

# THE CANNON BLAST

**Workforce Essentials...**your adult education partner in Cannon County. Earn your high school diploma with flexibility and choice. Day and evening and online classes are available. Classes are free. Get started today. For more information call 629-201-4828 or check [tnworkready.com](http://tnworkready.com)

The local Vietnam Veterans group will be meeting the 2nd Wednesday of each month at DJ's Pizza & Steakhouse, 805 West Main Street, Woodbury, TN. A greeting period begins at 1pm with the meeting beginning at 2pm.

**WHAT'S HAPPENING AT THE LIONS CLUB:**  
Don't forget the White OAK HOLIDAY BAZAAR at the Arts Center November 29 --December 21.

Mid Cumberland Community Action Agency announces participation in the **Child and Adult Care Food Program**. Meals will be provided at no separate charge to eligible children/adults without regard to race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA served at Woodbury Head Start 630, W Lehman St.

**Cannon County Senior Center**  
*presents*

Alaska's Inside Passage Cruise with Collette Travel & Holland American Cruises May 29 - June 6, 2026  
9 days/8 nights/22 meals  
Included: Round Trip Airfare from Nashville, Port Charges, Hotel Transfers & Taxes/Fees/ Surcharges  
Highlights:  
Vancouver, Inside Passage, Tracy Arm Inlet, Juneau, Skagway, Glacier Bay and Ketchikan Real ID and Passport required.  
Call 615-563-5304 for additional information.

**Travel with the West Side Travel Group to New York City.** See the city decorated for Christmas. It's time to sign up.  
Trip 1: December 5-8, 2025  
Trip 2: December 26-29, 2025  
• Travel by comfortable coach bus.  
• New York City during Christmas is a magical experience! Some of the festive activities to enjoy: are Rockefeller Center Christmas Tree: Ice skating, Empire State Building, Southstreet Seaport water taxi ride, see the Statue of Liberty  
• Fifth Avenue Window Displays: Saks Fifth Avenue, Bergdorf Goodman, and Tiffany & Co.'s holiday displays. Central Park • Winter Wonderland: Ice skating, holiday markets, and Maceys window displays. You don't want to miss Saks Fifth Avenue  
• Light Show: Projection mapping on the

**Building**  
• Tour St Patrick's Cathedral, Take a Horse-Drawn Carriage Ride through Central Park and Chinatown and Little Italy  
• Go Shopping at iconic department Macy's and Bloomingdale's  
• See a Broadway play.  
• Experience the magic of New York City during Christmas!  
*Call Kathy Trip Coordinator at 615-904-5303*

**Naranon meetings**  
Naranon...Are you affected by someone else's addiction? For more information call 931-743-5366.

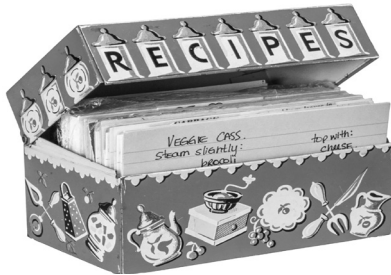
**Upper Cumberland Adult Education:** Earn your HSE (High School Equivalency) Diploma for FREE! Cannon County Board of Education, 301 W. Main Street, Woodbury, TN 37190, Contact us at 629-201-4828 for more information.

**Volunteer For Casa :** CASA is a non-profit organization whose mission is to advocate for abused and neglected children in Cannon County. Contact us today to see how you can help! Find us on Facebook: <https://www.facebook.com/CannonCountyCASA>. Kamille Smith, CASA Executive Director 615-542-6508, [casacannonco@gmail.com](mailto:casacannonco@gmail.com)

**The Homeless Advocacy for Rural TN** (HART) has funding available to help with rent and utilities for the homeless people/families and those at risk of losing their housing. They also have COVID-19 funds for people struggling with rent and utilities due to loss of income because of COVID. Anyone in need of assistance is encouraged to call the referral line at 844-556-7626 to determine eligibility. The program covers 18 counties including Cannon County and the Upper Cumberland.

**Cannon Adult Education:** Need to Improve Basic Reading or Math for a job or Training Program? Need to improve computer skills? Need a High School Diploma? We can help for free. Call 1-629-201-4828 (This project is funded under a grant with the state of Tennessee)

**Adams Memorial Library**  
**(615-563-5861)**  
8:30am - 4pm Monday-Wednesday-Thursday-Friday. 8:30am - 7pm Tuesday. 9am - 4pm Saturday. Storytime: every Tuesday 11-Noon, exploring and learning through games, singing, reading, and crafts (pre-school aged) Reading with Denise - Fridays at 11 am, all ages welcome



## TATER TOT & BACON BREAKFAST CASSEROLE

1 pound bacon, diced  
1 (32 ounce) package frozen tater tots  
12 large eggs  
1/2 cup milk  
1 pinch salt  
1/8 teaspoon ground black pepper  
2 cups shredded Cheddar cheese

Preheat oven to 350 degrees F. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, 5-8 minutes. Drain bacon on paper towels. Spread bacon into the bottom of a 9 x 13-inch baking dish to cover. Spread tater tots over the bacon. Beat eggs, milk, salt and pepper together in a bowl. Pour over the layer of tater tots. Top with Cheddar cheese and bake in the preheated oven until hot in the center, about 1 hour.

