

REVIVAL
 with Bro. Brenton Carr at
Victory Baptist Church
 Jan. 14th - 16th
 7PM Nightly
EVERYONE WELCOME
 Special Singing also by Bro. Carr
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MORNING FAX™

Today's News...This Morning

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Athens, Tennessee

Friday-January 11, 2013

State & Local News

◆ WOMAN SEVERELY BURNED IN HOUSE FIRE

An Englewood woman suffered severe burns in a house fire around mid-day Wednesday. The house is located in Monroe County, but has an Englewood address. The occupant--Hazel Dailey--suffered burns on her arms, chest, and head and was flown to the burn center at Vanderbilt. A neighbor, Perry Phillpott, spotted heavy smoke coming from the house. When he arrived, Mrs. Dailey was standing in the front doorway, her clothing in flames. He called 911. He and others tried to battle the fire with buckets of water until firefighters from Madisonville, Englewood, Notchey Creek, Gudger, Tellico, & Mt. Vernon arrived. (Photo by Jay Thomson)



NATIONAL & WORLD NEWS

◆ President Obama, former President George W. Bush, and future former presidents and their spouses will have lifetime Secret Service protection, made possible by a law signed into law by the President on Thursday.

◆ Gov. Nikki Haley's husband, Michael, was bid farewell by tearful family members as he left with a South Carolina National Guard unit for a month of training and then deployment to Afghanistan. Gov. Haley issued a statement saying "we are a proud military family who understands the sacrifices any family goes through when a loved one is serving his or her country."

◆ During a Qantas flight to Papua, New Guinea on Thursday morning, a snake hitched a ride in the wing of the plane. The distressed snake fought to stay attached to the wing amid freezing temperatures and brutal winds. It was later identified as a scrub phthon, and it's unclear if it survived, but it seems unlikely.

◆ Evidence suggests that suspected killer James Holmes may have planned to flee after allegedly shooting up an Aurora, Colo., movie theater in July. His two-door hatchback was full of items indicating the possibility of leaving the area. Police found in the car tire-puncturing devices, a canister of tear gas, a .40-caliber handgun, ammunition, Holmes' iPhone and various backpacks.



SIGN UP
NOW THRU
JAN. 20TH

Dave Ramsey's Financial Peace University **BEGINS: Jan. 29, 2013** from 6:30 p.m. to 8 p.m. at **FIRST BAPTIST CHURCH of ENGLEWOOD** Info: **423-829-5331** daveramsey.com/findaclass

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RESTAURANT SPOTLIGHT

Western Sizzlin' Steak House-1804 Decatur Pike (745-2626)
Friday and Saturday (All Day): 12 oz. LARGE TOP SIRLOIN
with Salad Bar, Choice of Side Item, Bakery, & Dessert Bars,
\$12.99. Dine-in only. No other Discounts. Fresh Rolls!!

Tosceno Pizza & Italian Grill, Ingles Shopping Center, Athens
746-9900. LUNCH SPECIAL: 11am-2:30pm - Pick up or
dine-in only! Large 14" (one) topping pizza, only \$5.99.

BOjangles Famous Chicken & Biscuits-S. Cong. Parkway (744-5292)
JANUARY Specials »» 2 Steak Biscuits for \$3. 5 Meals for just \$5
each. 12 Piece Tailgate with 6 Biscuits, 3 Large Fixins, & ½ Gallon of
Tea or Lemonade \$21.99. 32 oz. tea just 99¢. LET'S GO TO BO!

I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it. Groucho Marx



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PAGE TWO

Morning Fax™

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WEATHER

Friday - 80% rain showers. Breezy. High in the upper 60s.
Friday night - Cloudy. 30% showers in the PM. Low-56.
Saturday - Cloudy. 30% showers. Record High from 70 to 75.
 See our Zoom Radar at: www.wyxi.com

