COMMUNITY NEWS

SHELBYVILLE TIMES-GAZETTE

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Mayor Graham is Chamber lunch speaker

Achievements and ongoing challenges topic

Bedford County Mayor Chad Graham outlined recent achievements and ongoing challenges during a speech at the Shelbyville-Bedford County Chamber of Commerce quarterly luncheon, held May 7 at the Fly Arts Center in Shelbyville.

Mayor Graham said his strategic areas of focus since taking office in 2018 have been education, public safety and economic development.

In the area of education, Mayor Graham said that when he took office in 2018, there were 800 children in portable classrooms, but the county is on the verge of ending the need for portables, at least for now, with the opening of the new Cartwright Elementary School later this year and with a planned expansion of Liberty Elementary School. Portables are a security and severe weather risk and many educators say they don't provide the best learning environment.

Graham, a former school board member, noted that the school board and administration are in charge of day-to-day educational operations but it's the County Commission which must make funding available for brick and mortar. With Bedford County growing at a rapid pace, by more than 500 new residents a year, that puts pressure on the county to provide sufficient classrooms.

In the area of public safety, Graham said that a new salary scale passed in 2022 has helped stabilize the county's work force and make pay grades more equitable and based on actual job duties. Pay adjustments have resulted in less turnover in emergency service personnel.

See MAYOR, 2



Bedford County Government photos

Bedford County Mayor Chad Graham speaks at the quarterly Chamber of Commerce luncheon on May 7, 2024

Union Street rezoning on Council agenda

By DAWN HANKINS

Shelbyville City Council has included on its agenda for Thursday, May 9, the first reading of an ordinance to rezone a local subdivision for development off Union Street. Council meets at 100 N. Cannon Boulevard, which is the former Chamber building, now Planning, Building and Codes, at 6 p.m.



Realtor Amie Marks discusses the acreage at the north side of Union Street being considered by Council on Thursday for rezoning. The 57.97 acres is west of Jennings Lane.

'It's just a general resolution that we're required to do every 2 years- calling for an election in November 2024-election for 3 seats on the Council, Wards 1, 3 and 5. It will be up for your approval next Thursday.'
- Lisa Smith, City Recorder, Shelbyville City Council May Study Session

Council is also slated to approve at Thursday's monthly meeting a letter to the Shelbyville-Bedford County Chamber of Commerce board in regard to Bedford Partnership (now a merged entity) denying the City its long-held Chamber of Commerce membership.

As for the local rezoning request, an ordinance on first reading will be voted upon by Council for 57.97 acres owned by James Baum and Elisabeth Gallun, located at the north side of Union Street, west of Jennings Lane. The property is in the first stages of being rezoned from low density residential (R-1) to low-medium density residential (R-2.) A second reading for this rezoning request will be voted upon during the June 13 regular meeting.

During last week's Council study session, Scott St. John with St. John Engineering spoke during the public comment portion, representing developer Larry Ross.

St. John said, "As you recall on this Jennings Lane rezoning request that at the previous Council meeting, you sent it back down to the Planning Commission for review. They approved it for an R-2 zoning . . . interior portion. So, that was approved. It would have come last month to Council, the developer, buyer, Mr. Larry Ross . . . wanted to hold off for a month and meet with some of the residents in the adjoining neighborhoods and talk through some concerns."

St. John said Ross really wanted to study the restrictions of the adjacent subdivisions. "Hopefully tonight, you have a copy of the document that we have put together that really kind of digs into the nuts and bolts of the adjacent neighborhood restrictions-to make sure that we understand those and the developer then will set restrictions that will exceed the house sizes... driveway conditions."

He further explained there were a lot of numbers and data in the document presented to Council. But the bottom line he said is that the developer/Ross has set for the 13 lots of Jennings Lane, or will agree to set, restrictions on the house size that exceeds those restrictions of Garden Gate.

He said as discussed with Council before, lot sizes were configured on the frontage to generally be the same size of those of Garden Gate. The interior lots do step down in size, according to St. John.

"The big concern for residents were materials . . . . We've specified brick, stone, concrete floor, like a Hardie board."

A Hardie board is an exterior siding board that is visually appealing and extremely durable, making it the top choice for siding across the country. The board is manufactured, using sand, cement, and cellulose fibers.

St. John said bigger discussions with residents of the neighborhoods concerns the rezoning from low density residential (R-1) to low-medium density residential (R-2.)

St. John said if the development stays R-1, 125 lots could be gleaned. However, a lot of the wooded areas and horse barns would be taken out.

"If this request is approved through an R-2, then it equals that lot size . . . 125 lots. You do have a savings of woods and equestrian facilities."

The other speaker during public comments, on the same rezoning agenda item, was realtor Amie Lee Marks. She handed out poster pa-

See COUNCIL, 2



Submitted Photo

Chris Hobbs recently represented Tennessee Education Association and Bedford County School System at the Salute to Excellence in Education Gala. From left, TEA Vice President Joe Crabtree, Hobbs, and TEA President Tanya Coats.

Educator/officer Chris Hobbs visits D.C.

Representing TEA and local school system

By DAWN HANKINS

Community High School criminal justice educator Chris Hobbs was recognized in Washington D.C. on Friday May 3, 2024 at the Salute to Excellence in Education Gala.

Hobbs represented Tennessee Education Association along with Bedford County schools. One teacher from each state from across the nation was in attendance and recognized for their outstanding achievements in public education.

Hobbs told the T-G this week, "I have been with Bedford County Schools for 6 years having established the first criminal justice programs and Shel-

See HOBBS, 2



T-G Photo by Dawn Hankins

See today's Mom special insert
See our model Mary Cathryn Perry and many other local "Moms" featured in today's Mother's Day special tab. We would like to thank those who participated in our "Best Mom Ever" promotion, particularly our advertisers. Happy Mother's Day to all from the T-G Staff.



Graduation season is a festive time of year. The Times-Gazette wants to be a part of the celebration by publishing a special salute to Bedford County graduating seniors. Submit your senior photos (casual shots or formal) with descriptions by May 17 **to dawn@richardsonmediagroup.net.**
We are also looking for ad sponsors for this special section. Need some summer help at your company or organization? Publish your "help wanted" ads in the T-G-those aimed strictly for graduating seniors.



"Mama of 5" Rogers: Art Crawl artist ~ Local Show is Friday 4 to 7 p.m.

By DAWN HANKINS

Bedford Arts Collective is putting the finishing touches on Friday's Art Crawl. The event is from 4 to 7 p.m., Friday, on the town square and features several artists, including Renee Rogers, whose work will be seen in front of The Gingham Jellybean.

Renee has been here about 15 years. She was born in Michigan and grew up in the small town of Bluffton, Ind.

At age 23, Renee moved to Shelbyville for family reasons. "Little did I know that God had my husband for me here," she told the T-G this week. "So, I have been in Bedford County for just over 15 years."

She considers herself a full-time artist. "But my art may change from time to time. I have always loved drawing and painting but never dove in until the beginning of this year. Before painting, I worked with clay, making jewelry."

Prior to making jewelry, Renee says she worked on repurposing furniture. So, the Arts Collective was glad when she joined the group, considering she's an artist in quite a few different areas.

"The Art Crawl to me is exciting! I am a mama to 5 and have had a lot of family time. As they're growing, I'm finding myself less needed. I know they need me, but their inde-

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District Tournaments
Local teams battle during District Tournament action.

See Pages 9 & 10



National Day of Prayer
It was reported that over 40 observances were held across the County. One little girl showed her patriotism.

See Pages 4 & 5

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From left: County Commissioners Sylvia Pinson and Scott Johnson, County Mayor Chad Graham, and County Commissioners Linda Yockey and Greg Vick pose following the quarterly Chamber of Commerce luncheon.

MAYOR

From page 1

A new public safety firing range will be located on the grounds of Bedford County Justice Complex. It will replace the current city-owned firing range, in a location that sometimes draws complaints from nearby residents.

Graham discussed plans for a new juvenile detention center, also to be located on the grounds of the Justice Complex. He said if the County were starting from ground zero, it might make more sense to outsource juvenile detention to other counties which have such facilities. But the county has a center in place. The center is in bad need of replacement, and demolishing the current location would improve the appearance of the approach to the county's downtown shopping area. Graham said the issue has been discussed for years and the best choice for now is to continue operating juvenile detention, which would require the new facility.

In the area of economic development, Graham noted the county's aggressive pursuit of broadband services, which are becoming increasingly critical to individuals, families, businesses and other agencies.

This quarter's luncheon was sponsored by Elaborate Images with a meal provided by Purdom's Barbecue.

(Article submitted by Bedford County Government.)



Submitted Photo

Tansi Boyce of the Cascade FFA Chapter will enroll as an agriculture education student at the University of Tennessee at Martin this coming fall. Tansi plans to become an agricultural education teacher upon graduation from UT-Martin in 2028. She is seen here with her fellow AG students/ FFA members.

Cascade's Tansi Boyce picks Ag career

Letter of intent signed at FFA gathering

Gatlinburg, TN – Students from across the state of Tennessee gathered at the 6th Annual Teach Ag Signing Day at the 96th Annual State FFA Convention on March 26, 2024 to sign letters of intent to become agriculture teachers with respective universities.

Tansi Boyce of the Cascade FFA Chapter will enroll as an agriculture education student at the University of Tennessee at Martin this coming fall. Tansi plans to become an agricultural education teacher upon graduation from UT-Martin in 2028.

Agricultural education teachers educate students about agriculture, food and natural resources. Through these subjects, agricultural educators teach students a wide variety of skills, including science, math, communications, leadership, management and technology.

Agricultural education uses a three-circle model of instruction. These are classroom and laboratory instruction, leadership development, and experiential learning. The successful integration of each of these three components results in a strong program that produces well rounded individuals who are prepared to be leaders in agriculture, business, and industry.

It is estimated that there will be hundreds of unfilled positions across the United States this year, simply because not enough students are choosing to be agricultural educators, so it is imperative that we encourage our students to enter the classroom.

This Teach Ag Signing Day event is a component of the National Teach Ag Campaign, an initiative of the National Council for Agricultural Education, led by the National Association of Agricultural Educators. It is funded by the CHS Foundation, DuPont Pioneer, and Growth Energy as a special project of the National FFA Foundation. The National Teach Ag Campaign raises awareness of the need to recruit and retain quality and diverse agriculture teachers, encourages others to consider a career in teaching agriculture, and celebrates the positive contributions that agriculture teachers make in their schools and communities. For more information about the National Teach Ag Campaign, please visit www.naae.org/teachag.

HOBBS

From page 1

byville Central High School and Community High School."

Hobbs also currently serves as a law enforcement officer in the State of Tennessee. After acquiring his degree in education, he sought to combine his education, skills and experience in a way to bring forth a high-level criminal justice program for the students.

He is concerned about how some professionals are leaving education or changing majors to pursue a higher paying career in a different field.

"Through my experience, I have learned that not all school systems are created equal! I chose to remain in education and have no desire to work for any school system other than Bedford County Schools."

Hobbs went on to say that it's the support, guidance and leadership of schools superintendent Tammy Garrett, assistant superintendent Tim Harwell and Community High principal Robert Ralston-combined with the local school board-that sets the district apart from other districts in Tennessee.

"These individuals work to ensure good benefits, pay increases and help to create and maintain environments where educators like myself can thrive! As I stated in my acceptance speech in D.C., "God Blessed Bedford County and God Bless Tennessee!"



Lucky Duck Rentals and Market opens in Normandy

Normandy has gained a new business in Lucky Duck Rentals and Market, which recently had its grand opening and ribbon cutting. From left, County Commissioner Linda Yockey, Mayor Charles Whitaker, Alderman Glenda Pendell, Recorder Rhonda Comstock, Courtney Baker, Adam Baker, Jacob Baker, Dena Regan, Michelle Baker, Chuck Baker and Beth Nicolay.

COUNCIL

From page 1

per-size documents to Council for viewing.

She explained the rezoning is important to protect neighborhood aesthetics. "This is currently zoned R-1. If we leave it as R-1, to get 125 lots . . . going to have to mow down everything-every tree, every barn. You're going to look from Garden Gate all the way over to Union Heights to Oak Knoll. It's going to be flat as a pancake. It will all be houses."

She said the request is to rezone the smaller center of the parcel to R-2 and condense the houses a bit. She said the barn and 15 acres would remain with R-2 medium density zoning.

She said the developer will zone the parcels agriculture and will leave 7.5 acres wooded. "It looks exactly as it is but the pastures now will have houses on it."

Marks explained plans are for a higher end subdivision featuring a horse barn and woods. Plans, she advised, include 13 "big" houses on Jennings Lane, featuring side drives and turn in garages.

If it stays R-1, the realtor further explained, 17 houses will be developed along that road, as that's how it is zoned at the current time, according to Marks.

A residential realtor who admits she really doesn't deal with "woods," Marks said she's learned a lot through this process. What she said she understands is if Shelbyville Planning Director Waleed Albakry agrees and the City planners agree with the R-2 rezoning, the development will be approved then by City Council. She said both that has happened.

"I was told by y'all that you would vote for the subdivision if it was agreed by Wallye [Albakry] and the Planning Commission. And it is. And that's all I have to say," Marks said as she gathered up her documents from the Council.

Election on the horizon

City Recorder Lisa Smith reminded Council that an election is coming up in November for three Council seats. "It's just a general resolution that we're required to do every 2 years- calling for an election in November 2024-election for 3 seats on the Council, Wards 1, 3 and 5. It will be up for your approval next Thursday."

New SPD vehicle

Council will also vote on the purchase of a new vehicle for the growing Shelbyville Police Department.

