

Easter

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"We are going to examine 'I am' sayings found in the Gospel of John," explained Rev. Vann. "Jesus said, 'I am the resurrection and the life' and we're going to explore how we can see resurrection in our own lives. It's a different way of living and we will

see how Jesus has changed our lives even if we can't always explain it."

On Saturday, First Baptist Church held a Road to Resurrection walk-through tour beginning with the entry into Jerusalem and ending when Jesus was resurrected. Tammy Trembley, director of childhood min-

istries at the church, said a special interactive Easter service will also take place with a band and choir leading worship.

"Last year, we had over 600 in attendance," said Trembley. "Pastor Dr. Jeff L. Owens will be presenting a lesson called 'God Still Rolls Away the Stones.'"



Easter Buffet

**Sunday,
April 1
10:30am-3pm**

Baked Ham, Chicken & Dressing, Chicken Tenders, Vegetables, Dessert & More!

Enjoy a traditional Easter feast with friends and family and leave the preparations to us.

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Lakelyn Bouldin is shown coming down the home stretch in last year's Generations Color Run at McMinnville Civic Center.

Add dash of color to your 5K in May

BY **LISA HOBBS**
Reporter for the Southern Standard
(McMinnville, Tennessee)

McMinnville officials have approved a little

color on city streets.

Generations Gaither's Group has been given permission to hold its annual 5K Color Run fundraiser on May 12 from 7:30 to 10 a.m. The event, held around the Civic Center, benefits Generation's three group homes.

"A color run involves color being thrown on participants as they cross mile marker 1 and 2, as well as at the end. The color/paint is made from corn starch and washes off without staining," said Melissa Brown, executive director of Generations Campbell Lodge/Wood House. "We have an individual lined up to come immediately following the race to spray the street area to ensure all color is removed."

The group homes, Campbell Lodge, Kolton Wayne, and Wilma, spon-

sor the event.

"We do fundraiser to raise money for our client's activities fund which allows us to take our clients on activities such as the zoo, movie theater, aquarium and also purchase gifts for each client for Christmas," said Brown. "More importantly, without these fundraisers our clients would not be able to get much-needed dental and vision done as well as pay co-pays on their medications."

Generations Color Run attracted more than 70 competitors.

Last year's event attracted approximately 70 runners with a need to be doused for a good cause.

Signups for this year's event can be made online at <https://runsignup.com> until May 10. Entry fee is \$25.

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ARE YOU JUST EXISTING? OR ARE YOU LIVING? ONLY \$15.00 TO ANYONE WHO IS SICK AND TIRED OF HURTING OR OF BEING SICK AND TIRED OR BOTH

My name is Dr. Rickey Hurst. We are celebrating our 11th year at 330 Towles Ave. (across the street from Bobby Ray Elementary) and our 33rd year in McMinnville!!!

I have agreed to "give away" (to anyone who asks for it) \$210.00 of my services for only \$15 - that's right, \$15.

I'd like to introduce even more people to the many benefits our profession has to offer.

For instance, chiropractic care may be able to help you if you're suffering from any of the following conditions:

- Migraines
- Headaches
- Lower back pain
- Numbness or soreness in your arms or legs
- Constant fatigue; lack of energy
- Muscle spasms, sprains & strains
- And a whole host of other problems ranging from dizziness to foot pains.



These symptoms can be caused by misalignments of the vertebrae in your spine known as "subluxations". These misalignments directly affect your nervous system's communication.

Fortunately, if you are suffering from any of these problems, or similar afflictions, right now, they can be relieved or eliminated by proper chiropractic

treatment (commonly called an adjustment).

So if you've always wanted to "check out" chiropractic care and see what it can do for you, now is the best time to do so.

What does this offer include? Take a look at what you will receive...

- An in-depth consultation about your health.
- A complete chiropractic spinal examination.
- A full set of specialized X-rays to determine if a misalignment in your spine is causing your pain or symptoms...(NOTE: these would normally cost you at least \$180.00.)
- An analysis of your X-rays and spinal exam to see what needs to be done to help relieve your problem.
- Answers to all your questions about chiropractic care and what it can do for you...

