



Marcus Byler has opened 4 Corners Bulk Food in Jacksboro at the corner of Shelbyville Road and Jacksboro Road. The general store offers all kinds of food and ingredients. It will open a deli in the coming weeks.



Located in the Jacksboro community, 4 Corners Bulk Food provides a horse-friendly environment. The business is closed Wednesdays and Sundays and opens at 8 a.m. the other five days of the week. The phone number is 939-5093.

Business Pulse

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There are also 40 climate-controlled units for people who want to ensure their spare sofa stays in air-conditioned comfort.

Scot says alarms and cameras are on premises to keep personal items as secure as possible.

If you're thinking about moving to a new home or office, McMinnville Moving and Storage is poised to help make the task as painless as possible. The business can be reached at 473-2805 or online at mcminnvillemoving.com.

STORE RETURNS TO JACKSBORO

It's not often a new store opens in Jacksboro. So when 4 Corners Bulk Food recently opened its doors, nearby residents have been quick to shop there.

"The reaction so far has been real supportive," said owner Marcus Byler. "The people who have come in are excited we're open."

The store is located at the corner of Jacksboro Road and Shelbyville Road. There aren't many other merchants in the vicinity with Centertown and Morrison serving as the next closest spots to buy chips and Dr Pepper.

The building was formerly used for mini storage and Marcus is in the process of removing all the individual rooms and making one giant grocery area. He estimates he's about two weeks away from completion.

"We're going to have coolers along the back and we'll have a deli. The deli is actually getting here today," said Marcus on Friday. "We're

also going to serve ice cream, both hand dipped and soft serve."

One way to get my immediate attention is with soft serve ice cream. Yum!

4 Corners Bulk Food is open in limited capacity but there's still plenty of merchandise available. Marcus says mainstay items are flour, sugar, oatmeal, spices, dairy and cereal. There are also snacks and cold drinks. Meats and cheeses are on the way soon.

"I have relatives who have operated stores similar to this one so we're not coming into this without some experience," said Marcus. "My daughter Kristina is going to have a corner dedicated to fabric because she's always been into sewing and makes her own dresses."

Marcus says fresh produce comes from nearby members of the Amish community and is being sold at his store. 4 corners is horse friendly with a hitching post out front under shade trees.

Marcus has a ready-made workforce from his family alone. He has eight children, six boys and two girls, ages 23 to 7. He chuckled at the idea of staggering shifts among family members and staying open 24 hours a day. 4 Corners Bulk Food is closed on Wednesdays and Sundays. It opens the other five days of the week at 8 a.m. and stays open till 5 p.m. every day except Saturday when it closes at 3 p.m. The phone number is 939-5093.

CINDY READY FOR HER SWANSONG

Cindy J. Swann will put the finishing touches on a distinguished 46-year banking career on Friday when



Barbara Cook uses an anti-gravity treadmill to exercise Friday at McMinnville Physical Therapy with the help of technician Breanna Basham. The revolutionary treadmill allows people to walk or run while relieving the pressure of as much as 80 percent of their body weight.

she retires from First National Bank of Middle Tennessee. A reception will be held that day in her honor from 11 a.m. to 2 p.m. in the lobby of corporate headquarters on Main Street.

"I'm the bank's first female executive vice president so I hope I'm opening the doors for other ladies behind me," said Cindy in reminiscing about her career. "One of the things I always associate with our bank is community involvement. When we do things, we're fortunate to have so many employees who participate. It's a chance for people who work at different locations and otherwise don't have a chance to see each other to

come together."

Cindy mentioned the popular Father-Daughter Date Night and Main Street Live as two community programs where bank employees are especially active. She said some retired employees even chip in at Father-Daughter Date Night because the event is so enjoyable.

As for her career, Cindy says the tremendous growth of First National is one thing which comes to mind. The bank has expanded with two full-service branches in Murfreesboro and another one in Shelbyville. There are five locations in Warren County and about 130 total employees.

One of her main functions is to serve as corporate secretary where she works closely with the 13 directors on the bank's board. She says the job has kept her interest over the decades because she has worked in so many different departments.

"I've really enjoyed learning all the different aspects of banking," said Cindy.

As for her plans after this Friday when she waltzes out the door and embraces retirement, Cindy says it will mainly be enjoying life more without the rigors of a daily work schedule.

"As far as traveling the world, no I'm not going to do that," said Cindy. "We'll do a couple trips here and there, but the main thing will be spending more time with family."

If you'd like to wish Cindy farewell, stop by First National Bank on Main Street this coming Friday.

McMinnville Physical Therapy has a new piece of equipment for you.

It's an anti-gravity treadmill that allows for exercise without putting a strain on your lower body.

"This is like walking in a pool without the resistance from the water," said Barbara Cook, who gave the anti-gravity treadmill a try Friday morning. "This is an awesome machine. It feels like you're walking on air."

The treadmill works by strapping the user into a giant bubble that takes weight off the lower body. Up to 80 percent of your body weight can be removed during exercise.

The machine is touted as a great fit for anyone with chronic pain or anyone coming off hip or knee replacement surgery. It can also help people return to action coming off ACL surgery or foot surgery.

In the case of Barbara, she was simply dropping off garbage at the dump when another vehicle failed to stop. She was pinned between her car and that vehicle which caused severe lower-body injuries.

Barbara was able to walk on the anti-gravity treadmill with the machine removing just 20 percent of her body weight. The treadmill also has the latest gadgets and shows how weight is distributed on each foot. There's also a camera that focuses on the feet so you can monitor your gait.

The anti-gravity treadmill is a fascinating piece of equipment that's now available at McMinnville Physical Therapy on South Chancery Street. If you'd like to find out more about it, call 474-7755.

THAT'S ALL FOLKS

May your Independence Day be filled with baked beans and sack races. Call 473-2191 with business tips.

NEW TREADMILL DEFIES GRAVITY

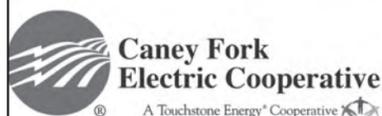
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