## SOUTHERN CORN PONE BREAD

1/4 cup canola oil  
1 1/2 cups white corn meal  
1 1/2 teaspoon salt  
1 1/3 cups buttermilk  
2 large eggs

Preheat the oven to 425 degrees F. Preheat a 9-inch cast iron skillet on the center rack. Carefully remove the preheated skillet from the oven and pour in oil. Gently swirl to coat the bottom and sides. Return the skillet to the oven for 10 minutes. Meanwhile, mix together corn meal and salt in a medium bowl. Beat in buttermilk and eggs to form a thin batter. Carefully pull out the center rack and pour batter into hot oil in the skillet. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20-25 minutes. If desired, turn the oven to broil for the last few minutes of baking to brown the top. Shake the skillet to release corn pone. Serve warm in the skillet or turn out onto a serving plate.

## MERINGUE COOKIES

2 large egg whites  
1/8 teaspoon salt  
1/8 teaspoon cream of tartar  
1 teaspoon vanilla extract  
3/4 cup white sugar  
1 cup semisweet chocolate chips

## From the Cannon Courier Recipe Box

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## Osborne's Piggly Wiggly

Preheat the oven to 300 degrees F. Line cookie sheets with parchment paper. Beat egg whites, salt, cream of tartar, and vanilla in a clean bowl until soft peaks form. Gradually add sugar while continuing to whip until stiff peaks form, about 5 minutes. Fold in chocolate chips if using. Drop by heaping teaspoonfuls, one inch apart onto the prepared cookie sheets. Bake in the preheated oven until just lightly browned, about 25 minutes. Cool on baking sheets.

## PRALINE PECAN FRENCH TOAST

6 eggs  
1 1/2 cups half-and-half  
1 tablespoon brown sugar  
2 teaspoons vanilla extract  
1 (12 ounce) loaf French bread, sliced 1-inch thick  
1 tablespoon butter  
3/4 cup firmly packed brown sugar  
1/2 cup maple syrup  
3/4 cup chopped toasted pecans

Grease a 9 x 13-inch baking dish. Whisk eggs, half-and-half, 1 tablespoon brown sugar, and vanilla extract in a bowl until mixture is smooth and brown sugar has dissolved. Pour 1 cup egg mixture into prepared baking dish. Arrange slices of French bread into baking dish and pour remaining egg mixture evenly over bread. Cover and refrigerate overnight. Preheat oven to 350 degrees F. Melt butter in a saucepan over medium heat. Mix 3/4 cup brown sugar and maple syrup into butter, stirring until smooth. Bring syrup to a boil, reduce heat to low, and simmer for 1 minute, stirring constantly. Stir pecans into syrup. Spoon pecan praline syrup evenly over French toast casserole. Bake casserole in the preheated oven until set and golden brown, about 30 minutes.

## EGGNOG CHEESECAKE

*Crust...*  
1 cup graham cracker crumbs  
3 tablespoons melted butter  
2 tablespoons white sugar

*Filling...*  
3 (8 ounce) packages cream cheese, softened  
1 cup white sugar  
3/4 cup eggnog  
3 tablespoons all-purpose flour  
2 large eggs  
2 tablespoons rum

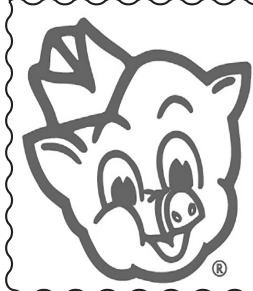
1 pinch ground nutmeg

Preheat oven to 325 degrees F. Make the crust: Mix graham cracker crumbs, melted butter, and sugar together in a medium bowl until well combined. Press graham mixture into the bottom of a 9-inch springform pan. Bake in the preheated oven for 10 minutes. Transfer the pan to a wire rack and allow crust to cool. Increase the oven temperature to 425 degrees F. While the crust is cooling, make the filling: Combine cream cheese, sugar, eggnog, and flour in a food processor and process until smooth. Blend in eggs, rum, and nutmeg. Pour eggnog mixture into cooled crust. Bake in the preheated oven for 10 minutes. Reduce the heat to 250 degrees F and continue to bake until edges are puffed and surface is firm except for a small spot in the center that will jiggle when the pan is gently shaken, about 45 minutes. Loosen the sides of the springform pan; let cheesecake cool before removing the rim completely.

## LUCIOUS SLUSH PUNCH

6 cups water  
2 1/2 cups white sugar  
2 (3 ounce) packages strawberry flavored Jell-O mix  
1 (46 fluid ounce) can pineapple juice  
2/3 cup lemon juice  
1 quart orange juice  
2 (2 liter) bottles lemon-lime flavored carbonated beverage

Bring water, sugar and strawberry-flavored gelatin to a boil in a large saucepan; boil for 3 minutes. Stir in pineapple juice, lemon juice, and orange juice. Divide mixture into two separate containers and freeze. Combine contents of 1 container frozen juice mixture with 1 bottle lemon-lime flavored carbonated beverage in a punch bowl; stir until slushy. Repeat with remaining portions as needed.



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**piggly wiggly**

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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## LIFELINE

**Lifeline** is a federal program offering a discount on basic phone service or internet access service to low-income consumers throughout the U.S.

You may qualify for discounts if you receive:

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Supplemental Security Income (SSI)
- Section 8 Federal Public Housing Assistance (FPHA)
- Veterans Pension and Survivors Benefit Program
- Income 135% below the Federal Poverty Guideline

**Call or visit DTC today!**



PO Box 247  
Alexandria, TN 37012

615-529-2955  
[www.DTCcom.net](http://www.DTCcom.net)

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**ADDITIONAL LEGAL ADS ON PAGE B6**