The Shelbyville Police Department has made a request of Council for the purchase of a 2024 Chevy Equinox, which would be bought from Wilson County Motors in Lebanon via state-wide contract at a cost of $30,445. An accident occurred last fall, totaling the SPD vehicle, Council was informed.

The insurance recovery, administration further reported, was about $21,000, which will be added to offset the cost of the new purchase. The capital fund, instead of the general fund, will be used for the remainder of the purchase amount, administrators told Council.

This car will be used for civilian, not pursuit purposes, and will be used by the CID (criminal investigation division,) SPD Chief Jan Phillips told Council.

Two SPD employees promoted



Deputy Chief Pat Mathis (left) and Chief Jan Phillips



Major of Patrol Charles Merlo (left) and Chief Jan Phillips

Shelbyville Police Department recently announced the promotion of two long-serving employees. Pat Mathis has been appointed Deputy Chief. (Former Deputy Chief Brian Crews recently resigned.) Charles Merlo has received a promotion from detective lieutenant to major of patrol (filling the vacancy left in that position by Mathis.)

"The Shelbyville Police Department is excited to announce the promotion of Pat Mathis from Major of Patrol Division to Deputy Chief. With an impressive 32 years of dedicated service to the Shelbyville Police Department, Pat has demonstrated commitment, leadership, and professionalism throughout his career," said SPD Chief Jan Phillips. "As Deputy Chief, Pat will continue to make invaluable contributions to our department's mission and objectives, and we have every confidence in his ability to excel in this new role."

"With 26 years of dedicated service to our department, Charles has consistently demonstrated leadership, professionalism, and commitment to our community and department," said Chief Phillips. "As Major of Patrol, Charles will continue to uphold the highest standards of law enforcement and contribute to the safety and security of our city. His experience, expertise, and dedication make him a valuable asset to the Shelbyville Police Department."



Friends, family and fellow fire fighters gave "Scutt" Douglas a fitting farewell a week ago Sunday at the fire hall off Highway 41 A North.

Volunteer Fire Department Chief Retires

Staff Report

Phillip "Scutt" Douglas retired last week as Unionville Volunteer Fire Department Chief after 42 years of faithful service. Following a great barbecue in his honor at UVFD, we chatted with "Scutt," as he's been known most of his life, about his history with the department.

He recalled that in 1982, the Unionville Jaycees and some of the Lions Club members started talking about building a fire department.

"My next-door neighbor's house burnt and that gave everyone a push to get started. We had land donated . . . blocks and concrete donated by Sequatchie Concrete, the trade school put up the blocks for the building, the fire fighters put on the roof. We started with one truck called "Granny."

"When we got a call, some of the firemen's wives got on the phone and called all the firemen and told them where the call was. We didn't have pagers for a while. We have made a lot of large steps since then.

All the firemen signed a note at First Community Bank to get equipment we needed and trucks. Because of the dedication and determination of these guys, we have grown a lot more than we thought possible. We now have two halls with five trucks. This would not be possible without everyone's help."

"Our volunteers have served our community well. We help other stations when they need it and they help us. We have a picture fundraiser and we sell fireworks every year which is a very good fundraiser."

"I have enjoyed 42 years on the department but it is time to let the younger firefighters take over the department. We have had five chiefs over the years Gale Barber, Ricky King, Walter Taylor and myself. Your new chief is Jim White and he is very qualified for the job. I wish him the best."

"Thanks for all the well wishes." Scutt.



Unionville firefighters gathered last week to wish outgoing fire chief Phillips "Scutt" Douglas a wonderful retirement.



Submitted Photos

Third grader makes model courthouse

Thomas Magnet third grader Coen Grijalva made this model of the historic Bedford County Courthouse-just in time for a visit by Bedford County Mayor Chad Graham. The mayor presented a proclamation at the school. See page 12 for more of "Mayor Chad visits schools."



Editor's note: State Rep. Pat Marsh's notes on the new teacher gun/carry law signed by Gov. Bill Lee this week.

"Several schools and teachers want this bill to pass. I support it as proposed if the school superintendent, principal, and the head of the local law enforcement all sign off on it.

"The teacher has to want to carry and go through a psych evaluation and complete at least 40 hours of peace officer training each year and other items.

"If all these requirements are met, I don't have a problem with the bill.

"I also believe that having the possibility of a school employee carrying a firearm, should make a positive impact in keeping a shooter away from the school.



"If Bedford County schools don't want to do this, they don't have to." Pat Marsh

Plan to attend your County Commission meetings?

As county government prepares for a new fiscal year, starting July 1, important budget decisions will be made over the next few months. Tennessee's Open Meetings Act ensures that you, the citizens, can attend meetings at which public business is discussed and decided.

You can always attend in person; in addition, some meetings are livestreamed, and the video is available for viewing any time after the meeting. Meetings of Bedford County Board of Commissioners and its four standing committees can be found on the county's YouTube channel, www.youtube.com/@bedfordcountytngovernment

State law provides for a period of public comment at local government meetings to provide the public with an opportunity to comment on matters that are germane to items on the agenda. Any person interested to speak should:

1) Record name and address on a sign-up sheet that will be provided, prior to meeting being called to order.

2) When called upon, address comments to the Chairperson in a respectful manner.

3) Limit remarks to three minutes for item(s) germane to the agenda. If you have concerns about an item not on the agenda, it is best to discuss that in person with your elected representatives and attempt to have the item added to the agenda of an upcoming meeting.

Here are some of the regular county meetings. Schedules and locations are subject to change; you may want to confirm the time and location in advance if you plan to attend. Check the county website, www.bedfordcountytn.gov, for a calendar of upcoming events.

Bedford County Board of Commissioners meets the second Tuesday of each month at 7 p.m. on the second floor of Bedford County Courthouse;

Three of the commission's standing committees — Rules and Legislative; Law Enforcement; and Courthouse and County Property — meet on the third Tuesday of each month at 5 p.m. on the second floor of the courthouse.

The Financial Management Committee meets on the fourth Tuesday of each month at 4:15 p.m. at Bedford County Business Complex, 200 Dover Street in Shelbyville, in Room 110.

Bedford County Board of Education meets on the third Thursday of each month 6 p.m. at the school system's Central Office, 500 Madison Street in Shelbyville.

Bedford County Road Board meets on the first Monday of each month at 4:30 p.m. at Bedford County Highway Department, 328 Dover Street in Shelbyville.

Bedford County Planning Commission meets on the fourth Tuesday of each month at 7 p.m. on the second floor of Bedford County Courthouse.



During his quarterly report on April 9, Bedford County Highway Superintendent Mark Clanton informed Bedford County Board of Commissioners that three new snow plow attachments have been purchased for county trucks -- the first snow plows the county has owned in 20 years.

In mid-January, a massive weather event combined unusually heavy snowfall with bitterly cold temperatures that rendered de-icing salt ineffective, or in some cases even counterproductive, turning snow into an even-more-dangerous sheet of ice.

Clanton also reported on the state-funded repaving projects on Fairfield Pike, Horse Mountain Road and Gant Road, and on the challenges of keeping the 685 miles of county-maintained roads in shape.

Spring is the perfect time to extend your living space with a screened in porch, a new deck—or both!





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Bedford County Board of Commissioners

Commissioner Board Meeting Date: Tuesday, May 14, 2024 Time: 7:00 PM

Location: Bedford County Historic Courthouse, 2nd Floor, Courtroom

Agenda
Call to Order: Chairman, Mayor Chad D. Graham
Prayer and Pledge of Allegiance
Open Meeting: Sheriff Austin Swing
Roll Call: County Clerk Donna Thomas

Minutes Approval:
1. Approval of Commission Meeting Minutes from April 09, 2024 - Placed on the agenda without a recommendation by Rules & Legislative Committee (unanimous).

Public Comment Period:

Elections & Confirmations:
2. Elect Notaries for June 2024 - Placed on the agenda by the Rules & Legislative Committee (unanimous).

Presentations:
3. Chris White, Bedford County Planning Director, receives the 2024 American Planning Association's John Keller Merit Award for Planning Initiative, based on his design and development of the Bedford County Renewable Energy Overlay Zone Model.

Resolutions:
4. Resolution 24-16 - Capital Outlay Note- Placed on the agenda by the Financial Management Committee (unanimous).

Proposed Capital Outlay Projects Projected Cost
a. Liberty School Wing 3,364,859
b. Juvenile Facility 6,049,550
c. Surplus Facility 600,000
d. Public Safety Training Range 154,000
e. NCRS Office Expansion at Ag Ctr 25,000

5. Resolution 24-17 - Litter and Trash Collecting Grant- Placed on the agenda by the Financial Management Committee (unanimous).

Additional Items by Standing Committees:
Rules and Legislative Committee: None.
Law Enforcement Committee: None.
Courthouse and Property Committee: None.

Financial Management Committee:
6. Quarterly Financials
7. Surplus Property - BOE
8. Surplus Property - Highway
9. Right-of-Way and Road Cut Permits
10. BCEMS Write-Offs

Other Business:
11. Securus Technology Value Solutions Contract for Body Scanner, Sheriff's Department - Placed on the agenda due to time constraints by signature of Commissioners Greg Vick and Scott Johnson

Announcements

Adjourn
/s/ Chad D. Graham
Chad D. Graham, Bedford County Mayor



Bedford County Government Photos

TAKING TIME FOR NATIONAL PRAYER DAY
Jimmy West, pastor of Edgemont Baptist Church, was guest speaker during the National Day of Prayer ceremony on the Courthouse lawn last Thursday. It was reported that over 40 observances were held across the County. One little girl showed her patriotism.

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Make Mom's Day dinner memorable with manicotti



Few cuisine styles are as diverse and beloved as those that have been exported from the Mediterranean nation of Italy. From pasta to pizza and everything in between, the rich and savory flavors of Italian cuisine are enjoyed across the globe. Italian restaurants can be found in many cities and towns throughout the world. However, it's just as easy to create traditional, mouthwatering dishes at home with simple ingredients. Manicotti is a popular pasta dish that can be filled with cheese or other ingredients, and topped with a traditional tomato sauce or other saucy creations. The word Manicotti is the plural form of Manicotti which translates to little sleeves in Italian. They're meant to be stuffed and baked. While manicotti may seem complex, they are rather easy to prepare. Enjoy this recipe for Mom's Homemade Manicotti with Crepes (Crespelle), courtesy of the blog 3 Italian Sisters (www.3italiansisters.com.)

They present well for Mother's Day Sunday dinner or any special occasion.

Moms Homemade Manicotti with Crepes (Crespelle)
Yields approximately 20 crepes
Serving size: 2 to 3 crepes per person

Crepes
4 extra large eggs
1 cup flour
1 1/4 cup whole milk
2 tablespoons vegetable or olive oil
1 teaspoon salt
Butter for pan

Ricotta filling
3 pounds part skim or whole milk ricotta cheese
1/2 cup fresh parsley, minced
1/2 cup grated pecorino Romano cheese
2 extra large eggs, scrambled
1 pound mozzarella cheese cubed
Salt and pepper to taste
Premade tomato or meat sauce

Put all the crepe ingredients into a blender. Blend till smooth; scrape sides if necessary and blend again till all ingredients are blended well.

Melt a little butter in a nonstick frying pan over medium heat. Pour in small amount of butter and swirl to cover bottom of it with a thin film. Cook for approximately 20 seconds and turn to the other side and cook for another 20 seconds.

Transfer crepe to plate.

Continue until all batter is finished. Crepes can be stacked on top of each other. If you aren't using them right away, wrap them tightly in plastic wrap and refrigerate them for 3 days or freeze for up to one month.

Ricotta filling: Mix all ingredients together in a large bowl and set aside to fill crepes.

Take 1 tablespoon of ricotta filling onto each crepe and roll gently and place on a cookie sheet, seam side down.

Preheat oven to 350 degrees.

Layer large casserole pan with your favorite tomato or meat sauce. Place single layer of rolled manicotti in the casserole pan on top of sauce. Ladle thin layer of sauce on top of manicotti and sprinkle with additional mozzarella cheese.

Bake in the oven for 25 minutes, or until sauce is bubbling and cheese is melted.

Community CALENDAR

Art Crawl
Bedford Arts Collective will host its Art Crawl night on Friday, May 10, from 4 to 7 p.m. around the public square.

Wartrace Strawberry Festival
Wartrace will celebrate Spring and All Things Strawberry on Saturday, May 11, 9am – 4pm.

Activities include craft vendors, food trucks, parade, kid zone, baking contest, entertainment and much more. Free admission and parking.

Decoration Days
Wheel Cemetery Decoration Day will be Saturday, May 11th. A short service will be held at 2:00 p.m. Donations for the upkeep of the cemetery will be accepted and appreciated. Donations can also be mailed to Wheel Cemetery, 129 Haskins Chapel Road, Lewisburg, TN 37091.

Rosebank Cemetery Decoration Day will be held 2 p.m., May 19, at Flat Creek Community Center in Flat Creek.

Houston Whitworth Cemetery will have its Decoration Day 2 p.m. May 19 at the cemetery. Donations can be mailed to: Charles Armstrong, 435 Old Nashville Dirt Road, Shelbyville, TN., 37160.

Veterans Memorial Service
United Veterans Council of Bedford County will have a Memorial Service on Veterans Day, May 27, at 11 a.m.. The last Monday in May to honor our Veterans who paid the ultimate sacrifice for our country. We have retired Col. Joe Miller to be our speaker. Bring your lawn chairs, sit in the shade and horror our fallen heroes. Location is on the south side of the courthouse square.

