

Classifieds

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A.M. Please be advised that if you intend to contest this modification, you must file a written response within fourteen (14) days hereof with the attorney for the Petitioner, whose name and address is shown below and with the Clerk of said Juvenile Court. Done this 20th day of March 2026. Attorney for Petitioner: JOHNNIE WOODRUFF 506 E TUSCALOOSA ST FLORENCE, AL 35630 Juvenile Court Judge: Hon. Gray West Limestone County Juvenile Court 200 Washington Street W, Athens, AL 35611. Publish dates: March 26, April 2, 9, 16

Chalonne Parrish vs Kierra Parrish and Derrick Parrish Petition No.: PT291253

In this cause it appearing to the satisfaction of the Court that the respondent is a non-resident of the State of Tennessee, therefore the ordinary process of law cannot be served upon KIERRA PARRISH. It is ordered that said Respondent enter HER appearance upon publication of this notice at Davidson County Juvenile Court located at 100 Woodland Street, Nashville, TN 37213. It is therefore ordered that a copy of the Order be published for four (4) consecutive weeks succession in the Tennessee Tribune, a newspaper published in Nashville, Tennessee. Attorney for the Petitioner, Jill K Carpenter, Nashville Law Offices, PLLC 500 Church Street, Ste 210, Nashville, TN 37219 (615) 843-3476 Publish dates: March 26; April 2, 9, 16

KOSISOCHUKWU ONODUGO vs TONY HORNER Docket #25D1851

In this cause it appearing to the satisfaction of the Court that the defendant is a non-resident of the State of Tennessee, therefore the ordinary process of law cannot be served upon TONY HORNER. It is ordered that said Defendant enter HIS appearance herein with thirty (30) days after APRIL 3rd, 2026 same being the date of the last publication of this notice to be held at Metropolitan Circuit Court located at 1 Public Square, Room 302, Nashville, Tennessee and defend or default will be taken on MAY 04th, 2026. It is therefore ordered that a copy of the Order be published for four (4) weeks succession in the TENNESSEE TRIBUNE, a newspaper published in Nashville. Joseph P. Day, Clerk, Attorney for Plaintiff, ASHLEY L. HOLLAND, March 4th 2026 Deputy Clerk K. BASS Publish dates: March 26, April 2, 9, 16

NES Committee/Board Meeting

All NES regular board and committee meetings will be held onsite and streamed online until further notice. Board and committee meetings are open to the general public with social distancing measures in place. Committee meetings will begin at 8 a.m. with board meetings to follow immediately unless otherwise noted. The Electric Power Board of the Metropolitan Government of Nashville and Davidson County, will hold their regular meeting on Wednesday, April 22, 2026 starting at 8:00 a.m. Please visit www.nespower.com for details. A Nashville Electric Service customer who wishes to address the board must contact the Board Secretary by email at dfrakenberg@nespower.com to make a request and learn more about

providing comment. Publish dates: April 9, 16

NOTICE: BERNARD WRENN

The State of Tennessee, Department of Children's Services, has filed a Petition to Declare Child(ren) Dependent and Neglected as to G.S. It appears that ordinary process of law cannot be served upon you because your whereabouts are unknown. You are hereby ORDERED to serve upon Ivy Mayberry, Attorney for the Tennessee Department of Children Services, Putnam County, Cookeville, Tennessee 38506 an Answer to the Petition to Declare Child(ren) Dependent and Neglected filed by the Tennessee Department of Children's Services, within thirty (30) days of the last day of publication of this notice, and pursuant to Rule 39(e)(1) of the Tenn. R. Juv. P. you must also appear in the Juvenile Court of Putnam County, Tennessee at Cookeville, Tennessee on the 20th day of July 2026, at 9:00 a.m., for the Hearing on the Petition to Declare Child(ren) Dependent and Neglected by the State of Tennessee, Department of Children's Services. If you fail to do so, a default judgment will be taken against you pursuant to Tenn. Code Ann. § 36-1-117(n) and Rule 55 of the Tenn. R. of Civ. P. for the relief demanded in the Petition. You may view and obtain a copy of the Petition and any other subsequently filed legal documents at the Juvenile Court Clerk's Office, Cookeville, Tennessee. Publish date: April 9, 16, 23, 30

