


Sounds of the season




"ACCENTS OF PRAISE," from left, Rachel Isbell, Eric Isbell, and Lori Simmons prepare for their first performance at Country Christmas' concert fundraiser. Wayne Jerrolds, right, practices days before his 25th Country Christmas performance. Pictures and brief biographies of other performers scheduled for the upcoming concert series have appeared in previous issues. Read full story on 1A.

Just for SENIORS



See more events on the Events Calendar at www.courieranywhere.com.

Hardin County Senior Center, 55 DeFord Street, will have the following: Lunch at 11 a.m. Call for reservation. Regular activities: Dominoes and Rook; exercise/walking each Monday, Wednesday and Friday; Mondays and Thursdays-arthritis exercise and education at 9:30 a.m.; ARP on Wednesday at 9 a.m.; educational classes; health screenings: BP checks; foot care clinic every third Tuesday Hospital Home Health. Second Tuesdays of month is "Wayne and Friends." Second Thursday of month is Dulcimer Club. Second and fourth Fridays are nursing home visits. For more information, contact the director, Trina Brown, at 925-2210.

McNairy County Senior Center, 408 Park Avenue, Adamsville (632-0302), will have the following events: lunch at 11:30 a.m. (Call for lunch reservation.) Regular events: Dominoes and Rook on M-T-F; Bowling, exercise class, nursing home visitations on Monday; Exercise class at Maximum Fitness Center on each Tuesday and Thursday; Flexible fitness on Wednesday; Walking Club at 8:30 a.m., educational classes, in-home visitations on Friday. Foot Care Clinic (toe nail trims) at 9:30 a.m. every second Tuesday. Health screenings: blood pressure clinic on the second Tuesday and third Wednesday.

Feed the Seniors, a boxed groceries program, is available every second Thursday of the month, at First Church of God, 680 E. Main Street, Savannah. Application must be made ahead of time. Call 607-9785, 925-5545 or 632-1063. Taking new applications.



TOP TEAM WINNERS for Walk Across Tennessee were, from left, Tiffany Brown, Brittany Middleton, Zachary Middleton, Lisa Taylor and Lora Sipes (Step N 2 It); Jona Wood, Jan Woods, Sharon Ross, Melissa Lawson (Chicks N Motion).

Tennesseans take walk across state

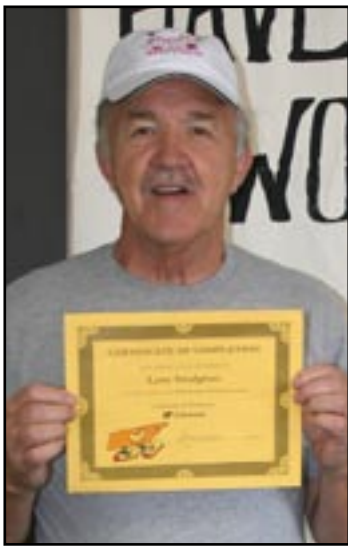
The University of Tennessee Extension sponsored the second annual Walk Across Tennessee program. For the past month, 20 teams have been competing against one another to see who walked the most miles during a four week period.

Over 10,200 combined miles were logged for the 20 teams. That is an equivalent of walking across the entire state 23 times.

During the month long event, participants were invited to Lunch-n-Learns each week to gain more knowledge related to health and fitness. Each participant was also given a package of educational materials and weekly newsletters.

Walk Across Tennessee ended with an awards luncheon on Nov. 10.

Awarded first place, walking 1,251 miles, was Chicks-N-Motion. Team members



TOP WALKER for UT Extension's Walk Across Tennessee was Larry Snodgrass.

included: Jona Wood, Sharon Ross, Melissa Lawson, Tammy Bishop, Barbara Tall, Dana McDonald, Jan Woods and Jeannie Hopper.

The second place team,

walking 1,150 miles, was Step N 2 It. Team members were: Lora Sipes, Terry Sipes, Lisa Taylor, Richard Taylor, Brittany Middleton, Tiffany Brown, Zachary Middleton and Clark Burkhart.

Team Aaron walked 1,140 and received third place. Team members included: Aaron Bell, Chris Bell, Kristie Bell, Billy McCullough, Wendi Nix, Carol Hunt, Ruthie Qualls and Tamara Davis.

Awards were also given to individual top walkers. Larry Snodgrass walked the most with a total of 225 miles.

Second place went to Lora Sipes with 214 miles and third place was awarded to Brittany Middleton with a total of 201 miles.

Contact the UT Extension office at 731-925-3441 for more information about Walk Across Tennessee or other UT educational programs.

News briefs

News from around the state as reported by The Associated Press

New Smokies toilets meets ADA, environmental needs

Visitors to the highest point in the Great Smoky Mountains National Park will find better toilet facilities next year.

The National Park Service has closed the Clingman's Dome Road as part of the winter routine. But during the winter, the old restrooms—built more than six decades ago by the Civilian Conservation Corps—will be replaced.

The agency said three sets of toilets that meet standards

of the Americans with Disabilities Act will be installed.

Park officials said the vault toilets also meet more stringent water quality standards; the old system was overwhelmed by increasing use.

Vault toilets have holding tanks that are periodically pumped.

Third torture slaying trial begins

The Knoxville trial of a third suspect in the torture slaying of a young couple began Tuesday.

George Thomas is being tried for the January 2007 slayings of 21-year-old Channon Christian and 23-year-old Christopher Newsom. The state is seeking the death penalty.

Thomas is the third person to be tried. Ringleader Lemarius Davidson was sentenced to death. Letalvis Cobbins, his brother, was sentenced to life without parole.

The trial of a fourth suspect, Vanessa Coleman, is on hold pending a pretrial appeal.

The victims were carjacked from her sport utility vehicle and later beaten and raped.

Newsom was shot and his body set on fire alongside some railroad tracks. Christian was stuffed into a garbage can where she suffocated.

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