Why Our Thoughts and Intentions Matter



"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."
Philippians 4:8 NIV

One may be tempted to think that what goes on inside our heads is our own affair, and that we can think mean or nasty thoughts all day long and so long as we do not act or say anything mean or nasty, we are okay. But is this really the case? Can we harbor ill will towards our brothers and sisters and be blameless simply because we have not harmed them physically? Our thoughts and intentions have a way of slipping into our words and deeds, unconsciously or otherwise.

For this reason, we should guard our thoughts, for they become intentions, and intentions become words and actions. And even when we have walled ourselves off from the external world, our thoughts influence our own lives. You cannot stew in anger or bitterness and live a good and beautiful life. Therefore, take care to guard your thoughts and be sure that they are good and true and beautiful.

–Christopher Simon

Bedford County property transfers

The following property sales were recently recorded in the Bedford County Register of Deeds office.

Seller, James B Rollins; Buyer, Harney Home LLC; Price, $2,068,000 (Deed).

Location: 203 County Line Rd; Seller, Cheryl Lynn Happei, Brian D Happel; Buyer, James Donahue, Lesley Donahue; Price, $900,000 (Deed).

Location: Kennedy Rd; Seller, Jeremy Byford, Jenni Byford; Buyer, Magalhaes Developers LLC; Price, $660,000 (Deed).

Seller, John Ernest Peterson, Donna Ann Peterson; Buyer, Steve Sliger; Price, $312,500 (Deed).

Seller,R K Clifford; Buyer, Clinton Rajaniemi, Veronica Rajaniemi; Price, $220,000 (Deed).

Location: 289 Burnt Hill Road; Seller, Elizabeth A Certain; Buyer, Jerry Dillard Certain; Price, $0 (QD).

Location: Augusta Court; Seller, Anthony M Matusek Jr, Carolyn Simmons Matusek, Michael S Matusek; Buyer, American Home Constructors Inc; Price, $0 (QD).

Location: Augusta Court; Seller, American Home Constructors Inc; Buyer, John Ernest Peterson, Donna Ann Peterson; Price, $398,900 (Deed).

Location: 213 Meadowbrook Dr; Seller, JC Builders LLC, H Allen Jones; Buyer, Deanna Nicole Austin; Price, $347,000 (Deed).

Location: 202 Lucas Rd; Seller, Louise M Armstrong; Buyer, Robert Scott Middleton, Robert Keith Middleton; Price, $345,000 (Deed).

Location: 103 Greystone Way; Seller, David King; Buyer, Nicholas A Roden, Jessica L Roden; Price, $290,000 (Deed).

Location: Gant Rd; Seller, Elizabeth Catherine Christopher; Buyer, Christopher Family Revocable Trust; Price, $0 (QD).

Location: East Lane St; Seller, Lisa F Myhand; Buyer, Lisa F Myhand, Dean Myhand; Price, $0 (QD).

Seller, Stephen M Ladd; Buyer, Ladd Family Investments LLC; Price, $0 (QD).

Location: 1405 Unionville Deason Rd; Seller, Daniel Diaz; Buyer, Cody Robert Claussen, Tyler James Claussen; Price, $309,000 (Deed).

Location: 132 Davis Ln; Seller, Craig Akers, Amanda Wells, Amanda Akers; Buyer, Stacy Youngblood; Price, $305,000 (Deed).

Seller, Jacquelyn Donette Marlowe; Buyer, Steve L Zeis; Price, $335,000 (Deed).

Seller, Michael H Owen, Kerrie Upchurch; Buyer, Joseph Baker, Courtney Baker; Price, $109,900 (Deed).

Location: Riverbend Rd; Seller, Steve L Zeis; Buyer, Spencer G Miller, Kimberly M Miller; Price, $150,000 (Deed).

Location: Country Club Rd; Seller, Steve L Zeis; Buyer, Steve L Zeis; Price, $0 (QD).

Location: 104 Division St; Seller, Timothy Russell Murphy, Amanda Christina Murphy, Amanda C Owens; Buyer, Haynes Service Company LLC; Price, $75,000 (Deed).

Seller, Ralph McBride Jr, McBride June Lentz Estate; Buyer, Ralph McBride Jr; Price, $0 (Deed).

Location: 855 Longview Rd; Seller, Andrea Renee Thompson; Buyer, Taras Susid, Rebecca Susid; Price, $525,000 (Deed).

Location: Haunt Hollow Rd; Seller, Melanie R Crowley; Buyer, John Reid Crockett III, Tracy Crockett; Price, $0 (QD).

Location: 1213 Union St; Seller, Ronald Keith Mitchell, Cheryl Marie Mitchell, Mitchell Living Trust; Buyer, Alfred Dean Council, Deborah Vaughn Council; Price, $495,000 (Deed).

Seller, Timothy Michael McGeary, Candice McGeary; Buyer, McGeary Family Revocable Trust, Timothy Michael McGeary, Candice McGeary; Price, $0 (QD).

Location: 106 Doak St; Seller, Steven A Stine, Holly R Stine; Buyer, Stephanie Morrow; Price, $310,000 (Deed).

Location: 2008 Old Nashville Dirt Rd; Seller, Justin M Maxwell, Ciara Maxwell; Buyer, Michael Hargrover; Price, $230,000 (Deed).

Location: 132 Sandusky Rd; Seller, Carolyn L Adiska; Buyer, Immanol Suarez Gonzalez, Maria Aurora Gonzalez; Price, $457,000 (Deed).

Location: Highway 82; Seller, James David Baker, Mary Louise Baker; Buyer, James David Baker, Mary Louis Baker; Price, $0 (QD).

Seller, Tony Dale Allen, Barbara Allen, Linda Allen Coop, Paul Gary Coop; Buyer, Andrew Isaac Allen, Tony Dale Allen, Barbara S Allen, Linda Allen Coop, Paul Gary Coop; Price, $0 (QD).

Seller, Tony Dale Allen, Barbara S Allen, Linda Allen Coop, Paul Gary Coop; Buyer, Samuel Anthony Allen, Tony Dale Allen, Barbara S Allen, Linda Allen Coop, Paul Gary Coop; Price, $0 (QD).

Location: Ward Hollow Rd; Seller, Linda Allen Coop, Paul Gary Coop; Buyer, Andrew Isaac Allen, Linda Allen Coop, Paul Gary Coop; Price, $0 (QD).

Location: Possum Trott Rd; Seller, Tony D Allen, Barbara S Allen; Buyer, Andrew Isaac Allen, Tony D Allen, Barbara S Allen; Price, $0 (QD).

Location: Elm St; Seller, James E Farrar Sr; Buyer, NCJ Inc; Price, $550,000 (Deed).

Location: Maplewood Dr; Seller, Gloria Throneberry; Buyer, Isaac Brown, Lilly Sprayberry; Price, $255,000 (Deed).

Location: 219 Meadowbrook Dr; Seller, JC Builders LLC, H Allen Jones Jr; Buyer, Frankie Bramlett, Judith Bramlett; Price, $314,900 (Deed).

Location: 438 Fairground Heights; Seller, Robert Flade, Joeseph Weston Alcorn, Wilfred Lee Alcorn; Buyer, Damien Yair Gonzalez; Price, $179,000 (Deed).

Seller, Donnell P Williams; Buyer, Cara S Cantrell, Cara S Williams; Price, $0 (QD).

Location: Liberty Pike; Seller, Gordon Johnson Jr, Melinda Kay Johnson; Buyer, John K Teague III, Rachel J Teague; Price, $908,314 (Deed).

Location: Walker Rd; Seller, Ryan C Morton, Brooke Way, Brooke Morton; Buyer, Brandon T Morton; Price, $1,135,000 (Deed).



SPD Photo

SPD OBSERVES DAY OF PRAYER

Last Thursday, during National Day of Prayer, Jimmy West, pastor of Edgemont Baptist Church, joined members of Shelbyville Police Department and offered prayers for our officers and community. The SPD stated, "Gathering in unity, we reflected on the importance of faith, community, and the shared values that bind us all. Brother Jimmy's heartfelt prayers uplifted our spirits and reminded us of the power of prayer in fostering strength, resilience, and hope."

From the Tennessee Bureau of Investigation website

S.M.A.R.T. PARENTING TIPS FOR ONLINE SAFETY

S — Set-up: Devices/Accounts/Passwords

It is important for parents to know how to set up their children's devices for several reasons. Overall, knowing how to set up a device empowers parents to create a safe and healthy digital environment for their kids. It allows them to strike a balance between protecting their children and allowing them to explore the online world in a responsible and beneficial way. While knowing how to use parental controls and security features is essential, it goes beyond technical knowledge. Parents should also be familiar with current online trends, dangers, and age-appropriate content to effectively guide and advise their children on safe and responsible digital citizenship. Remember, technology evolves rapidly, so it is important for parents to stay informed and adapt their strategies as needed to ensure their children's continued safety and well-being in the digital world.

M — Monitor: Online Use/Connections

Monitoring your children's online use and connections isn't about spying, it's about striking a crucial balance between protecting them from potential harm and fostering their digital independence. Monitoring your children's online use and connections is an ongoing process, an investment in their safety, well-being, and digital citizenship. By striking the right balance and focusing on open communication, you can empower your children to navigate the online world safely and confidently.

A — Approve: Apps/Games

Parents' approval of their children's apps and games is crucial for several reasons and goes beyond simply saying "yes" or "no." It's about creating a safe and enriching digital environment that fosters safety, security, healthy development, trust and communication. Approving apps together creates opportunities for open communication about online activities. Discuss the reasons behind your decisions, explain potential risks, and set expectations for responsible use. This builds trust and strengthens parent-child relationships.

R — Restrict: Content/Permissions

It's incredibly important for parents to restrict their child's access to inappropriate content. It's about creating a safe and age-appropriate online environment where children can explore and learn while being protected from potential harm. Here are some helpful approaches:

- Open communication: Talk to your children about the dangers of inappropriate content and set clear expectations for their online behavior.
- Parental control tools: Utilize parental control features offered by devices and platforms to filter content, limit screen time, and monitor online activity.
- Age-appropriate resources: Choose websites, apps, and games specifically designed for children's age and developmental needs.

T — Talk: #StartTheConversation/Teach

Open and repeated conversations are your most powerful tool for online safety. By prioritizing open and repeated conversations about online safety, you can equip your children with the knowledge, skills, and confidence they need to navigate the digital world safely and responsibly. Think of it as an investment in their future, just like teaching them any other important life skill. Technology and online trends evolve rapidly, making it impossible for parents to know everything. Having ongoing conversations about online safety allows you to stay updated on the latest trends, apps, and challenges kids might face. You can adjust your guidance accordingly. Remember, these conversations don't have to be one-sided lectures. Here are some tips for making them more engaging and effective:

- Start early and adapt the conversation to your child's age and development.
- Make it a natural part of everyday life, not just a one-time event.
- Ask open-ended questions and actively listen to their concerns.
- Use real-life examples and relatable scenarios to illustrate your points.
- Focus on teaching them strategies for staying safe, not just scaring them.
- Be open to learning from them as well.

Jail Intake
Bedford County Corrections



In addition to the following list of jail intake at Bedford County Sheriff's Office this week, there were also charges filed against various individuals for theft of property, stolen vehicles and felony assault. Should those people be found guilty and arrested, they will be printed at a later date in this report.

Leland DeWayne Armstrong, driving on revoked license, financial responsibility, possession of drug paraphernalia, simple possession

Curtis Leautra Bryant, disorderly conduct, public intoxication

Carolos Arturo Cruz-Zuniga, no driver's license exhibited on demand, possession of schedule II, speeding

Shania Marie Ellis, failure to appear

Felipe NMN Francisco-Pascual, no driver's license exhibited on demand

Domingo Lopez Ramos, violation of probation

Virigina Shavonne Lymon, violation of probation

Joseph Earl Moore, failure to appear

Richard Ricardo North Jr., other

Joe Hollis Saine Jr., other

Aurelio Sotelo Antunez, driving on suspended license, failure to maintain lane

Travis Lee Wilhoite, driving on revoked license, possession of drug paraphernalia, possession of schedule II

Tommy Lance Bailey, driving on revoked

Beau Dawson Beecham, order revoking bond

Rubelio NMN Catana Poxtan, failure to appear

Juan Carlos Cazares, possession of drug paraphernalia, possession of schedule II

Tamia Paris Kelley, capias, failure to appear

Brandon Joseph Littman, driving on suspended, financial responsibility, light law, unregistered car, violation of registration law

Antonio Mateo-Pedro, driving non resident with a suspended, revoked license, financial responsibility, running red light/stop sign

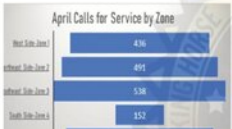
Gerrell Antoine Oneal, violation of probation

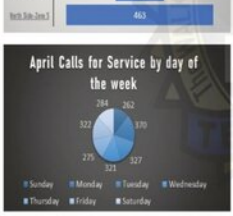
Kayla Ann Parmer, hold extradition another state

Samuel Jeremias Quinonez-Ramirez, assault on first responder, driver to exercise due care, license required, no driver's license/exhibited on demand, registration to be carried, resist stop frisk halt search

Rodolfo NMN Rios-Flores, failure to appear

Shelbyville Police Department
Monthly Statistics - April 2024



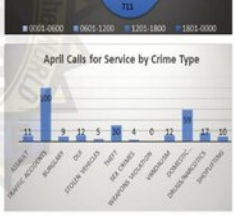


Total Calls for Service
2,161

These statistics provide a snapshot of the activities of the Shelbyville Police Department in April 2024. The Shelbyville Police Department remains committed to ensuring the safety and well-being of our community. We appreciate the ongoing support and cooperation of our residents.

