

Congratulations



Pictured - Calvary ladies Sweetheart couple, Robert and Janalee Wilcox.

Calvary Ladies Circle hosts valentine banquet

We had our first Ladies Calvary Circle meeting the 15th of January. It was the first meeting of the new year. Betty Maze decorated our room. We had prayer requests. We drew new names for our Secret Pals. Our officers are the same. Maryln was home but is going back.

Our Valentine Banquet is February 2. We picked out verses and discussed them. We took up our offering.

We had our Calvary Ladies Valentine Banquet for February. Robert and Janalee Wilcox was elected as our Sweetheart Couple for Valentines.

Robin Wilcox and Michelle Spencer done a nice job of decorating for Valentines. We appreciate them for what they done.

We had a delicious meal provided by the Ladies Circle. Betty Maze read some jokes.

Robin Wilcox and Michelle Spencer planned a couple games to play. Secret Pal gifts were given out. We all enjoyed the banquet. We were glad to have L.O. and Alice up for the banquet.

Spicer celebrates first birthday



Mason Eli Spicer

Mason Eli Spicer celebrated his first birthday with a Mickey Mouse party on December 17, 2009.

He is the son of Dean Spicer and Nicky church Yelton of Mountain City.

He is the grandson of Pamela Church of Mountain City and Charles and Mary Lyons of Shady Valley.

Great-grandparents are Marion and the late Jean Church.

His brothers are Anthony and Brady Spicer.



Army National Guard Sgt. Benjamin N. Price is returning to the U.S. after a deployment to Iraqi or Afghanistan in support of Operations Iraqi Freedom or Enduring Freedom, respectively.

The soldiers return to Fort Dix, N.J. for debriefing, evaluations and out-processing procedures before returning to their regularly assigned Army Reserve or National Guard units.

Price is a military police member of the 269th Military Police Company, based in Murfreesboro, Tenn. He has seven years of military service.

He is the son of Freda and Brad Price of Fred Price Road, Mountain City, Tenn.

His wife, Rebecca, is the daughter of Ruth Armstrong of Marion, Va.

The sergeant is a 2001 graduate of Johnson County High School, Mountain City.



Delbert Atwood

Atwood earns professional certification

Delbert "Bo" Atwood of Grand Rapids Michigan and formerly of Mountain City, Tennessee, recently demonstrated professional competency by successfully completing the Certified Arborist Examination administered through the International Society of Arboriculture (ISA) and the local chapter of the ISA.

The purpose of the ISA Certification Program is to improve the level of knowledge and standard of practice within the tree care profession. It is designed to assist the public in identifying those professionals in arboriculture who have demonstrated through a professionally developed examination and education program, a thorough knowledge of tree care practices. All certified Arborists carry a wallet identification card for verification.

The ISA program tests and certifies an individual's knowledge in the field of Arboriculture. The International Society of Arboriculture is a scientific and educational organization devoted to the dissemination of information in the care and preservation of shade and ornamental trees.

Bo is the son of Pauline Reedy of Mountain City and Delbert Atwood of Kelton, Pennsylvania. He now resides in Grand Rapids, Michigan with his wife Christi and two sons Ethan and Luke.



Mr. & Mrs. Raleigh "Duff" Arnold

Arnolds celebrate 74th wedding anniversary

Duff and Nell Arnold celebrated their 74th wedding anniversary on February 15th. This Christian union has produced six children: Mary Bishop, Mack Arnold, Sr., Jack Arnold, Phyllis Anglemyer, Johnny Arnold and Jett Arnold. Additionally, they have 12 grandchildren, 16 great-grandchildren and six great-great-grandchildren.

Planning a spring wedding?

You want everything to be picture perfect for your wedding, including your smile. But like everything else about your big day, that perfect smile could require some work ahead of time. In fact, experts suggest starting your entire beauty regimen six months before the wedding.

Here's a complete pre-wedding beauty checklist.

* Lips: Get soft, kissable lips by brushing away flakes of dry skin with an infant toothbrush soaked in baking soda and water. Apply healing ointment, and in no time, your lips will be ready for that "kiss the bride" kiss.

* Teeth: A cosmetic dentist can often correct an imperfect smile with veneers. But if spending painful hours in the dentist's chair getting your teeth ground down sounds like it would put a damper on all the joyful planning, here's good news: Lumineers (www.lumineers.com) are now used by thousands of dentists nationwide and can be applied in two short, pain-free appointments.

Unlike other veneer procedures, Lumineers are so strong and thin that they don't require removal of sensitive tooth structure. The procedure is quick, painless and even reversible.

* Makeup: Women with warm skin tones look best in makeup



with pink, coral, peach, amber, brown and red with yellow undertones. If you have a cool skin tone, choose pink, berry, lilac, mauve or red with blue undertones.

* Skin: Make your face glow with a good cleansing program. Use a cleanser that's appropriate for your skin type in the morning, makeup remover and cleanser at night and a daily moisturizer. Use a gentle facial scrub once a week.

* Hair: If you're planning to change your hairstyle or color, experiment several months before the wedding so you have time to correct any mistakes.

* Nails: If you're a nail-biter, get weekly manicures to keep your nails healthy. Plan your last manicure a couple of days before the big day. Choose a pretty pale pink or splurge on a French manicure, not just because it looks great, but because the chips won't show as much and are easy to fix. You'll have beautiful hands for the rehearsal dinner and any other festivities.

Don't forget, practice makes perfect. Schedule a trial run with your hair and makeup artists several days before your wedding, so there are no surprises the day of the ceremony.

~ **Coming Soon** ~

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