REQUEST FOR PROPOSAL FOR INTERNAL FIRE SPRINKLER INSPECTION

ELECTRONIC PROPOSALS for completion of this project shall be received by the Metropolitan Nashville Airport Authority, not later than 2:00 p.m. (central), on Thursday, May 28, 2026. Copies of the Contract Documents (RFP, Proposal Schedule, Attachments, etc.) will be available on Thursday, April 16, 2026 and may be obtained electronically from B2GNow E-Bidding, an online tendering service. ELECTRONIC PROPOSALS FOR INTERNAL FIRE SPRINKLER INSPECTION will be submitted through this online platform, B2GNow E-Bidding. Further details concerning this proposal may be obtained from the MNAA web site: <https://flynashville.com/nashville-airport-authority/business-opportunities>. Publish date: April 16

Auctions

3,673± ACRES • TENNESSEE LAND AUCTION-May 18 at 11 AM (CT) • Live & Online- 27 Tracts Across Bledsoe, Sequatchie, Marion, Van Buren & Grundy Counties - 0.75± Acres to 1,437± Acres - Premier Hunting & Recreational Land • Waterfront Lake Lot • 19,000± SF Warehouse. Several Tracts Sell ABSOLUTE. Preview anytime but call Office for gate code access: Agents on site Preview May 2, 3, 16 & 17 • 10 AM-2 PM (CT) at VFW Post 5772 6808 TN-28, Dunlap, TN (Also the Auction Site Location). Bid Live or Online at woltz.com. Woltz & Associates, Inc. 800-551-3588. 5% Buyer's Premium. TN License #2856 (Jim Woltz). (TnScan)

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The new 2026 cholesterol guidelines



Photo courtesy of healthgrades.com

By Cailey Griffin

What is cholesterol?

“Cholesterol is a waxy, fat-like substance that your body uses to make cell membranes, hormones, vitamin D and bile acids,” says Bharat Sangani, MD, a cardiologist with practices in Gulfport, Mississippi and Dallas. “Your liver makes all the cholesterol you need. The issue is not that cholesterol exists; it is that too much atherogenic cholesterol, especially ‘bad’ LDL cholesterol, can build up in artery walls and raise the risk of heart attack and stroke. [‘Good’] HDL helps carry cholesterol back to the liver.”

Earlier risk assessment age

Adults in their 30s and up are now included in the risk assessment group rather than adults 40 and up, explains Kardie Tobb, DO, MS, FASPC, FACC,

a board-certified preventive cardiologist and medical director for the Cone Health HeartCare Women's heart Health and Cardio-Obstetrics Clinic. She adds that the new guidelines expand risk assessment to adults ages 30 to 79 and consider both short and long-term risk.

More focus on lifetime prevention

“The new guidelines recognize that heart disease doesn't develop overnight,” says Komal Patil-Sisodia, MD, physician and CEO/founder at Eastside Menopause & Metabolism. “It takes decades to develop. Instead of waiting until risk is high later in life, doctors are now looking at long-term [30-year] risk, not just 10-year risk, and are paying closer attention to people who have a high LDL when young or a strong family history of heart disease.”

Clearer LDL cholesterol targets

The updated guidelines bring back specific LDL cholesterol goals, which were less emphasized in the 2018 recommendations, says Dr. Sangani. For people at low risk of heart disease, LDL should be under 100 mg/dL, while those at higher risk may be advised to aim for under 70 md/dL and those at very high risk for under 55 mg/dL, says Dr. Patil-Sisodia.

The bottom line on the new cholesterol guidelines

The more we learn about how the body works, the better we get at protecting it. These updated guidelines give you clearer cholesterol targets, earlier screening options and a smarter roadmap to keep your heart healthy for decades to come.

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