Average call response time < 4 minutes

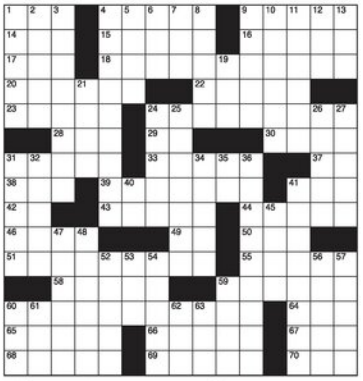




Crossword

CLUES ACROSS
1. Geological time
4. Ooze
9. A set of eight
14. Obstruction
15. Swiss mathematician
16. Philosophy
17. The night before
18. A timid person
20. Unifies
22. Gangs
23. Alternative name
24. Acumen
28. Cathode-ray tube
29. Tantalum
30. Soluble ribonucleic acid
31. Humiliate
33. Earthy pigment
37. Air Force
38. Adult males
39. Stiff untanned leather
41. Before
42. Atomic #18
43. Beer mug
44. Nostrils
46. Type of chef
49. Midway between north and east
50. They __
51. Splits
55. Walk in a timid manner
58. Preserved animal skin with hair
59. Popular donut shop item
60. You smear it on bagels
64. Don't know when yet
65. Equal to 10 amperes
66. Synthetic acrylic fiber
67. One point south of due east
68. Of mixed ancestry
69. Home of the Pyramids
70. A way to change color

CLUES DOWN
1. Excessive fluid accumulation in tissues
2. Untangle
3. One from the U.S.
4. Academic terms
5. San __ Obispo, in California
6. Not healthy
7. Self-assessment questionnaire (abbr.)
8. Arugula genus
9. VIII
10. Makes a monarch
11. Tormentor
12. Commercials
13. Sprinkle
19. Make a mistake
21. Freshwater fishes
24. Vermont town
25. Man-made device
26. Entrap
27. Places to store important things
31. Accumulate
32. Greek mythological nymph
34. Gregory __, American dancer
35. Denotes past
36. Becoming popular again
40. Indicates position
41. Came before
45. An extra seed-covering
47. Cheerful
48. Deli sandwich staple
52. Skateboarders love them
53. Mandela's party
54. Sierra lake
56. Nickname for Elizabeth
57. Remove from record
59. Employee stock ownership plan
60. Former NFLer Newton
61. Relative biological effectiveness (abbr.)
62. Work unit
63. Town in Cambridgeshire



Horoscopes

ARIES - Mar 21/Apr 20
Aries, a friend of has made steady progress and exhibited significant personal growth. Continue to support this person's pursuits and act as a source of encouragement.
TAURUS - Apr 21/May 21
Your happiness can bring joy to many other people this week, Taurus. Spread all of your positivity among those people who can use it the most. You will reap rewards as well.
GEMINI - May 22/Jun 21
The people around you may be behaving in interesting and unexpected ways, Gemini. You don't know what to make of this just yet, so sit back and watch the show.
CANCER - Jun 22/Jul 22
Cancer, it is challenging to keep up with all of the comings and goings of the people in your social circle. It may take a little while for you to reconnect.
LEO - Jul 23/Aug 23
Let others see a side of you that you don't often share, Leo. It is alright to be vulnerable at times, and this vulnerability actually may appeal to some new people in your life.
VIRGO - Aug 24/Sept 22
Virgo, you have a tremendous amount of power at your disposal this week. You should use all of it wisely and not waste a drop. Others will be affected by your presence.
LIBRA - Sept 23/Oct 23
Libra, expect to spot trouble on the horizon before other people around you. This gives you a head-start to take action and prepare yourself and others for what's to come.
SCORPIO - Oct 24/Nov 22
Pay careful attention to any and all financial transactions you make this week, Scorpio. You want to keep tabs on where your money is going and avoid as many mistakes as possible.
SAGITTARIUS - Nov 23/Dec 21
Sagittarius, a situation may arise this week in which you are expected to do more than you feel comfortable. Don't let others bully you into action. Explain your hesitation carefully and respectfully.
CAPRICORN - Dec 22/Jan 20
What is the point of power struggles if it alienates all of the people closest to you, Capricorn? Sometimes you must forego ego to maintain personal relationships and family harmony.
AQUARIUS - Jan 21/Feb 18
Aquarius, try to interact this week with the people who may not necessarily agree with you or share your beliefs. It could be good to see things from different perspectives.
PISCES - Feb 19/Mar 20
Positive energy is circling around you this week, Pisces. Those good vibes will put you in a mood to reach out to some people in your life who may have drifted away.

FAMOUS BIRTHDAYS
MAY 12
Rami Malek, Actor (43)
MAY 13
Robert Pattinson, Actor (38)
MAY 14
Rob Gronkowski, Commentator (35)
MAY 15
Stella Maxwell, Model (34)
MAY 16
Janet Jackson, Singer (58)
MAY 17
Derek Hough, Dancer (39)
MAY 18
Tina Fey, Actress (54)

MEDITATION WORD SEARCH

E	E	U	K	T	M	Z	Y	S	M	S	I	H	D	D	U	B	M	D	I
T	S	E	R	Q	S	D	G	O	P	M	R	E	I	K	Q	Y	F	N	A
C	P	L	A	T	N	E	M	P	T	G	A	W	U	H	I	O	P	R	H
K	N	Q	A	M	R	A	H	D	H	H	L	R	N	I	R	V	A	N	A
Y	I	Y	T	I	L	I	U	Q	N	A	R	T	H	O	P	E	N	N	R
G	E	V	I	T	A	E	R	C	L	E	Y	Z	N	S	H	V	R	Z	K
R	W	T	A	I	Y	Z	H	P	V	R	M	R	E	S	A	Z	E	R	A
E	A	G	E	N	L	I	G	H	T	E	N	M	E	N	T	N	W	G	H
N	W	B	R	W	Q	V	I	S	U	A	L	I	Z	A	T	I	O	N	C
E	Y	S	Q	L	H	Q	V	W	Y	Z	L	Z	D	Z	K	Z	F	I	A
C	A	R	T	N	A	M	D	K	N	C	P	S	K	F	I	B	V	D	D
W	I	C	M	S	H	S	G	Z	N	O	M	U	Q	A	Y	D	W	N	M
T	N	A	H	C	U	S	T	O	U	B	O	D	H	I	T	P	M	U	S
O	M	D	Y	O	A	D	E	D	D	T	I	R	K	S	N	A	S	O	I
K	S	P	G	R	N	S	S	E	N	L	U	F	D	N	I	M	S	R	U
C	R	A	W	A	R	E	N	E	S	S	I	H	W	P	N	G	R	G	D
M	E	D	I	T	A	T	I	O	N	Z	P	N	Z	V	H	N	Z	T	N
C	V	S	I	E	V	N	V	A	M	R	A	K	P	I	O	E	Q	C	I
Y	G	Q	M	P	S	K	P	E	A	C	E	F	U	L	M	B	V	D	H
V	R	G	Y	M	C	W	D	B	F	B	T	Z	H	W	D	P	M	E	O

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ASHRAM
AWARENESS
BODHI
BUDDHISM
CHAKRA
CHANT
CREATIVE
DHARMA
ENERGY
ENLIGHTENMENT
GROUNDING
HINDUISM
KARMA
MANTRA
MEDITATION
MENTAL
MINDFULNESS
NIRVANA
PEACEFUL
REST
SANSKRIT
TRANQUILITY
VISUALIZATION
ZEN



SUDOKU

Here is how it works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1		2				5		3
		4		9				
	7			6	2			1
6	5					7		4
	1		7	2	8	9		6
	9	7		5			1	
7			2	4			8	
9				8	7	1	3	2
		1	6			4		

Level: Beginner

		5			7			4
						2		
3						1		6
			5					
		9						3
			2	4	3		6	
8						9		
	7		9	2	1			5
		3			8		1	

Level: Intermediate

	5						4	9
	4	7			3		8	
	8		1				5	
	7			8	6			
1			3	4		8		
					2			6
					5	2		
				9			6	
			2					1

Level: Advanced

Misc For Sale

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-888-869-5542 today to schedule a free quote. It's not just a generator. It's a power move. (TnScan)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-713-6706 (TnScan)

Yard Sale
Tractor, tools, wicker furniture
3343 Fairfield Pike, Bell Buckle

Random Goods General Store
876 Union Street
Shelbyville's home for housewares, sporting goods, clothing, hardware, knives and airguns.
Tues-Sat 10-6

HOUSE FOR SALE
113 Laurel Wood Drive
Shelbyville, TN 37160
931-307-0532
Selling furniture as well.

Services

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To $600 In Gift Cards. Call Today! 1-844-274-6074 (TnScan)

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Direct and get your first free months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package $84.99/mo. Some restrictions apply. Call DIRECTV 1-844-230-4803 (TnScan)

Get Boost Infinite! Unlimited Talk, Text and Data For Just $25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 855-454-6457 (TnScan)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-855-281-6212 (TnScan)

Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only $99! 100% guaranteed. CALL NOW: 1-866-477-7591 (TnScan)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and $1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-328-6169 (TnScan)

DIAGNOSED WITH LUNG CANCER? You may qualify for a substantial cash award - even with smoking history. NO obligation! We've recovered millions. Let us help!! Call 24/7, 855-750-2678 (TnScan)

YOUR LOW COST ADVERTISING Solution! One call & your 25 word ad will appear in 98 Tennessee newspapers for $275/wk or 27 West TN newspapers for $100/wk. Call this newspaper's classified advertising dept. or go to www.tnpress.com/newspaper-networks (TnScan)

Choose EarthLink Fiber Internet for speeds up to 5 Gigs, no data caps, no throttling. Prices starting at $54.95. Plus, a $100 gift card when you make the switch. Call 1-855-481-3340 (TnScan)

Free removal of scrap metal and appliances
Call Daniel at 931-800-9823

Auctions

GET THE WORD OUT about your next auction! Save Time & $$$. One Call For All. Your ad can appear in this newspaper +97 other TN newspapers. For more info, contact this newspaper's classified dept. or call Becky Moats 931-624-8916. (TnScan)

Farm & Garden

Farm & Garden Services

COW FEED - WHOLE COTTON SEED, Also, HAY - 5x5 Round bales, fertilized and net wrapped. CALL: (731) 676-0857. No texts please. (TnScan)

Help Wanted

RECRUITING HEADACHES? WE CAN Help! Advertise your job opening in this newspaper + 97 newspapers across the state - One Call/Email for All! Contact our classified dept. or email bmoats@tnpress.com (TnScan)

Guerrero Lawn Care
Landscapers needed
Pay based on experience
Call Robert at 913-607-0600

Wanted

Wanted to Buy
Paying Cash
For vintage sports, comics, antiques and card collections
Unopened boxes, cases and sets
931-492-4304

NOTICE

BEDFORD COUNTY BOARD OF COMMISSIONERS

Monthly Commissioner Board Meeting Tuesday, May 14, 2024 @ 7:00 P.M. Bedford County Historic Courthouse 101 Public Square, 2nd Floor Courtroom Shelbyville, TN 37160 Meeting agenda can be found at www.bedfordcountytn.gov . Public Comment Procedure: State law prohibits a period of public comment at local government meetings to provide the public with an opportunity to comment on matters that are germane to items on the agenda. Any person interested to speak should:

1. Record name and address on a sign-up sheet that will be provided, prior to the meeting being called to order.
2. When called upon, address comments to the Chairperson in a respectful manner.
3. Limit remarks to three minutes for items(s) germane to the agenda. Persons with a disability who wish to request special accommodation to participate in the public meeting should notify Suzanne Alexander one business day prior to the meeting if at all possible, by calling (931) 684-7944 or email your request to suzanne.alexander@bedfordcountytn.gov to discuss accommodations. Every reasonable effort will be made to meet your need.

