

Sunday, February 11, 2018

Deciding whether to embrace change or keep everything the same will be your dilemma this year. Think about how things unfolded in the past before you forgo trying something new. Sometimes, adjusting to fit current trends, lifestyles or economic markets is what's required. Don't fear the unknown when you should be exploring it. AQUARIUS (Jan. 20-Feb. 19) -- If you offer suggestions that will encourage positive

change, you will make a difference. When helping others, you will discover something that will be of personal use.

PISCES (Feb. 20-March 20) -- You've got the discipline, insight and determination to see matters through to the end. Don't give up when you should be getting started Romance will improve a relationship with someone special.

ARIES (March 21-April 19) -- You'll have to rely on your knowledge and experience to guide you if you encounter someone using manipulative tactics. Question any proposed changes that you feel may jeopardize your reputation.

TAURUS (April 20-May 20) -- Make travel plans or sign up for a seminar that will raise your awareness about what's available to you. It's time to change your direction.

GEMINI (May 21-June 20) -- Financial growth should be your priority. Invest in some thing that will give you a tax break, or save for something you'd like to pursue in the future

CANCER (June 21-July 22) -- Your emotions will lead to interesting decisions regarding your lifestyle, relationships and professional goals. An opportunity will arise if you attend a function with people from unusual backgrounds.

LEO (July 23-Aug. 22) -- Look over your personal papers and bank accounts. Adjusting your spending habits or looking for low-risk investments will encourage greater stability that will help you reach your financial goals.

VIRGO (Aug. 23-Sept. 22) -- If you share your ideas with the people you love, togethe you will come up with a plan that will encourage good relationships and a better future LIBRA (Sept. 23-Oct. 23) -- Socialize with people you find uplifting and avoid those who bring you down. Make choices that are healthy and lead to positive changes. Walk away from bad habits.

SCORPIO (Oct. 24-Nov. 22) -- You'll figure out the best way to move forward. You insight and originality will bring you closer to a dream you've wanted to accomplish fo some time. Romance is on the rise.

SAGITTARIUS (Nov. 23-Dec. 21) -- Aggressive behavior will be met with opposition. You are best off using your intelligence if you want someone to compromise or bend to you way of thinking.

CAPRICORN (Dec. 22-Jan. 19) -- Review your past and reconnect with people you haven't talked to in a long time. A reunion will be uplifting and will encourage you to revisit old interests. Bomance is in the stars

Monday, February 12, 2018 You cannot fix the world, but you can make personal and lifestyle changes that will help

conquer your stress. Aim to be more practical and to use common sense when dealing with people who don't share your agenda. Change begins within. Follow the path that suits you best.

AQUARIUS (Jan. 20-Feb. 19) -- Helping others may make you feel good, but make sure you don't overdo it. Someone will overreact if you are too demanding or judgmental. PISCES (Feb. 20-March 20) -- Personal information you share will improve your position and reputation. Participation will encourage deeper beliefs and stronger connections



Lisa Hobbs photo

Who doesn't love free? Every student in the school system will receive a water bottle thanks to a grant obtained by the Warren County Health Department. Morrison Elementary School students received theirs Friday. Pictured, from left, are Liliana Monzon, Lilian Boehm, Jillian Boehm, Cheyenne Doba, and Amilya Smith.

Water bottles

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The stations were purchased through the Tennessee Clean Water Network using Healthier Tennessee grant funds. Centertown Elementary has a water bottle refill station that its PTO installed. Additional funding is being sought for the remaining schools.

"We hope this is one step that will help our students make the healthy choice the easy choice," said Railling.

School nurse Patricia Hiner says some students are already taking healthy steps at Morrison Elementary.

"We started a walking club this school year," said Hiner, of herself, Railling and teacher Angie Childers. "It's for students in grades 3-8 and gives them the opportunity to increase their physical activity and learn more about health. We meet once a week and walk in the back parking lot. If the weather is bad, we walk inside."

Five students have exceeded five miles since the program started.

The school does not have a dedicated walking track. Railling says she's attempting to change that.

"I have applied for an Access to Health Through the Build Environment Grant from the Tennessee Department of Health to build a walking track here, as well as one at Centertown Elementary and Eastside Elementary," Railling said. "If funded, these tracks would provide physical activity opportunities for our students, staff, families, and the entire community. We will hear in March if we were funded or not."

