Vol. 46, No. 60 - Tuesday, February 28, 2023 PRESORT STANDARD U.S.POSTAGE PAID LEWISBURG, TN 37091 PERMIT NO. 75 ECRWSS Delivered To Lewisburg addresses 1175 Nashville Hwy., Lewisburg, TN. 931-359-1188

Style and service for every budget.®

FREE In Home Consultation

The Experts in Shutters, Shades, Drapes & So Much More! High Quality Window Coverings for Every Budget.



Serving Shelbyville and the Surrounding Areas 931-488-4033 BudgetBlinds.com/Shelbyville



1175 Nashville Hwy. Lewisburg 37091

PUBLIC AUCTION SATURDAY, MARCH 4, 2023 AT 10:00 A.M.

111 WARTRACE CREEK ROAD WARTRACE, TENNESSEE

Directions: From Murfreesboro, take I-24E to Exit 97. Turn right onto Highway 64E. Go approx. 8 miles and turn right onto Wartrace Creek Road. Go approx. ½ mile and sale will be on the left. From Shelbyville, take Highway 64E to Wartrace Creek Road. Go approx. 1/2 mile and sale will be on the left. Watch for auction signs.



1946 Studebaker Truck (restored, straight 6, 3 speed floor, 62,277 miles)



1968 Volkswagen (2 door, 1,228 miles)



1977 Porsche 911

PROP

Lots of glassware Bentwood wood churn M. Brown Co. Oven bake ware Oak Singer treadle sewing machine New metal bed frame in box Vacuum sealer Metal Volkswagen bar Silver tea service Antique ice box (excellent shape) Stained glass lamp shade Food processor

Honeycomb drink dispense Toy metal pedal tractor Large wooden chest Cast iron lamps Lodge cast iron skillets & pots Fiesta & Pyrex pieces Lots of pictures & frames Large beveled mirror Christmas items

- Antique press Assorted hand tools Ninja mixer Linens, quilts, etc. Small electric I appliances #3 Crock & 2 #5 crocks New cedar cjest Butter churn #2 1 Gal 2 Large area rugs Wing back chairs
- Popcorn machine Coffee maker Several sets of china Cookbooks Oak rocking chair Large wall clock Wooden end table Small wooden chest Several smaller crocks

OTHER ITEMS TOO NUMEROUS TO MENTION!

Visit www.charleswoodard.com For More Complete List & Additional Photos **REAL ESTATE & AUCTION COMPANY** 211 McLemore St., Dickson, TN 37055 | 615-446-4508



Terms: Cash, check or credit card. There will be a 4% charge on all credit card purchases. ANNOUNCMENTS DAY OF SALE TAKE PRECEDENCE OVER ADVERTISING



1968 Volkswagen Square Back

(4 speed, new interior)

1931 Ford pick-up (completely restored, 4 cylinder, 3 speed)

WAYNE DEAN, AUCTIONEER LIC. #2593 **LEWISBURG AUCTION INC.** 1-931-703-9547

EAT THE RAINBOW

FAMILY FEATURES

ocusing your menus on health-conscious recipes that look as good as they make you feel is key to making positive lifestyle changes. Adding big flavors that satisfy cravings to easy, go-to recipes can be a big step toward reaching health goals throughout the year.

"Eating the rainbow" refers to adding fruits and veggies of varying colors to your diet, such as red tomatoes and beets, green cucumbers and avocados, orange carrots and pumpkins and beyond. Complementing fresh produce with the nutritional benefits of tuna and salmon - like heart-healthy omega-3 fatty acids, protein, vitamin D and potassium can take your meal planning one step further.

Whether you're commemorating a special occasion, hosting a gathering of friends and family or simply enjoying a night in, good food shouldn't mean ditching good eating habits. With new packaging but a continued focus on flavor. wild-caught Low-Sodium Pink Salmon from Chicken of the Sea is a perfect complement to vibrant, rainbow-inspired recipes.



Try these Salmon Chili Bites for a quick and delicious snack option. They can easily be doubled, tripled or more for a party appetizer. Feature the recipe with a "rainbow" of veggies, crackers, meats and cheeses on a charcuterie board for a crowd favorite that can satisfy guests with big, bold flavor.

Ditch boring salads and find joy in food while maintaining healthy eating goals by upping your salad game. Say goodbye to bland, boring greens and enjoy salads with your favorite toppings, like a colorful combination of protein-packed tuna and fiber-rich veggies in this Mediterranean Tuna Salad, which is completed with a bright dressing and topped with feta cheese and parsley.

For more than 100 years, Chicken of the Sea has provided fresh, tasty seafood straight from the ocean, so whether you're reaching for wild-caught tuna for this homemade salad or another option like salmon or sardines, you can enjoy a high-quality product that's delicious on its own or used to elevate favorite recipes. To find more health-focused snacks, appetizers,

meals and more, visit chickenofthesea.com.

Mediterranean Tuna Salad

Prep time: 20 minutes Servings: 1-2

Dressing:

- 2 tablespoons lemon juice tablespoon extra-virgin olive oil
- 1/4 teaspoon dried oregano

Salad:

- 1 can (5 ounces) Chicken of the Sea Chunk Light Tuna, drained
- cup halved cherry tomatoes
- 1/3 cup sliced Kalamata olives
- cup chopped English cucumber (about 1/2 cucumber)
- 1/4 cup feta 1 tablespoon minced parsley pita chips (optional) crackers (optional)

To make dressing: In large bowl, whisk lemon juice, olive oil and oregano.

To make salad: In dressing bowl, add tuna, tomatoes, olives and cucumber. Gently toss to cover salad with dressing then top with feta and parsley.

Serve with pita chips or crackers, if desired.

Pair seafood and seasonal produce for colorful, healthy recipes



Salmon Chili Bites

Prep time: 15 minutes Servings: 2

- 2 pouches (2.5 ounces each) Chicken of the Sea Low Sodium Wild-Caught Alaska Pink Salmon
- 1 tablespoon chili crisp
- 2 teaspoons rice wine vinegar
- 1 teaspoon toasted sesame oil
- bell peppers, cored and cut into 2 2-inch squares

Salmon Chili Bites

1 green onion, thinly sliced minced cilantro black sesame seeds

In bowl, combine salmon, chili crisp, vinegar and sesame oil.

To serve, top each bell pepper square with some salmon, green onion, cilantro and sesame seeds. If leftover pieces of bell pepper remain, chop and add as additional garnish.

Note: If serving with cheese plate, place salmon mixture in small bowl and garnish with green onion and sesame seeds