NOTICE OF TRUSTEE'S FORECLOSURE SALE

Sale at public auction will be on May 28, 2024 at 11:00am local time at the usual and customary location at the Main Entrance, Bedford County Courthouse, 1 Public Square, Shelbyville, TN 37160, pursuant to the Deed of Trust executed by Rebekah Kay Proctor and Corey W. Proctor for the benefit of Mortgage Electronic Registration Systems, Inc., as nominee for First Farmers and Merchants Bank, dated June 8, 2022, of record in Book TD1056 Page 165 in the Register of Deeds Office for Bedford County, Tennessee, ("Deed of Trust"), conducted by James E. Albertelli, P.A. d/b/a ALAW, a Florida corporation duly authorized to conduct business in Tennessee, having been appointed Trustee, Dall of record in the Register of Deeds Office for Bedford County, Tennessee. Default in the performance of the covenants, terms, and conditions of said Deed of Trust has been made, and the entire indebtedness has been declared due and payable. Party entitled to enforce the debt: U.S. Bank National Association Other Interested Parties: U.S. Bank National Association The hereinafter described real property located in Bedford County will be sold to the highest call bidder subject to all unpaid taxes, prior liens and encumbrances of record: LAND IN BEDFORD COUNTY, TENNESSEE, LYING AND BEING IN THE 18TH CIVIL DISTRICT, AND BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS, TO-WIT: BEGINNING AT A FENCE CORNER POST ON THE WEST MARGIN OF WHITAKER ROAD SAID POST BEING 25.00 FEET FROM THE CENTER LINE OF WHITAKER ROAD AT THE SOUTHEAST CORNER OF THE JAMES H. TAYLOR PROPERTY AND THE NORTH-EAST CORNER OF THE HEREIN DESCRIBED PROPERTY; THENCE WITH SAID WEST MARGIN THE FOLLOWING CALL: SOUTH 03 DEGREES 07 MINUTES EAST 735.90 FEET; SOUTH 00 DEGREES 16 MINUTES EAST 100.00 FEET; SOUTH 06 DEGREES 26 MINUTES WEST 100.00 FEET; SOUTH 13 DEGREES 08 MINUTES WEST 100.00 FEET; SOUTH 14 DEGREES 57 MINUTES WEST 60.70 FEET; SOUTH 19 DEGREES 09 MINUTES WEST 191.88 FEET TO A METAL PIN, THE SOUTHEAST CORNER OF THE HEREIN DESCRIBED TRACT; THENCE LEAVING SAID WEST MARGIN NORTH 79 DEGREES 11 MINUTES WEST 599.05 FEET TO A METAL PIN THE SOUTHWEST CORNER OF THE HEREIN DESCRIBED TRACT; THENCE NORTH 03 DEGREES 11 MINUTES 56 SECONDS EAST 170.72 FEET TO A FENCE CORNER POST; THENCE NORTH 01 DEGREES 16 MINUTES EAST 346.9 FEET TO AN ELM IN FENCE; THENCE NORTH 00 DEGREES 48 MINUTES EAST 643.4 FEET TO A FENCE CORNER POST, THE NORTHWEST CORNER OF THE HEREIN DESCRIBED TRACT; THENCE SOUTH 89 DEGREES 52 MINUTES EAST 634.3 FEET TO THE POINT OF BEGINNING, CONTAINING 18.47 ACRES, MORE OR LESS, ACCORDING TO A SURVEY BY REX NORTHCUTT, REGISTERED LAND SURVEYOR, R.L. S. NO. 77. BEING THE SAME PROPERTY CONVEYED TO REBEKAH KAY PROCTOR AND COREY W. PROCTOR, WIFE AND HUSBAND, BY WARRANTY DEED FROM DANNY R. DUNIVAN AND WIFE, MELISSA E. DUNIVAN, DATED JANUARY 7, 2020, RECORDED JANUARY 10, 2020 OF RECORD IN BOOK D355, PAGE 296, REGISTER'S OFFICE FOR BEDFORD COUNTY, TENNESSEE Street Address: The street address of the property is believed to be 344 Whitaker Rd., Shelbyville, TN 37160, but such address is not part of the legal description of the property. In the event of any discrepancy, the legal description herein shall control. Map/Parcel Number: 085 058.04 000 Current owner(s) of the property: Rebekah Kay Proctor and Corey W. Proctor This sale is subject to all matters shown on any applicable recorded Plat or Plan; and unpaid taxes and assessments; any restrictive covenants, easements or setback lines that may be applicable; rights of redemption, equity, statutory or otherwise, not otherwise waived in the Deed of trust, including right of redemption of any governmental agency, state or federal; and any and all prior deeds of trust, liens, dues, assessments, encumbrances, defects, adverse claims and other matters that may take priority over the deed of Trust upon which this foreclosure sale is conducted or are not extinguished by this foreclosure sale. THE PROPERTY IS SOLD WITHOUT ANY REPRESENTATIONS OR WARRANTIES, EXPRESSED OR IMPLIED, RELATING TO TITLE, MARKETABILITY OF TITLE, POSSESSION, QUIET ENJOYMENT OR THE LIKE AND FITNESS FOR A GENERAL OR PARTICULAR USE OR PURPOSE. The title is believed to be good, but the undersigned will sell and convey only as Trustee. The right is reserved to adjourn the sale to another time certain or to another day, time, and place certain, without further publication upon announcement on the day, time, and place of sale set forth above or any subsequent adjourned day, time, and place of sale. If you purchase the property at the foreclosure sale, the entire purchase price is due and payable at the conclusion of the auction in the form of a certified check made payable to or endorsed to Albertelli Law Trust Account. No personal checks will be accepted. To this end, you must bring sufficient funds to outbid the Lender and any other bidders. Insufficient funds will not be accepted. Amounts received, in excess of the winning bid, will be refunded to the successful purchaser at the time the foreclosure deed is delivered. This property is being sold with the express reservation that the sale is subject to confirmation by the Lender or Trustee. This sale may be rescinded by the Trustee at any time. THIS IS AN ATTEMPT TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. James E. Albertelli, P.A. d/b/a ALAW, Trustee 401 Commerce Street, Suite 150 Nashville, TN 37219 PH: (615) 265-0835 FX: (615) 265-0836 File No.: 24-007193

SUBSTITUTE TRUSTEES NOTICE OF, SALE OF REAL ESTATE

WHEREAS, by deed of trust dated June 30th, 2009, Clarence Wallace Frederick and wife, Anna Frederick, conveyed to Caren C. Gabriel, Trustee for ASCEND FEDERAL CREDIT UNION, a certain lot or parcel of land together with the buildings and improvements located thereon, lying, and situated in the 3rd Civil District, Bedford County, Tennessee, described as follows:

Lying and being in the 3rd Civil District of Bedford County, Tennessee

TRACT I: Being all of Lot No. 74, Forest Hills Subdivision to the City of Shelbyville, as shown on survey and plat of same appearing of record in Deed Book 62, page 199, Registers Office for Bedford County, Tennessee, to which reference is hereby made for a more complete and accurate description of said lot. Said lot fronts on Hillcrest Drive 85 feet and runs back between parallel lines in a westerly direction 175 X 185 feet, more or less.

TRACT 2: Being all of Lot No. 75, Forest Hills Subdivision to the City of Shelbyville, as shown on survey and plat of same appearing of record in Deed Book 62, page 199, Registers Office for Bedford County, Tennessee, to which reference is hereby made for a more complete and accurate description of said lot. Said lot fronts on Hillcrest Drive 85 feet and runs back between parallel lines in a westerly direction 162 X 175 feet, more or less.

Being the same property conveyed to Clarence W. Frederick and wife, Anna Frederick, by warranty deed from Debi Sudberry, unmarried, dated December 15, 2006, and recorded December 18, 2006 at 10:00 A.M. in Deed Book 281, Page 120, Registers Office of Bedford County, Tennessee. See also quitclaim deed of record in Deed Book 295, page 461, Registers Office of Bedford County, Tennessee.

This conveyance is subject to restrictive covenants of record in Deed Book 62, page 199, and Deed Book 52, page 441, Registers Office for said County.

This conveyance is subject to any and all existing easements and restrictions of record.

Map 89 E-B; Parcel 7

Property Address: 306 S. Hillcrest Drive, Shelbyville, TN 37160

Said deed of trust above is recorded in Trustee Deed Book 718, Pages 642-657, Registers Office, Bedford County, Tennessee, to which reference is made for full particulars; and

WHEREAS Carlee L. Smith has been appointed Substitute Trustee, according to the provisions of this trust deed, by an Appointment of Substitute Trustee, of record in Trust Deed Book 11 14, Page 561, Registers Office, Bedford County, Tennessee, and

WHEREAS Clarence Wallace Frederick and Anna Frederick defaulted in payment of the indebtedness under the terms and provisions of said deed of trust and under the note secured thereby.

NOW, THEREFORE, by virtue of the power and authority vested in me, I, Carlee L. Smith, as Substitute Trustee, will sell at public outcry to the highest and best bidder, for cash, the above-described real estate with all improvements thereon, on May 23rd, 2024, at 10:00 a.m. at the South door of the Courthouse in Shelbyville, Bedford County, Tennessee. Said property will be sold free from and in bar of the rights and equity of redemption, statutory rights of redemption, homestead, dower and all other rights or exemptions of every kind, such being expressly waived in said deed of trust. A Successor Trustee's Deed conveying said property without any covenant or warranty expressed or implied, but subject to all unpaid taxes and any liens which take priority as a matter of law, will be made and delivered to the purchaser of said real estate.

The right is reserved to adjourn the day of the sale to another day and time-certain, without further publication and in accordance with law, upon announcement of said adjournment on the day and time and place of sale set forth above.

Said sale is made subject to all oral announcements made at the sale.

THIS 12th day of April 2024.

CARLEE L. SMITH, Substitute Trustee
Staff Attorney for Ascend Federal Credit Union
Tullahoma, TN 37388

NOTICE

GARY WILSON:

The State of Tennessee, Department of Children's Services, has filed a petition against you for dependent and neglect and for change of legal custody of GARY WILSON, JR. DOB: 12/11/2014 AND MADALYNN Wilson, dob: 04/19/2011 It appears that ordinary process of law cannot be served upon you because your whereabouts are unknown. You are hereby

ORDERED to appear in Bedford County Juvenile Court on the _1st__ day of July_, 2024 to answer this. If you fail to do so, a default judgment will be taken against you pursuant to 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 file legal documents at the Bedford County Juvenile

Court Clerk, Shelbyville, Tennessee. Further questions may be directed to: Elizabeth G Spurbeck, Associate Counsel, State of Tennessee, Department of Children's Services, 1400 College Park Drive, Columbia, TN 38401, 931-777-9022.

ENTER this the 1 st day of May, 2024.

Honorable Charles Rich
Bedford County Juvenile Court



Updates to Friday's Art Crawl on the square

There have been a couple of additions and changes with Art Crawl artists since last week's T-G listing. There are two last minute artists: David Klemann and Daniel Lindvig. They will be outside at The Shops at Main & McGrew. Musa Suber will be located on the sidewalk at Jon English Antique Sports & Cards.

W Michael Bush is no longer able to participate. We hope he is able to join us in the fall.

PARTICIPATING ART CRAWL ARTISTS ARE:

Ava Graves
Brianne Woods, Honey and Dew
Cheryl Morton, Cheryl Morton Art
Crystal Prince O'Neal, Crystal O'Neal Art
Danielle Armbruster
Daniel Kathy Lindvig
David Klemann
Dee Foster
Dina Russell Davenport, Dina Davenport Art
Heather McAmis Fry, Tangled Paper Studios
Jamie Janine
Lavonous Byars, Lavonous' Colorful Expressions
Leandra Habel
Leilani Liakos
Linda Robertson Gaines
Lydia B George
London Oberleas, London Marie Art
Lydia Waibl
Musa Suber
Mya Burrahm. MYA STARR ART
Peggy Mata
Rachel Davis
Renee Rogers
Santha Koonce
Valerie Nicole Breshears
Valerie Prince LaCoss, Paper Blooms Boutique
Webb School Art Group
Bottom of Form

Live Fish for Stocking Pond Consulting

WHISKERS CATFISH FARM

Ken Jacobs
216 Porter Thornton Road
Bowling Green, KY 42104

Delivered or U-Pick-Up

270-842-2555

We provide hauling containers. We will be at Bedford Farmers COOP in Shelbyville on May 11 from 9 to 10 a.m. Call Ken Jacobs or 931-684-3506 for more information.

Marilyn Maxine Baker



Marilyn Maxine Baker, aged 71 years, of Shelbyville TN, passed from this life on April 30, 2024, at Vanderbilt-Bedford Hospital.

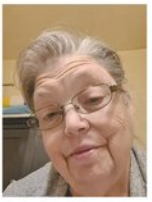
A native of Bedford County, Marilyn was born on November 15, 1952 to the late Max and Mary Elizabeth Adcock Cunningham. Along with her parents she was preceded in death by her daughter, Mary "Lindy" Melinda Farrar; and sister, Linda Huffaker.

She is survived by her son, David Lee Baker, Jr of Shelbyville; grandchildren, Eldie Lee Farrar,Jr., and Jenna Lynn Farrar; 3 great grandchildren; and sisters, Donna Edens, and Shirley Carroll both of FL.

The family chose cremation and no public services will be held.

Doak-Howell Funeral Home is serving the family.

Yvonne Lee Etheridge



Yvonne Lee Etheridge, age 76, of Shelbyville, passed from this life on May 4th, 2024, with family by her side at Kindred Hospital of Chattanooga, TN after an extended illness.

A Tennessee native, Yvonne was born on April 20, 1948, to the late Arthur Lafayette Ferguson and Virginia Ruth Brassell Ferguson. Along with her parents she was preceded in death by her beloved husband, James Edward Etheridge; brother, Richard Wayne Seely; sister, Margaret Ruth Ferguson; and step-father, George Robert Seely.

She is survived by her children, Harvey J. (Annita McCaig) Lindsey of Antioch, and Michelle (Jamie) Stewart of Shelbyville; grandchildren, Chris (Rachel) Lindsey, and Blake Stewart; great grandson, James Harvey Lindsey; Also "Miss Jada" Hunter girlfriend of the grandson who became very close to Yvonne "Nana."

A Celebration of Life will be held at Willow Mt. Cemetery at a later date.

Doak-Howell Funeral Home is serving the family.

Isaiah Westbrook



Funeral services for David Isaiah Westbrook, age 24, of Wartrace, TN will be held 12:00 p.m. Thursday, May 9, 2024, at Legacy Church (2011 S. Cannon Blvd. Shelbyville, TN 37160) with Pastor Caleb McCall officiating. Burial will follow at Hollywood Cemetery in Wartrace, TN. Isaiah passed from this life Sunday, May 5, 2024.

Visitation will be held prior to service time beginning at 10:00 a.m. Thursday, at the church.

Isaiah is survived by his Dad and Mama, Ricky and Rhonda Westbrook along with his mother, Nikia Shaunte Truss; siblings, Michael Westbrook of FL, Stephanie (Paul) Matos of GA, Dianna Lucas of AL, Stephanie (Michael) Dennison of AL, Scott Gibson of Wartrace, Courtney (Fred) Morgan of Wartrace, Brittany (Tyler) Posey of AZ, Katherine Westbrook of Wartrace, Gabriel Westbrook of Manchester, JohnMark Westbrook of Wartrace, Matthew and Jeremiah Westbrook of Wartrace, Kerry Bower of AL, and Gary Bower of AL.