The appointment will not take long at all. And, like I said, I normally charge \$210.00 for this (most of which just covers the full set of X-rays). But for now, as part of this special offer, you can come in and find out for certain if you need chiropractic care and how it might help you eliminate the pain you are feeling.

Before you come in, though, you will probably want to know a little bit about me. So let me tell you...

I graduated from the prestigious Logan College of Chiropractic (St. Louis, MO.) in 1981, where I received recognitions of merit (Dean's list) twice. I passed the National Board of Chiropractic Examiners extensive tests on the first try. I also have 38 years of clinical experience in musculoskeletal and nutritional problems. I

have been (and still am) happily married for 40 years to Maggie Ann Hurst. I have one son, Paul; two daughters, Amy & Sarah; one daughter-in-law, Kara; one son-in law, Micah; and five GRAND-children so far. (Conner, Gracie, Lauren, Caleb & Alyssa)

Does Chiropractic Really Work?

Absolutely!!! The following is just one of **MANY** studies that prove the effectiveness of chiropractic:

Chiropractic For Back Pain - U.S. Agency For Health Care Federal Medical Study Policy And Research

Dec. 8, 1994 - A panel of 23 doctors headed by Dr. Stanley Bigos, M.D., professor of Orthopedic Surgery, studied 3900 medical articles on low back pain. Their conclusions were that "chiropractic manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine, back braces and ultrasound." **Surgery was beneficial in only 1 out of 100 cases!!!**

Would you like even more proof that chiropractic works? Then listen to these comments from some of my patients...

Patient Success Stories

For years I have had a LOT of neck and lower back pain. I couldn't even stand over a stove to cook without being in pain. My back pain seemed to get worse after I had an epidural in 2010 while I was giving birth to twins... I just had to take pain meds (they helped a little) and lay down. I couldn't do much with my kids or have a garden anymore. I am so glad I went to see Dr.

Hurst!!! I actually enjoy going to the doctor!! I feel great after my adjustments! I can enjoy life again! I can do yard work and have a garden now! I can play outside with my kids! I'm so thankful for Dr. Hurst. He changed my life!

Mrs. Jamie Harbin

I've had low back pain off and on for the last 25 years and it flared up again a week ago. My left leg was also hurting down to the ankle. The pain made it hard to do anything, including work. It was interfering with my sleep too. Dr. Hurst put my spine back in alignment and I am no longer in pain! **Without drugs!!** Now I don't have to take those pain pills, muscle relaxers and steroids! Dr. Hurst even got rid of my acid reflux by working on my hiatal hernia! I think he's a great doctor and I wish more people would go to see Dr. Hurst instead of taking some kind of drug!

Karen Hankins

For at least 30 years I suffered from allergies to all furry animals. I tried allergy pills. I used medicine cream for itchy skin. I avoided animals. I still had allergies to animals including my dog and cat. I let my children keep a dog and a cat because they loved them so much. I learned that Dr. Hurst knew a technique that got rid of allergies without a bunch of painful shots! Dr. Hurst made the allergy go away! Dr. Hurst is always, always patient and caring toward my whole family. Now I don't have to put up with itching arms and eyes when I get around furry animals! I ALWAYS recommend Dr. Hurst to anyone. He has worked "magic" on my whole family!

Cristy S. Frasier

Guarantee of Great Service

Obviously, I can't guarantee results. No one can. But there is one guarantee I can give you and that is a guarantee to give you my very best effort.

Plus, if I don't think I can help you, I will tell you and refer you to another specialist who might be able to help.

Limited Time Offer

Obviously, with an offer like this, I can't afford to do it for very long, so I picked **April 2nd through April 16th, 2018.** If you would like to take me up on my offer to see what chiropractic can do for you, all you have to do is call our office and set up an appointment. **For your discount on your first visit be sure to mention this ad you saw in the newspaper.**

PHONE 473-7805

Call this number only. Tell Sarah you would like to come in for the Special Introductory Examination between April 2 and April 16, 2018.

I expect to get flooded with appointments for this event, so please call as soon as possible to be sure that you do not miss out.

Thank you very much, and I look forward to trying to help you get rid of your pain or problem so you can start living a healthier, happier and more productive life!

**Sincerely,
Dr. Rickey Hurst**

**HURST
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