

Farmer wins Duck River essay contest

On October 20, 2022, all of Marshall County's 420 5th grade students attended the Duck River Education Day at Henry Horton State Park.

Each student went to nine stations to learn important information about how to protect the Duck River along with a history lesson of the park. Once all the stations were completed, each student was asked to write an essay on what they learned that day. After serious review and consideration, Bryson Farmer from Mrs. Lisa Stacey's fifth grade homeroom class at Westhills Elementary School was selected as the winner.

On Friday, January 20, the Friends of Henry Horton, along with Henry Horton State Park Ranger Jesse Jewell, presented Bryson with a plaque that will hang in the lobby at Westhills Elementary School for the



Pictured from left are: Friends of Henry Horton State Park Chuck Holland and Suzie Comstock, essay winner Bryson Farmer, 5th Grade Teacher Lisa Stacey, FoHH Stacey Cothran, and Henry Horton State Park Ranger Jesse Jewell.

2022/2023 school year. The Friends of Henry Horton also surprised Mrs. Stacey's class with a pizza party to share in

the celebration.

Bryson's winning essay is reproduced below, reminding us about the importance of the Duck River and our role in conserving this important natural resource.

The Duck River is a very important source of water for all of Tennessee. Here are some basic tips for keeping the Duck River's pH low. First let me tell you what pH is. pH is "Potential hydrogen"; pH is how high or low acid is in everyday items such as lemons, batteries, laundry detergent etc. pH has two layers, base and acidity, acidity is when the acid in items are below a seven in the chart.

Items that would be on the chart are, battery acid, lemon or vinegar, grape juice, tomato juice, black coffee and "pure" water and I think you get it. Items that would be seven or above are, blood, yes blood, baking soda, milk of magnesia, soapy water, and bleach. Things that are above seven are safer but can still harm you for example baking soda is something

that you cook with most likely every time you cook but if you use too much it can make you sick. Something like acid from lemons you can still eat but it can mess your teeth up. One last thing I must tell you is to make sure not to just throw batteries into your yard or anything bad for the Duck River.

Duck River Macroinvertebrates are animals that are important to the Duck River because they clean the water! Macroinvertebrates are animals that can be helpful to clean because they are born there and always reproduce, this can keep the life cycle of these animals healthy. Some Macroinvertebrates are Stonefly, Water penny. The Macroinvertebrates in the Duck River are water filters, when they grow up they break down materials and after they are done they will then eat all of the materials, therefore it cleans the water slowly but surely. Isn't it amazing how these little creatures live and work? Can you believe all the hard work they are putting into the Duck River to keep it clean and

we're just throwing all kinds of trash and pollutants into the water all for us to keep doing it and them trying to keep it clean? You may not notice when you throw trash out the window of your car or into your backyard but when the wind gets strong it can either blow all of the trash near a stream that leads to the Duck River or if you live near the Duck River it can blow directly into it. Next time you go to the Duck River please do the animals a favor and not throw trash into it because let me remind you that the Duck River is our water source.

One last important thing I must tell you is about the Mussels of the Duck River. The Mussels are the most important species of the Duck River because, here's a little name I like to call them, Filter feeders and river cleaners.

These animals are an essential part of keeping the Duck River clean and healthy. Mussels can help you tell if the water is clean or not. That's only one reason they are important.

Remember when I told about pH and how it can affect some animals well this is one of those animals. See when pH gets really bad the mussels will of course get up all the water in their mouth and it will make them sick and they can possibly die so that is why you should always keep the Duck River clean. When the river is not clean the females cannot reproduce so when this happens the life cycle dies.

As you can see the Duck River is an important water source for Tennessee. There are many elements that help keep our water source relevant. Not only is it important to us, it is important to the animals and macroinvertebrates that inhabit the water. We have to try to keep our water source clean by watching our trash consumption and making sure we throw it away properly. If the trash gets into the river it can kill the life cycle of the organisms that keep our water clean. Let us all do our part and keep the Duck River clean!

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FRIDAY NIGHT
FEBRUARY 10
Fellowship Meal 6:15p
Worship 7:00p
"Self-Control in an Uncontrolled World"

SATURDAY MORNING
FEBRUARY 11
Fellowship Meal 9:00a
Worship 9:30a
"Lukewarm Christianity"

SUNDAY MORNING
FEBRUARY 12
Worship 9:00a
"Are You Convicted?"
Combined Class 10:15a
"Why I Choose to Believe the Bible"

SUNDAY NIGHT
AREA WIDE
Singing 5:15p
Worship 6:00p
"The Lord Who Provides"
Meal Following

PLEASE JOIN US

SPECIAL INVITATION

My name is Jeff Falconbury and I am the owner and Hearing Instrument Specialist at [The Hearing Center of Columbia](#). I've been providing hearing healthcare to the Columbia and surrounding areas for over 20 years now and have relocated my practice to Trotwood Avenue in Columbia.

I would personally like to invite you and a guest to our practice, to get to know you and answer any questions you may have about hearing healthcare. If you currently have hearing aids please feel free to bring them with you. We also provide free cleanings and in office repairs.

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Jeff Falconbury, HIS

Your heart is in the right place.

Minutes matter during a heart attack.

Maury Regional Medical Center is an accredited Chest Pain Center. That means our team is ready to deliver life-saving care from the moment you call 911 for a heart attack.

In our newly renovated state-of-the-art cardiac catheterization lab, expert cardiologists on our medical staff work in tandem with a highly skilled and experienced team to open blocked vessels in real time. Together, they utilize cutting-edge technology to investigate heart conditions and perform a number of interventional procedures, including angioplasty and stenting as well as pacemaker and defibrillator implants.

When every second counts, take comfort in having expert cardiology care close to home.

Do you know the symptoms of a heart attack?

If you or someone nearby experiences any of the following symptoms, don't delay. Call 911 immediately.

- Chest discomfort, such as pressure, tightness or pain
- Discomfort in other parts of the body (arm, jaw, back, neck)
- Shortness of breath
- Unusual fatigue
- Nausea, light-headedness or cold sweat