In addition to helping students choose water over a sweetened beverage, the reusable plastic bottles also help with conservation efforts.

Statistics indicate the United States uses over 17 million barrels of oil to create upwards of 50 billion disposable plastic water bottles every year. Only 1 out of 5 are property recycled. Reusable water bottles help to reduce waste.

OBITUARIES



Bobby Gene Cantrell, 84

Mr. Bobby Gene Cantrell, 84, of McMinnville died Thursday, Feb. 8, at Saint Thomas River Park Hospital. He was born January 24, 1934, in McMinnville, TN, served his country in the U.S. Army, retired with the

maintenance department of the Warren County School System, and was a member of the Bybee Branch Church of Christ. Mr. Cantrell was preceded in death by parents Charles Dewey and Bettie Elizabeth Donnell Cantrell and brothers Charles Everett Cantrell and Cecil T. Cantrell.

Survivors include his wife of 58 years Carolyn Cantrell of McMinnville, son Bobby G. Cantrell, Jr. of McMinnville, and daughter Charlotte Cantrell Heffington of

Dowagiac, Michigan, 3 grandchildren, and several great-grandchildren, and several nieces, nephews, and friends.

Funeral service will be at 2 p.m. Tuesday, Feb. 13, at Bybee Branch Church of Christ. Bro. Bob Bonner and Bro. Tony Lawrence will officiate. Interment will follow at Mt. View Cemetery. The Cantrell Family will receive friends from 4:00 PM until 6:00 PM Monday and again from 11:00 AM until 12:30 PM Tuesday at the parlors of McMinnville Funeral Home. Online condolences may be made at www.mcminnvillefuneralhome.com.

McMinnville Funeral Home is in charge of arrangements.

Southern Standard (McMinnville, Tenn.) Feb. 11, 2018

Emma "Jeanie" Leonard Nelson, 81

Emma "Jeanie" Leonard Nelson, 81, a McMinnville resident and Athens, Ohio native, was born March 3, 1936 and died Feb. 9 at her residence following a brief illness.

She was a homemaker and daughter of the late Mike and Glenola Knight Leonard. In addition to her parents, she was preceded in death by husband, Wesley Cantrell Nelson; sons Michael Nelson and Jimmy Leonard; and brothers Bob, Jack and Benny Leonard.

Mrs. Nelson is survived by daughter Brenda Norris of McMinnville; sister Dorothy Dilly of Ohio; three grandchildren, Heather Hendren of Manchester, Megan Nelson of Florida, and Tyson Norris of McMinnville; seven great-grandchildren, Wesley, Kinzie, Bailey and Lilah Johnson, Alexia and Chayanne Nelson and Easton Norris.

The family will hold a private graveside service at a later date. Online condolences may be made at www. highfuneralhome.com.

High Funeral Home is in charge of arrangements. Southern Standard (McMinnville, Tenn.) Feb. 11, 2018

Melba Lucille Turner, 86

Melba Lucille Turner, 86, a Warren County resident and native, was born Jan. 2, 1932 and died Feb. 9 following an extended illness.

She was a breast cancer survivor of 29 years, retired employee of Oster and Genesco, member of Shellsford Baptist Church and daughter of the late Clarence Merle and Emma Brown Dodd Hawkins. In addition to her parents, she was preceded in death by husband Irving Andrew Turner; and sister Mamie Pedigo. Mrs. Turner is survived by daughter and son-in-law, Donna Kay and Pete King; two grandchildren and spouses, Sandra and Justin Bryan, and Clint and Brittany King, all of McMinnville; four great-grandchildren; sisters and brothers-in-law, Dorothy and James Burch, June and Bobby Moore, Olivia and Teddy Boyd, and Ruby Williamson, all of McMinnville; brother and sister-inlaw, C.J. and Tammy Hawkins of McMinnville; and several nieces and nephews. Funeral service will be at 1 p.m. Monday at High's Chapel with Bobby Moore to officiate. Interment will follow at Smyrna Cemetery. Visitation will be 3 to 9 p.m. Sunday, and 10 a.m. Monday until the time of service at High's. Online condolences may be made at www.highfuneralhome.com. High Funeral Home is in charge of arrangements. Southern Standard (McMinnville, Tenn.) Feb. 11, 2018



Don't argue to prove your point; just do your own thing.

ARIES (March 21-April 19) -- Watch your back. Concentrate on whatever will help you advance. An inevitable change should be handled openly and objectively. Take the initiative and live up to your expectations.