He was preceded in death by his sister, Susan Ashley Gibson.

He graduated class of 2017 from Gateway Christian School and worked with EST Tree Service for the past few years.

Isaiah had a kind heart with an infectious smile that his family and friends will always remember.

Memorial donations can be made to the Be the Bush Recovery Ministry or Miriam House.

Doak-Howell Funeral Home is serving the family.

Vicki C Sweeney



Graveside services for Vicki Cortner Sweeney, age 69, of Murfreesboro, will be held 1 PM Friday May 10, 2024 at Willow Mount Cemetery with Bro. Jimmy West officiating. Vicki passed from this life Monday, May 6, 2024, at Community Care of Rutherford County following an extended illness.

Mrs. Sweeney was born on May 4, 1955 in San Diego, California to the late Harold and Inez Cortner. Vickie was a secretary in the auto industry for many years. She was a loving mother and will be deeply missed. Along with her parents Vicki was preceded in death by siblings: Terry Cortner and Julie Sons.

Survivors include her daughter: Tiffany Agent, her fiancée: Bill Zager of Christiana, TN, nieces: Jennifer, Erin, and Valory, cousins: Marlene (Mike) Fuller, and Glen (Vonnie) Prince.

Memorial donations may be made to St. Jude's Children's Research Hospital (501 ST Jude PL Memphis, TN 38105-9959.)

Doak-Howell Funeral Home is serving the family.

How it pays to spend time in nature

Few things can be as distracting as a beautiful day. When the weather outside is welcoming, it can be hard to focus on indoor activities, including work and tasks around the house. Though it's not advisable to ignore responsibilities at work and at home when the weather outside beckons, it can be beneficial to spend ample time in nature when circumstances allow.

People tend to flock to the great outdoors in spring, summer and fall, and some are even so devoted that they bundle up and head outside throughout winter. Whether they know it or not, people who love to spend time in nature are doing their mental and physical health a lot of good by embracing the great outdoors.

Mental health benefits

The National Alliance of Mental Illness notes that a growing body of research supports the idea that time in nature is good for mental health. A 2015 study from researchers at Stanford University found that people who walked in a natural area for 90 minutes exhibited decreased activity in a region of the brain associated with depression compared to those who walked in high-traffic urban settings.

The United Kingdom-based Mental Health Foundation also touts the mental health benefits of the great outdoors. According to the MHF, research shows that people who are connected with nature are more likely to report their lives are worthwhile than those with no such connectedness. In addition, the MHF notes time in nature has been shown to generate positive emotions, including calmness and joy, and promote greater creativity.

When seeking to capitalize on the mental health benefits of time in nature, people should know that where they spend time outdoors matters. As the Stanford study indicated, time outside in high-traffic urban settings may not produce as profound an effect as time spent in natural settings, like forests, that tend to be more serene. People who live in cities or other densely populated areas can still benefit from time outdoors, but they might experience even greater health gains if they make consistent efforts to spend time in more natural settings.

Physical health benefits

The physical health benefits of time in nature are equally notable. Perhaps the most obvious physical benefit is related to physical activity. People tend to embrace physical activity when spending time in nature. Hiking, jogging, walking, nature-based recreational activities like kayaking, and playing sports like basketball or pickleball all involve physical activity, which can help people avoid the consequences of a sedentary lifestyle, such as an increased risk for chronic diseases. More specifically, the New York State Department of Environmental Conservation notes the physical health benefits of spending time outside include:

- A stronger immune system
- Lower blood pressure
- Increased energy levels
- Improved sleep

Each of those benefits contributes to greater overall health, making time outdoors among the more beneficial behaviors a person can embrace.

There's no shortage of benefits to spending time in nature. That's something to keep in mind the next time welcoming weather beckons you to get some fresh air.

Leanna Elizabeth (Buchanan) Fishback



Leanna Elizabeth (Buchanan) Fishback was born March 20, 1943, in Shelbyville, TN. She transitioned her life's journey on May 3, 2024.

Leanna (Lula) leaves to cherish her legacy and memory: husband; James Paul Fishback, son: Terrell (Dee) Demanche' Buchanan, a very devoted daughter-in-law; Tina Gray Buchanan, grandson; Tristan Demanche' Buchanan, granddaughter; Kassidy Danay Buchanan, bonus grandchildren; Jayton Taylor Gray and Alexis Keanu Cleveland, Goddaughter; April O'Day Snipes, siblings; Emma Jean Lentz, Rose Marie (Bobby D) Peacock, Wilkie T (Diana Lee) Buchanan, Willie Lee "Termite" Buchanan, Jr., all of Shelbyville, Tennessee, and Josephine (Frank E.) Frazier of Rockvale, Tennessee.

Services for Leanna will be held Saturday, May 11th at the Fairlane Church of Christ 101 Dow St, Shelbyville. She will Lie In State beginning at 11:00 am with funeral to begin at 1:00 pm. Burial at Willow Mount Cemetery, Shelbyville. Services are in thecare of Nelson & Sons Memorial Chapel.

Briana Shea Paige Robb



A Celebration of Life Service for Briana Shea Paige Robb, age 31, of Bell Buckle, was held 7:00 p.m. Thursday, May 2, 2024, in the chapel of Doak-Howell Funeral Home with Pastor Jeff Rasnick officiating. Visitation was held prior to service time beginning at 4:00 p.m. Thursday at the funeral home.

Born July 26, 1992, in Bristol, TN, Briana was the daughter of Kevin & Luawana Epperson Robb. She was a graduate of SCHS class of 2010 and worked with her family for 8 years at Southern Glow. She was described by her family as a Free Spirit and a very artistic individual. She loved to express herself through drawing, painting, and crafts. She enjoyed the outdoors and UT Vols. In her younger years she enjoyed playing softball and participating in beauty pageants.

Including her parents Briana is survived by: children, Ayden Robb, Ambrielle Robb and Eli Yates; fiancé, Jonathon Yates of Bell Buckle; sisters, Latasha Robb of Shelbyville, and Erika Robb and fiancé Simon Clarke of Nashville; grandparents, Linda Stroud of Springhill, and Ronald Robb and wife Leigh of SC; step-grandmother, Peggy Epperson of Bristol; nephew, Brock Robb; niece, Alissa Robb; along with many aunts, uncles, and cousins.

She was preceded in death by: grandparents, Ralph Stoud, Jimmy Epperson, and Marie Hamilton Epperson; and uncles, David Eric Robb and Jimmy Epperson, Jr.

Memorial donations may be made to a charity of choice in Briana's name.

Doak-Howell Funeral Home is serving the family.

Richard Paul Henderson



Funeral services for Richard Paul Henderson, age 69, of Unionville, were held 3:00 p.m. Saturday, April 27, 2024, in the chapel of Doak-Howell Funeral Home with Pastor Susan Springer officiating. Burial followed at Hillcrest Memorial Gardens. Mr. Henderson passed from this life Tuesday, April 23, 2024, at Alive Hospice in Nashville.

Visitation was held 11:00 a.m. to 3:00 p.m. Saturday, April 27, 2024, at the funeral home.

Richard Paul Henderson was born April 26, 1954, in Coco Solo, Panama Canal Zone to the late Richard and Carol Henderson.

Mr. Henderson was a member of the Crowell's Chapel Lutheran Church. He served his country in the United States Air Force for 11 years at the rank of Captain. He worked at ITT Industries for 20 years in research and development building missiles. Richard liked to read, enjoyed learning new things, building projects, and working with his hands. He also enjoyed traveling with his wife.

Survivors include his loving wife of 35 years, Jennifer Crowell Henderson; brother, John Henderson; brother-in-law, David Crowell; nieces, Rachel Crowell, Pamela Donalson and Sheila Henderson.

Doak Howell Funeral Home has served the family.

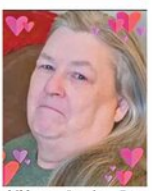
Marie Trott Howard



Mattie Marie Trott Howard, age 93, of Bell Buckle, passed away May 5, 2024, at her home, under the loving care and comfort of her family and Hospice Compassus. Funeral services were 4 PM Wednesday, May 8, 2024, at Feldhaus Memorial Chapel. Reverend Lisa Cook officiated, with burial to follow in Cothran Cemetery. The family received visitors 2-4 PM Wednesday at the funeral home. Mrs. Howard was born March 15, 1931, in Bedford County, to the late Teddy and Cassie Jo Douglas Trott. She retired from General Electric as a quality control technician. She loved to travel, traveled to Country Music Festivals around the country, and traveling with her husband. She was a faithful member of Greenhill Cumberland Presbyterian Church. In addition to her parents, she was preceded in death by her husband, Gilbert Neal Howard, in 2005, and a brother and sister-in-law, Willard and Dorothy Trott.

Survivors include a niece, Linda (Jimmy) Tharp; great nieces, Sheila (Mike) Edmondson, Sherry (Travis) Wilson, Sharon (Steve) Amos, and Shanda Hargrove; great-great nieces and nephews, Hunter (Kendall Hensel) Tharp, Colton Hargrove, Alyssa Amos, Paige Amos, Lauren Amos, Christian (Jenny) Edmondson, Haley (JJ) Webster, Sarah Brooke (Hunter Schmiede) Edmondson, Hayden Edmondson; great great-great nieces and nephew, Landry Edmondson, McKenna Webster, and Sadie Rose Tharp, with whom she had a special bond. Feldhaus Memorial Chapel is assisting the family with the arrangements.

Laura Faye Robinson



Laura Faye Robinson, age 69, of Shelbyville, passed away May 3, 2024. A Celebration of Life was held 4 PM Tuesday, May 7, 2024, at Feldhaus Memorial Chapel. Reverend Jack Lambert officiated. The family received visitors 2-4 PM, Tuesday at the funeral home. She was born February 5, 1955, in Murfreesboro, to the late Acey Quinton Gowings and Mary Katherine Burnett Warrick. She was a fan of Alabama football and enjoyed watching game shows. In addition to her parents, she was preceded in death by sisters, Bonnie Gail and Betty Layhew. Survivors include her children, Juanita Randolph and Katherine "Katie" (Daniel) Lynch; siblings, Judy Maxwell, Sue Warrick, Joyann Kist, and Roger Gowlings; grandchildren, Tyler Cawthron, Haley Lynch, and Noah Lynch. Feldhaus Memorial Chapel is assisting the family with the arrangements.

ART

From page 1

pendence is growing. With this, I have been able to branch out. Being a part of something again is so nice."

She adds, "I think the last time I felt a part of something was just out of high school I would go play volleyball every week with a group of young adults. So, about 20 years since. It's bringing me a healing, a purpose."

Renee explains how she started painting again in January. "I told my husband I wanted to try watercolors. That's exactly what I did and it has blossomed overnight!"

Honestly, she says she loves seeing all of the other local artists. "Being a part of this group and seeing all of their work, is such an inspiration!"

While some artists might have a hard time saying what their favorite color is, Renee quickly notes hers are black and teal.

"Black is so bold and neutral at the same time and there are so many purposes for it. Teal is wild and vibrant! It adds character and [is] spicy!

As for her art, there's no stopping her now. After Friday's community art event, she's sure to have more inspiration.

"I just plan to keep going. God has given me a gift and I plan to use it for His glory in any way that I can. When those doors close, I will know. I'm excited to grow, learn and see what my future in art holds!"

Champs' Season Ends Early in District 9-AA Tournament

BY NOAH MADDOX
noah@t-g.com

The Cascade Champions season came to an unexpected end late on Sunday night after a 15-7 loss to Cannon County in the District 9-AA Tournament and finishing 1-2 in the postseason.

After catching fire in the postseason a year ago – going 7-0 to win both the district and region tournament titles before losing to Cannon County in the sub-state round – the Champions were foiled for the second night in a row by the visiting Cannon County Lions.

GAME ONE

In game one, Cascade unexpectedly fell, 8-5, to Cannon County at home on Saturday night, meaning the Champs would have to win back to back games on Sunday to clinch a region berth.

GAME TWO

In the first of two games on Sunday, the Cascade Champions run-ruled the visiting Grundy County Yellow Jackets to finish 3-0 against Grundy and end their season, 12-2.

Jayden Hathcock started on the mound, throwing just 35 pitches while allowing one run on three hits and three strikeouts across two innings.

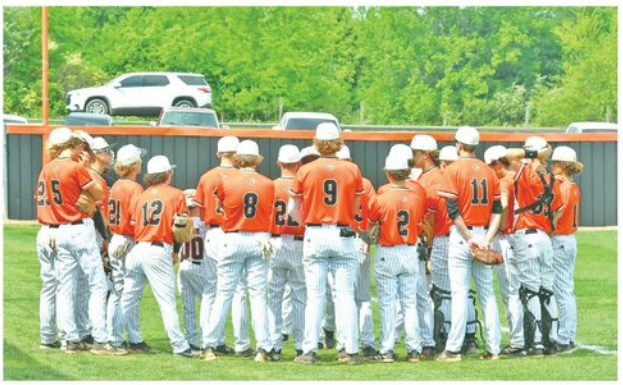
Powered by an eight-run second inning, Cascade jumped out to a 9-1 lead after the first two innings, effectively ending the game before it had a chance to begin. Sawyer Lovvorn led the Champions at the plate, going 3-3 with a walk and driving in a trio of runs.

Cascade added one run in the fourth and two in the fifth to complete the run rule victory with Jordan Childress taking a bases loaded walk to drive home his second run of the day. Fittingly, Lovvorn also scored the literal walk-off winning run to end Grundy County's season and give Cascade a rematch with Cannon County later Sunday night.

