get a banana split.”

Even though the *Standard* staff doesn’t usually deliver banana splits, an exception was made this year with a special delivery to Riverview Terrace residents. It was the brainchild of resident Bill Spray once he heard about the activity.

“I thought it would be fun for all of us to get to enjoy a banana split,” said Spray. “And it was very nice of you folks to bring them to us.”

Visitors could also register for giveaways. Winners of the various prizes include: Pennie Norris, gas grill; Jimmy Haston, cooler; Richard Mann, ice cream maker; Paul Lowman, 6-month subscription; Dolores Adcock and Faye Talbert, 3-month subscriptions.



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