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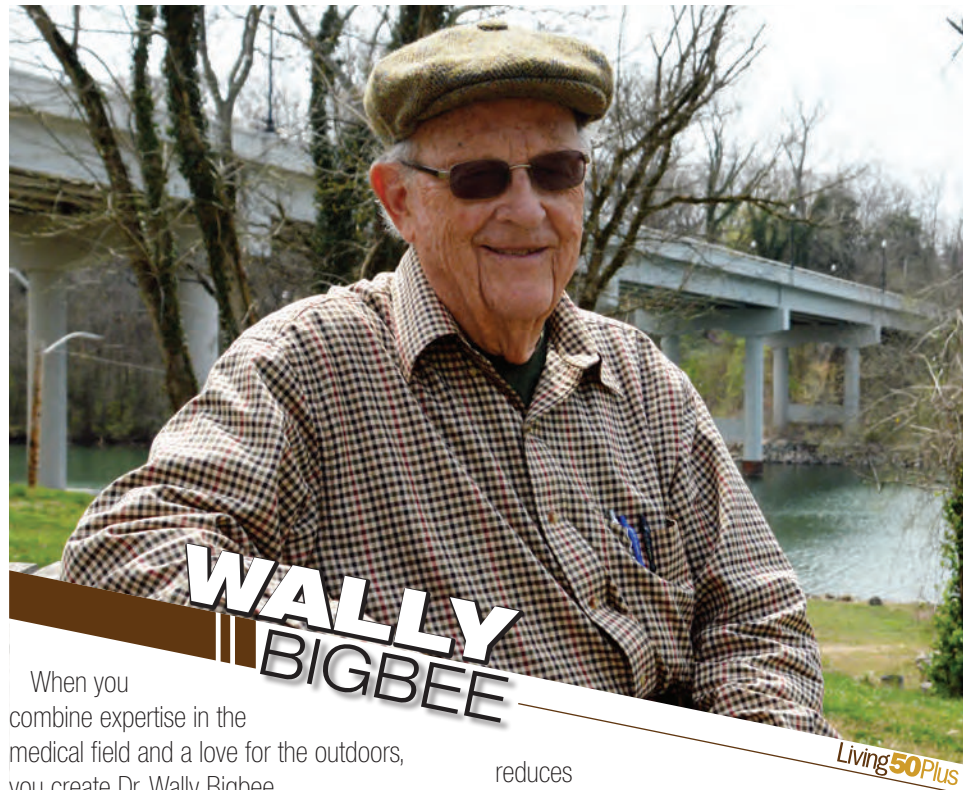
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When you combine expertise in the medical field and a love for the outdoors, you create Dr. Wally Bigbee.

"Part of the prescription to reduce weight is to take walks, runs, be active," said Bigbee. "These are activities that are readily available to all of us and it's free. It doesn't cost anything to go for a walk. We need to get people outdoors. I'm greatly concerned because Tennessee has among the least active people in the nation and our nation is among the least active in the world."

Bigbee, who moved to McMinnville in 1960 with his family, was a family practitioner until his retirement in 1998. He has been active in building and maintaining trails in Warren County, Cardwell Mountain, Rock Island, Cumberland Trail, Short Springs, Edgar Evins, Tims Ford, Old Stone Fort and Short Springs Natural Area.

"At this time, we're working on establishing a walking trail that connects Rocket Park to Ramsey Park along the Barren Fork River. It's a dirt path. Hopefully in the future it will be like our greenway connecting Riverfront Park to Pepper Branch Park. Congratulations to city administrator Bill Brock and the city board in continuing the sidewalk project which helps people get to these places. Members of the city board have always been supportive in establishing trails."

The American Heart Association recommends 30 minutes of exercise five times a week and a muscle-resistant exercise such as weight lifting two times a week.

"You can see significant health improvement with just 30 minutes of exercise a day. People who exercise regularly are less likely to have brain dementia at older age. Regular exercise

reduces the risk of heart attack, stroke, diabetes, depression, and several cancers. You have got to keep moving. It's helpful to be active with your friends and belonging to worthy organizations."

Bigbee has been a member of numerous worthy organizations over the years and continues in several at this time. Noon Rotary is among those, and members donate time and material to Warren County Habitat for Humanity.

"I have helped on about 20 of the 30 Habitat houses that have been built in McMinnville. In helping others, you help yourself. Volunteering reduces stress, combats depression, keeps you mentally stimulated and provides a sense of purpose. Volunteering makes you feel valuable and part of a team."

He is also a member of the Silver and Gold Band, an active member of First Baptist Church McMinnville, and active in Boy Scouts of America.

"I've been active in Boy Scouts of America for over 48 years. That organization is the best citizenship development program in the nation. It teaches them values, builds character and develops personal fitness, among other things. It's a wonderful organization."

Bigbee and his wife, Pat, spend their leisure time walking in the woods, looking for wild flowers, camping, and "a bit of leisurely motor boating."

If you want to become a volunteer, call Bigbee at 473-5968.