Friday-January 11, 2013

Athens, Tennessee

Community News You Can Use

- ✓ State Senator Mike Bell of McMinn County has been named chairman of the Senate Government Operations Committee. He will also serve on the Judiciary Committee and the Energy, Agriculture, and Natural Resources Committee.
- ✓ The PTO at E.K. Baker Elementary School is sponsoring a Chili Cook Off Supper on Tuesday, January 15th, at 6:30 p.m. If you have a great chili recipe you would like to share, you are encouraged to enter. The grand prize winner will receive a \$50 gift certificate to Chili's restaurant. Call or text Johnna Hampton at 506-9491. The community is invited to attend the chili supper.
- ✓ Tennessee Wesleyan College will offer an evening information session for prospective transfer, evening, and graduate students on Friday, January 18th, at 6:30 p.m. in the Glenn Lowe Dining Room. RSVP Stefanie West at 252-1114 by Jan 14th.
- ✓ The Cleveland Storytelling Guild will present Warm Stories and Hot Cider on Friday, January 11th beginning at 7:00 p.m. in the fellowship hall of First Presbyterian Church, 433 North Ocoee St., in downtown Cleveland. Local and regional storytellers will present stories that will warm your heart. Admission is free, but donations gladly accepted. For more information, contact Judy Baker at 423-479-7887 or email tellone@bellsouth.net
- ✓ Prof's Chili Supper & Silent Auction will be held at the McMinn Senior Activity Center Friday, January 18th from 4-6 p.m. Tickets are \$5 and include a bowl of chili, crackers, dessert & drink. For more information call 745-6830.

Obituaries

Roselle Myers Wilson, age 95, of Athens, died Wednesday at Athens Regional Medical Center. She was a former resident of New York City and had worked for Broadcast Music Inc. She was a former teacher at J.L. Cook School. Funeral services will be at 1 p.m. Saturday at First United Presbyterian Church with visitation from noon to 1 p.m. at the church. Laycock-Hobbs Funeral Home is in charge of arrangements.

Church News and Events

- ~ Victory Baptist Church will have a revival from January 14th through the 16th at 7 p.m. nightly. Bro. Brenton Carr will be the evangelist. The church is located at 2101 Highway 11 North, Niota.
- ~ First Baptist Church of Englewood will offer Dave Ramsey's Financial Peace University from 6:30 p.m. to 8 p.m. each Tuesday for 9 weeks beginning January 29th. The deadline to register is January 20th. Call 829-5331 for details.
- ~ Union Hill Baptist Church of Athens has called a new pastor, Richard Tallent. He is married to Stacy and they have two boys, Dylan and Brandon.

Who's New In Pink & Blue?

Wyatt Cicero Manders was born January 5th at Athens Regional Medical Center. He weighed 5 pounds and 13 ounces and was 19¼ inches long. His parents are Amanda and Cody Manders of Englewood.

Information on Cholesterol

What is cholesterol? It is a waxy, fat-like substance made in the liver and other cells and found in certain foods, such as food from animals, mainly dairy products, eggs, and meat. In order to function properly, the body needs some cholesterol. The cell walls, or membranes, need cholesterol in order to produce hormones, vitamin D, and the bile acids that help to digest fat, but the body needs only a limited amount of cholesterol to meet its needs. Health problems such as heart disease may develop when too much cholesterol is present.

Cholesterol and Heart Disease

Plaque, a thick, hard deposit, may form in the body's arteries when too much cholesterol is present. This narrows the space for blood to flow to the heart. This buildup causes atherosclerosis which is hardening of the arteries and can lead to heart disease. If there is not enough oxygen-carrying blood reaching the heart, chest pain,



(Continued)

called angina -- can result. If there is total blockage of a coronary artery due to the blood supply to a portion of the heart being completely cut off, the result is a heart attack. This is usually due to a sudden closure from a blood clot forming on top of a previous narrowing.

Types of Cholesterol:

Low density lipoproteins (LDL): or "bad" cholesterol, can cause buildup of plaque on the walls of arteries.

High density lipoproteins (HDL): or "good" cholesterol, helps the body get rid of bad cholesterol in the blood. The higher the level of HDL cholesterol, the better.

Very low density lipoproteins (VLDL): similar to LDL cholesterol in that it contains mostly fat and low protein.

Triglycerides: another type of fat that is carried in the blood by very low density lipoproteins. Excess calories, alcohol, or sugar in the body are converted into triglycerides and stored in fat cells throughout the body.