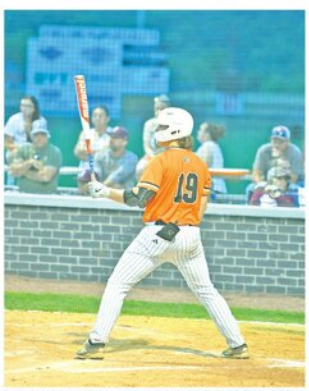
Cascade put together six hits in the knockout blow that was the second inning with all the damage coming against Grundy County starter, Jaxon Woodlee. Woodlee was pulled after the second inning ended, giving up nine runs on six hits and five walks while striking out just three batters on 85 pitches.

James Magee came on for Hathcock to start the third inning, and he closed out the final three innings only allowing one run on two hits and a walk while striking out three batters.

Cascade as a team drew 10 walks at the plate while only striking out four times in five innings, and they also tallied eight hits en route to the blowout win.



Cascade in their pre-game huddle prior to their elimination game against Grundy County on Sunday. *Photo by David Smith.*



Sawyer Lovvorn (19) ended his baseball career going 5-9 with 6 RBIs and 2 doubles in the postseason. *Photo by David Smith.*

GAME THREE

Unfortunately for Cascade, the good vibes established in the first game of the day on Sunday were completely gone by the completion of the third inning of their rematch against Cannon County.

It didn't look like it would be that way in the first inning. A Jordan Childress lead off single, a Jayden Hathcock infield hit, and a James Magee HBP loaded the bases for the hot-hitting Sawyer Lovvorn, and Lovvorn delivered big-time with a bases clearing double that split the left-centerfield gap to give Cascade a 3-0 lead heading into the second inning.

Jayden Hathcock, pitching for the third game in a row for the Champions, wiggled his way out of a bases loaded jam in the first inning, and followed that up with a 1-2-3 second inning to maintain the three-run lead.

After Eli Pelham gave up a pair of base hits in the second inning, Cannon County played their trump card. Head coach Colin Jones brought A.J. Armstrong to the mound, and after throwing 71 pitches earlier in the day in the Lions' 7-5 loss in Chapel Hill, had just 49 pitches remaining to throw in the night cap.

With this being his third game in three days and already having 71 pitches on the day, Armstrong was lights-out immediately. With the heart of the Cascade order due up, Armstrong stranded two runners in scoring position with a pair of strikeouts on six pitches.

Perhaps filled with a new level of confidence with their ace on the mound, the Cannon County offense went nuclear for seven runs in the third inning. Armstrong drew a leadoff walk against Hathcock, bringing up Ben Kauffman, who promptly crushed a no-doubt two-run home run over the center field wall to trim the Cascade lead to 3-2, but it was just the beginning for the Lions' attack. The visitors sent 11 batters to the plate, tallying just four hits, but capitalizing off poor defensive execution by the Champions paired with those hits being timed perfectly led to Cannon County taking a 7-3 lead.

A four-run lead with Armstrong on the mound felt like a bigger hill to climb than just four runs, and as he continued to mow down Cascade hitters, the mood in the hosts' dugout grew more wary by the minute. Armstrong would finally be taken at the start of the sixth inning after a leadoff walk after 3.2 innings. He faced 12 batters total on just 42 pitches, and he struck out 10 of them while only walking the last one he saw.

It was a jaw-dropping performance, and he exited with a 9-3 lead. Ben Kauffman took over, but the Cascade bats showed signs of life once again as they loaded the bases with two outs. The ninth hitter in the lineup, senior second baseman Connor Melson, stepped into the box, and on the second pitch he saw, Melson took a hanging breaking ball to the wall, splitting the gap in right-centerfield for a bases clearing double to make it a three-run game again at 9-6.

Unfortunately, senior Zach Crosslin injured himself on a checked swing in the at-bat before Melson, meaning Crosslin would not be able to come out to pitch the seventh inning. He finished going 3.1 innings, only giving up two runs on four hits and two walks with a pair of strikeouts as he kept Cannon County's offense at bay to give his own offense a chance to rally.

For the seventh inning, Sheffield opted for Dawson Youngblood, a freshman with only two prior appearances on the year and only three total innings pitched, to take on the 2-3-4 hitters in the Lions' lineup.

An Armstrong leadoff no-doubter home run over the centerfield wall opened the floodgates, and Cannon County ended up scoring six runs in total to effectively end any chance of a rally from the hosts, as they sent 11 batters to the plate for the second time in the game to take a 15-7 lead needing to just get three more outs.

Cascade would score one run in the seventh, but Kauffman was able to close out the Champions' season shortly thereafter as the Lions clinched second place in the District 9-AA Tournament, clinching a spot in the Region 5-AA Tournament alongside Chapel Hill.

Cascade's season ends earlier than expected at 15-9 (6-2).

Champs End Vikes Season In Final "Battle Of Bedford" Behind Vayden Moore's First Half Goal

BY NOAH MADDOX
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The Cascade Champions ended the Community Vikings' season in the District 9-A Soccer Tournament Semifinals in the third and final "Battle of Bedford" with a 1-0 victory on Tuesday night.

Cascade, the two seed in the district behind Chapel Hill, played host to the three-seeded Vikings after the two teams played to an exhilarating 3-3 draw on April 25 in Unionville. That result – Community scored a pair of goals after initially going down 3-1 – prevented Cascade from clinching the top seed, meaning there would be a rematch in the district tournament.

This game didn't have the excitement of six goals, but what it did have was nail-biting defensive activity from the Champs as they scrambled to try and hold onto a one goal lead from an increasingly desperate Community offensive bombardment as the seconds ticked away in the second half.

Both teams traded long shot after long shot for the majority of the first half as neither team really manufactured any clean-cut chances in front of goal. Community threatened to break through a high Cascade defensive backline a couple times with Nicky Anica, Jacob Graham, and Alex Britt pushing forward, but Hayden Dowell and Chase Sutter were able to recover and keep Nick Harris clean in goal.

Senior Ivan Draine pulled the strings of Cascade's offensive attack, and it was his run and assist that led to the lone goal of the game.

After receiving the ball on the left sideline with about five minutes left in the first half, Draine created just enough space to play a low cross on the ground into the box right to the feet of junior Vayden Moore. Moore took the shot first time on his right foot, clinically redirecting the ball past Community goalkeeper Reily Anica to give Cascade a 1-0 lead in the 36th minute that they would never relinquish.

The Champs almost doubled their lead less than a minute later, but an Anica save on a crowded header from a Draine long throw kept Community within reach.

The next 25-plus minutes – final four minutes of the first half and first 21-ish of the second half – regressed back to more of the same as the first half: plenty of half-chances from outside-the-box shots but nothing clear cut.

That all changed in the 63rd minute as Community had their first real one-on-one with Nick Harris in the Cascade goal. Jacob Graham careened down the right sideline, able to sneak past the Champs backline, and saw an on-rushing Harris as he approached the top of the 18-yard box. Harris slid in to try and snag the ball with his hands, but Graham seemed to poke the ball around Harris right before he was able to put his hands on the ball until a whistle blew.

Graham was deemed to have touched the ball while it was in Harris' grasp, which is illegal of course, but is definitely not what actually happened. Graham was rightfully and animatedly irate because if not for the whistle, there was a good chance he would have been through on goal for an easy tap-in to tie the game at 1. After a conversation with his assistant, the center referee determined that there was no foul. He held a contested drop ball on the edge of the box to restart play, but the damage was already done as it allowed Cascade to reset their defense in front of the ball.

This blatant refereeing mistake did not deter the visiting Vikings; in fact, their pressure only picked up from that point on. In the 73rd minute, Community created their best chance of the game after a Graham flick-on header put Alex Britt through on goal one-on-one with Harris. However, a wayward touch combined with Harris quickly coming out of his goal to close him down threw Britt off just enough and the ball trickled just past the post and out of play for a goal kick.

Cascade did not allow another shot on goal despite the constant pestering Vikes' attack in the Champs defensive half for the final eight minutes, holding on to their 1-0 lead to clinch a spot in the district championship game on Thursday.

Community's season ends at 4-6-2 (2-3-1).

Cascade improves to 7-3-1 (4-1-1) and advances both to the District 9-A Championship at Chapel Hill on Thursday night and the Region 5-A Tournament.



Vayden Moore's (16) 36th minute goal ended up being the difference in Cascade's 1-0 win over Community on Tuesday. *Photo by David Smith.*

Golden Eagles Season Ends in District 9-AAAA Tournament



Shelbyville Central's postgame huddle after a season-ending loss at Lincoln County on Friday night. *Submitted Photo.*

BY NOAH MADDOX
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The Shelbyville Central Golden Eagles' 2024 campaign came to a close at Lincoln County on Friday night after going 1-2 in the District 9-AAAA Tournament.

Last season, SCHS got hot just in time for the postseason and were able to forge a path all the way to the sub-state round. Unfortunately for third-year head coach, Chase Jones, this year the Golden Eagles were unable to capture the same magic after they lost to Warren County, 7-6, in the opening round of the district tournament, giving themselves zero room for error in the double elimination bracket.

GAME ONE

Shelbyville Central trailed starting in the first inning on Wednesday night against the Pioneers, and were unable to muster up enough of a rally in the final innings of a 7-6 loss.

Brody Lovvorn got the start on the mound, going 1.1 innings on 30 pitches. He gave up five hits, five runs with three of them earned including a home run while striking out one and walking one.

Ashton Worley came on in relief for the next 3.2 innings, giving up two runs on three hits with just one run being earned while striking out two and walking two on 51 pitches.

Blake Bone came out to the mound for the sixth inning, throwing two shutout innings and only giving up one hit while striking out three batters and walking just one on 25 pitches to give his team a chance to rally late.

Easton Denning got the start on the mound for Warren County, and he went six complete innings on 98 pitches. Denning gave up eight hits, six runs with four of them earned, and he struck out six batters while only walking two. Aaron Tallent came on in the seventh inning with the 7-6 lead to earn the save. He didn't allow a single hit and he struck out two of the three batters he faced on 10 pitches.

Of the eight hits SCHS' tallied, Nick Johnson had the only multi-hit night for the hosts with a double, a strikeout, and a walk with one RBI. Easton Denning for Warren County was the only other player to have multiple hits, including a double and three RBI.

Carston Williams went 1-3 and drove in two runs while also scoring a pair of runs, leading the team in both departments. Stephen Bobo, Brody Lovvorn, Palmer Edwards, Kyler Trice, and Caden Peacock all collected one hit.

Warren County jumped on the Golden Eagles almost immediately, jumping out to a 3-0 lead in the top of the first inning. Shelbyville responded with a run of their own in the first, and then in the second inning the two teams traded a pair of runs for the Pioneers to maintain a two run lead, 5-3, going into the third inning.

Neither team scored in the third inning, and after Warren County pushed across one run in both the fourth and fifth inning to take a commanding 7-3 lead going into the bottom of the fifth.

Shelbyville's offense began to show signs of life, plating one run in the fifth and then scoring two more in the sixth to cut the lead to 7-6, but they were unable to get a single base runner in the seventh inning.

GAME TWO

Shelbyville Central would get their revenge and stave off elimination against the Pioneers in game one of a doubleheader on Friday, walking off Warren County to complete a 12-2 run-rule win in the sixth inning to end their season.

Stephen Bobo gave the Golden Eagles a complete game performance on the mound, giving up only five hits, two runs with only one being earned on a solo home run, and striking out eight batters while only walking one on 85 pitches.

Alex Van Vuren got the start for Warren County, going four innings and giving up seven hits and five runs while striking out four and walking two on 77 pitches.

Tallent came on in relief for him to start the fifth inning, and this time the Golden Eagles were able to figure him out almost immediately. He gave up seven runs on five hits, including a home run, while striking out just two batters and walking three in 1.2 innings.

Of the 12 total hits that Shelbyville tallied, three of them came from Kyler Trice while Stephen Bobo, William Bobo, and Nick Hopper all collected two hits apiece, Both Bobo's drove home three runs apiece as well.

Warren County once again took a lead in the first inning, but Bobo held them to just one instead of three. In the second inning, Tyler Adams led things off with a solo home run to extend the Pioneers lead to 2-0, but that would be the last time Warren County scored a run.

Shelbyville responded with a pair of runs to tie the game in the bottom of the second inning, and after both teams were held scoreless in the third inning, the Golden Eagles plated three more runs in the bottom of the fourth inning to take a 5-2 lead and knock Van Vuren from the game.

With Bobo continuing to mow down Pioneers at the plate, Shelbyville's bats would continue to cook in the fifth inning. A six-run inning, powered by a Nick Johnson grand slam, gave the Golden Eagles a 11-2 lead going into the sixth. Shelbyville would bring home one more run in the sixth to end the game an inning early and trigger the 10-run run-rule to stave off elimination for a couple hours.

GAME THREE

On Friday night in game two of the doubleheader, the Lincoln County Falcons completely shut down the Golden Eagles' offense to end Shelbyville's season, 9-0.

Powered by a 6-run knockout fourth inning, the hometown Falcons stayed unbeaten in the district tournament while sending Shelbyville Central home for good.

Carston Williams started on the mound for the visiting Golden Eagles, and despite giving up one run in the first inning, pitched pretty well through the first three innings. Overall, he went 3.1 innings before a series of fielding errors knocked him from the game in the fourth. He gave up only four hits, and of the seven runs scored against him, only two of them were earned. Williams struck out eight batters while only walking three on 86 pitches.