TAURUS (April 20-May 20) -- Look for alternatives instead of overreacting to a situation that arises. Don't feel the need to make a move before you have heard all the facts Focus on taking care of your responsibilities.

GEMINI (May 21-June 20) -- Do things properly the first time to avoid getting into a bitter dispute over a lack of detail and precision. Intelligent ideas are only favorable i they are affordable

CANCER (June 21-July 22) -- Keep moving until you reach your destination. The momentum you build will help you outmaneuver anyone trying to compete with you. A unique twist to an old idea will come in handy.

LEO (July 23-Aug. 22) -- Size up what everyone else is doing and what's available to vou. Make choices based on what you can handle mentally, financially and emotionally before you sign up

VIRGO (Aug. 23-Sept. 22) -- Network with peers to gain a different perspective on the latest trends. Keeping up in areas of interest will give you a better idea of what you'l have to do to be competitive

LIBRA (Sept. 23-Oct. 23) -- Refuse to give in to emotional criticism. Know what you are capable of, and follow through with your plans. Don't limit your chance to get ahead o make a difference

SCORPIO (Oct. 24-Nov. 22) -- Spend more time on personal growth and changes that make you feel good about your appearance. Associations with people you find trust worthy and reliable will help you make better choices.

SAGITTARIUS (Nov. 23-Dec. 21) -- Protect against injury or insult. Don't share with people you don't know well or aren't sure you can trust. Live within your means and avoid indulgent behavior.

CAPRICORN (Dec. 22-Jan. 19) -- Rely on your intuitive senses to help you make the right choice when it comes to personal money matters, contracts or legal concerns Physical changes are encouraged.

Tuesday, February 13, 2018

What you do and how you handle others will make a difference this year. Maintaining balance. integrity and fair play will encourage others to buy into what you are trying to accomplish. Sticking to the facts and venerating moderation will bring good results. Do your own thing.

AQUARIUS (Jan. 20-Feb. 19) -- Refrain from getting involved in someone else's plans Overspending or trying to keep up with your neighbors or friends is not favored. Live within your means

PISCES (Feb. 20-March 20) -- Impulsive behavior will not serve you well. Take a wait and-see approach to deals that sound too good to be true. Know what you are up against before you decide to argue.

ARIES (March 21-April 19) -- Making an impulsive decision in an emotional situation wil lead to regret. Wait to see how things unfold before you make promises or take action Know your boundaries.

TAURUS (April 20-May 20) -- Evaluate partnerships carefully to find a way to equalize your position without upsetting the dynamics of a relationship. Change can be good when it enhances what you are trying to achieve.

GEMINI (May 21-June 20) -- Business trips, meetings and negotiating on your own behalf are favored. Present what you have to offer, but don't embellish the results you are hoping to achieve.

CANCER (June 21-July 22) -- Take a practical path. Trying to do the impossible will leave you looking bad. Using what you already have and being resourceful and bud get-conscious will be rewarded.

LEO (July 23-Aug. 22) -- Get work responsibilities out of the way without complaint to avoid criticism. Gauge the time spent and make sure you are receiving enough in return to make it worth your while.

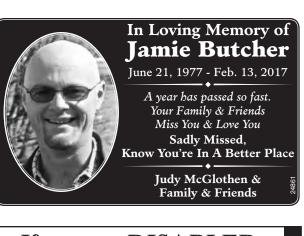
VIRGO (Aug. 23-Sept. 22) -- Don't let confusion lead to a messy argument. Lister carefully and follow instructions to avoid making a mistake. Hard work and diligence wil pay off. Personal improvements are favored.

LIBRA (Sept. 23-Oct. 23) -- Use your intelligence to convince others to recognize the value in what you are trying to do. Don't back down when you should be moving forward SCORPIO (Oct. 24-Nov. 22) -- It will be difficult to hide your emotions. Try not to ge upset by what others do or say. Focus on creative endeavors and personal changes Accept the inevitable

SAGITTARIUS (Nov. 23-Dec. 21) -- Look over personal papers and make sure you have everything in order. New tax credits should be looked at carefully. Stick to the rules and regulations to avoid bureaucratic problems.

CAPRICORN (Dec. 22-Jan. 19) - Fraternize with people who can help you get ahead Don't be afraid to be different or to offer a perspective that will make others engage in your conversation.





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