Michael Estrada got the final two outs of the fourth inning on 14 pitches and walked just one. He was relieved by Parker Burks for the fifth inning, giving up two runs on two hits and striking out one on 20 pitches. Palmer Edwards came in for the sixth, retiring the side in order with one strikeout on 13 pitches.

Williams kept his team in the game down just 1-0 through three innings, but after another scoreless inning in the top of the fourth from his offense, Lincoln County exploded for six runs in the bottom of the fourth inning aided by defensive mishaps in the field by the visitors to take a 7-0 lead going into the fifth. The Falcons would tack on two more in the sixth inning, and after Samuel Smith held the Golden Eagles scoreless in the seventh inning to complete a dominant six-hit, 12-strikeout outing on 99 pitches, Shelbyville Central's season ended with their second loss in the district tournament.

Palmer Edwards and Carston Williams were the only Shelbyville batters to have a multi-hit game with Edwards delivering a double. Stephen Bobo and Brody Lovvorn had the other two hits, including a double from Lovvorn.

The Shelbyville Central Golden Eagles' season ends with an impressive 21-13 (5-5) record after falling to the number one overall seed in District 9-AAAA.

Golden Eaglettes' Softball Season Ends in District Tournament After Bats Go Cold

BY NOAH MADDOX
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The Golden Eaglettes in their final post-game huddle of the season after falling at Warren County on Monday. *Submitted Photo*

The Shelbyville Central Golden Eaglettes went 0-2 in the District 9-AAAA Tournament to end their 2024 campaign, losing to Columbia Central and Warren County.

Against Columbia on Thursday, the Golden Eaglettes could only muster up a single hit against Bailey Lovell. Lovell went a full six innings in the Lady Lions' 10-0 run-rule victory, striking out six batters while only walking two on 88 pitches.

Meanwhile, Columbia's bats were held in check for the first three innings, only able to scratch across one run in the first inning against Sammie Brown. Brown had to throw 38 pitches to get those three outs, giving up the one run on two hits and a pair of walks.

Bailey Dunn came to the circle in relief, going 4.0+ innings, giving up nine runs, only one being earned, on five hits and five walks with only one strikeout on 76 pitches.

Sydney Moore was the lone Shelbyville batter to record a hit while Alyssa Smith and Mariah Nowlin drew the only two free passes administered by Lovell.

The score was just 1-0 going into the fourth inning, but after another 1-2-3 inning from Lovell in the top of the fourth, Columbia exploded for five runs in the home half to take a 6-0 lead.

The Lady Lions added on three more in the fifth, then walked things off in the bottom of the sixth with their 10th run to secure the run-rule victory and move on into the winners bracket.

On Monday, the Eaglettes faced off against the Warren County Lady Pioneers in an elimination game with Shelbyville losing, 5-1, as the final curtain fell on their season.

Neither team was able to score in the first two innings as Kora Forbes for Warren County and Alissa Robb for Shelbyville started in the circle.

Forbes ended up going all six innings, giving up only one unearned run on three hits and no walks while striking out three on just 73 pitches.

Robb went 5.1 innings, giving up five runs, two of them being earned, on seven hits and one walk with only one strikeout on 90 pitches.

Warren County broke the scoreless deadlock in the bottom of the third inning as the hosts found a way to drive home a pair of runs to take a 2-0 lead. The Golden Eaglettes responded with a run of their own in the top of the fourth when Bailey Dunn drove home Sydney Moore on one of Dunn's two hits of the evening, but Warren County kept pushing the pace with three runs in the bottom of the fourth inning.

Sammie Brown had the only other base hit for Shelbyville, recording a double in her final game.

Neither team scored again after the fourth inning. Shelbyville's season ends at 5-19.

Lady Champs Softball Drops First District Tournament Game at Chapel Hill

BY NOAH MADDOX
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Cascade Lady Champions softball is on the brink of elimination after losing at Chapel Hill, 16-6, on Tuesday night to start 0-1 in the District 9-AA Tournament.

The Lady Rockets led 7-4 in the bottom of the third inning when a weather delay forced a postponement for the remainder of the game to be played the following day.

Cascade finished with more hits than the Lady Rockets, but it was the free passes issued by their pitching – 13 in all – that cost them in the end.

Brianna Horn got the start in the circle for the Lady Champs, and she threw all 5.1 innings over both days, allowing 16 runs with 11 earned on just three hits but issued 13 free passes and 10 HBPs while striking out five on 179 total pitches.

Taylor Moreland started in the circle for Chapel Hill on Monday, throwing two innings and giving up four runs with three earned on three hits and two walks while striking out three batters on 42 pitches.

Ella Dippold came on in relief in the third inning, and she would stay in and get the final 12 outs over the next four innings on both Monday and Tuesday. She gave up just two runs on five hits and three walks while not striking out a single batter on 72 pitches.

Cascade jumped out to a 2-0 lead in the first inning after a leadoff walk followed by a single led to a sacrifice bunt from Alivia Fannin that drove home Ella Thompson. Horn immediately followed that with a grounder into center field that scored Momo Bilbro.

Chapel Hill responded in the home half with four runs of their own, and after Moreland put up a zero in the top of the second inning, the Lady Rockets pushed across three more runs to extend their lead to 7-2.

Cascade scored one run in the top of the third, and after a pair of HBPs from Horn in the home half, the rain came through to send everybody home for the night.

When everyone reconvened on Tuesday evening, Chapel Hill's bats were itching to get back to the plate, and it showed as the Lady Rockets pushed across six runs to take a commanding 13-4 lead.

Cascade's lineup was not deterred by the deficit as they threatened again in the top of the fourth, loading the bases with nobody out after a pair of walks and a single to start the inning. However, Dippold would settle down, inducing a ground ball to first base where Leslie Bartoli immediately threw home for the force out, saving a run. Another RBI single by Thompson followed, but that would be the only run the Lady Champs could push across.

Horn then settled down in the bottom of the fourth and fifth innings, holding Chapel Hill scoreless for the first time, but Cascade could only muster up one run in the fifth and sixth. The Lady Rockets loaded the bases in the home half of the sixth after a HBP and two walks sandwiched around an infield pop out, and the hosts took advantage. After another HBP scored a run, back to back two-strike walks pushed across the final two runs needed to trigger the run-rule as Chapel Hill picked up their 26th win of the season.

Thompson accounted for three of Cascade's six total hits, going 3-3 with one RBI, a walk, and a run scored. Bilbro went 1-3 with a walk and two runs scored, Fannin went 0-2 with one RBI on a walk, and Horn went 2-3 with a solo home run in the fifth inning and drove home three runs. Kyndal Bolden also went 1-3 with one RBI and a strikeout while Alayna Cruse also tallied a base hit.

The Lady Champs' fall to 4-16 (2-6) and will play in an elimination game on Thursday night against Cannon County.

Mental health issues that could affect new mothers

Pregnancy and giving birth to a new child is a happy time in a woman's life. However, 10 percent of pregnant women and 13 percent of women who have just given birth experience a mental disorder, says the World Health Organization. In developing countries, these percentages can be even higher.

The National Child & Maternal Health Education Program indicates pregnancy and a new baby can cause a range of emotions. Women may feel anxious or sad at various times. For many women, such feelings resolve with time. For others, these emotions may become more serious and persist.

Baby blues

The name given to a common postpartum condition can give people the impression that it is nothing to worry about. Although the Baby blues are something new mothers may have heard about, and generally produce mild symptoms, they can still be disconcerting. This condition is marked by mood swings that are the result of fluctuating hormone levels during and immediately after childbirth. These feelings occur in up to 80 percent of new mothers, and occur approximately three to five days after delivery, says Mental Health America. Women whose blues do not resolve when hormones level out, and, in fact, get worse with time, may not realize they have progressed to postpartum depression, which is a more serious situation that often requires medical treatment.

Postpartum depression

Johns Hopkins Medicine says one in five new moms has postpartum depression, a serious, but highly treatable, condition. Postpartum depression is the most common complication of pregnancy and can be life threatening. Postpartum depression is a factor in 20 percent of all maternal deaths, says Lindsay Standeven, M.D., of the Johns Hopkins Center for Women's Reproductive Mental Health. Those who are at risk for postpartum depression include women who have histories of anxiety or mood disorders, a family history of postpartum mood disorders, and activity of certain genes, known as epigenetic biomarkers. Postpartum depression can cause sadness, anxiety, anger, irritability, difficulty sleeping, and intrusive thoughts that may include thoughts of harming the baby.



Postpartum psychosis

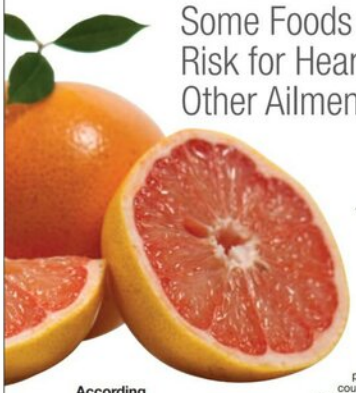
In rare cases, women may experience postpartum psychosis, a condition that affects about one-tenth of one percent of new mothers, says MHA. Onset is quick and severe, usually within the first two to three weeks following childbirth. Symptoms include refusal to eat; inability to cease activity and frantic energy; extreme confusion; memory loss; incoherence; paranoia; and preoccupation with trivial things. Hospitalization may be considered for a woman with postpartum psychosis until her condition stabilizes.

Families and caregivers should be aware that these conditions can occur following (and during) pregnancy. Therapy and medication can help women alleviate symptoms.

HealthMatters

Healthy Additions to Your Daily Diet

Some Foods Can Reduce Risk for Heart Disease, Other Ailments



According to a report from the American Heart Association Statistics Committee and Stroke Statistics Committee, heart disease figured to cost the United States in excess of $315 billion in 2010 alone. While there's no single cause of heart disease, a person's lifestyle can greatly reduce or increase his or her risk for heart disease.

One of the best ways a man or woman can reduce the risk for heart disease is to watch what he or she eats. A poor diet can cause obesity and high cholesterol and increase a person's risk for diabetes. In a 2008 report, the National Center for Health Statistics noted that 33.9 percent of adults in the United States could qualify as overweight or obese in 2005-06. In addition, high blood pressure affected 30.5 percent of adults during that same time period. Being overweight or obese and having high blood pressure are risk factors for heart disease, and all can be controlled by adults who commit to changing their diets.

Though there are risk factors for these conditions besides poor diet, maintaining a healthy diet is a big step for adults looking to reduce their risk of heart disease as well as a host of other ailments. When added to a diet, the following foods can help health-conscious men and women live healthier lives.

• **Almonds:** Almonds can help men and women control their weight and improve their heart health. What's more, almonds, which are a good source of protein, fiber and vitamin E, might help reduce a person's risk of Alzheimer's disease.

• **Coffee:** The medical community has varying opinions on coffee, but when consumed in moderate doses, coffee might help reduce the risk of type 2 diabetes and, for men, Parkinson's disease. Coffee might also help improve memory and mood, but adults should consult with their physician for advice as to the medical benefits of coffee.

• **Grapes:** Grapes are a great source of vitamin C and potassium. Grapes also provide a good dose of quercetin, which could help men and women strengthen their immune systems.

• **Ginger:** Men and women with arthritis might want to consider adding more ginger to their diets. Ginger has been linked to reducing arthritis pain, and can also help calm an upset stomach and quell nausea.

• **Kale:** Kale is often mistaken for spinach. While spinach is healthy, too, kale is among the many green vegetables that pack a powerful and nutritious punch. Kale is a strong source of vitamin A, vitamin C, potassium, and lutein. In addition, kale is a good source of zeaxathan, which can help reduce the incidence of certain cancers and help maintain eyesight.

• **Pecans:** Like almonds, pecans are a good source of vitamin E, particularly a type of vitamin E known as gamma tocopherol. Pecans are also full of antioxidants, which can strengthen the body's immune system.

• **Sweet potatoes:** Some might scoff at the notion that a food with the word "sweet" in its name can actually be healthy. However, sweet potatoes are a great source of vitamin A and vitamin C, and they're also high in fiber. Sweet potatoes are also a great source of lycopene, which may help fight heart disease and even certain cancers.

When it comes to getting healthy, men and women can look to several foods that may reduce their risks for a host of ailments, including heart disease, the leading cause of death for both men and women. But adults should consult with their physician before making any changes to their daily diets.

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"Mr. Graham" visits Bedford County schools



Mayor Graham gathered with the faculty of Community Elementary.



Liberty Elementary School. From left: Mayor Graham, Jennifer Jordan, principal Amy McCullough, Jennie Haskins



Mayor Chad Graham made a number of appearances at local schools this week for Teacher Appreciation Week. Last Friday morning, he was at Learning Way Elementary, which was having its TCAP carnival. The Mayor presented a proclamation to the faculty, before speaking to the students.



Above, Mayor Graham and Principal Amy McCullough look at the site of the planned Liberty School expansion.

Below, Mayor Graham speaks to the faculty at Community Elementary during his visit this week.



The Mayor made a stop at Deery Eakin Elementary. From left are principal Kathy Reed, Mayor Graham and assistant principal Meredith Gilliland.



We know you love your pets in Bedford County!

So, share photos and special moments with the T-G. Each week we will feature a pet who is loved and adored by his or her family. Send photos and descriptions to: dawn@richardsonmediagroup.net.

WE especially would love to see photos of pets recently adopted from shelters and brought into a warm, loving environment.

This week, we feature Shelbyville's own "Sir Walter White." Many of you see him around town. He's a friendly brindle boxer with lots of love to give. Today's photos show Sir Walter out on the farm. No doubt, he is still King-even with the big cows.

