COMMUNITY NEWS

SHELBYVILLE TIMES-GAZETTE

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Jennings LN & Union ST residents win: rezoning denied

By DAWN HANKINS

Union Street and Jennings Lane area residents have won their rezoning battle. Shelbyville City Council denied the rezoning ordinance 5 to 1 during Thursday's monthly meeting.

There was applause in the City meeting room following this decision.

It has been several months of discussion over this issue between planners, developers, and Council.

The agenda item was listed as follows:

Ordinances - First Reading:

A. An Ordinance of the City of Shelbyville, Tennessee to Approve the Rezoning of 57.97 (+/-) Acres Owned by James Baum and Elisabeth Gallun, Located on the North Side of Union Street West of Jennings Ln and Referenced on Exhibit "A" Below of the Quitclaim Deed as "Tract 1" From Residential-1 (Low Density Residential District), to Residential-2 (Low-Medium Density Residential District), and Repealing any Ordinance or Portion of Ordinance in Conflict Therewith.

Several residents from the 41A and Jennings Lane area spoke during the public comment section of Thursday's meeting, including Garden Gate resident of 10 years, Susan Sutton.

Sutton told Council how she's gone door-to-door with a petition to everyone in her neigh-

See REZONING, 2A



T-G Photo by Dawn Hankins

Tom Batchelor explains the rezoning application for the 57.97 acres which was being considered by Council last Thursday. As the newly appointed planning director, this was Batchelor's first major presentation before City Council. Former City Planning Director Waleed Albakry has resigned, according to City officials. Batchelor, who has been the assistant planner, is currently serving as interim planning director.

Local events bring out awesome colors

Thanks to some local events last weekend, things were berry bright and artful. The Shelbyville Art Crawl was Friday and the Wartrace Strawberry Festival rounded out the weekend on Saturday. (See Page 7A.) The below photo of the local Northern Lights was taken at the Wedding Chapel in Wartrace by Sissy Johns Burns.





BC Schools announces administrator changes

Superintendent of Bedford County Schools (BCS) Tammy Garrett has announced changes for two middle school principal positions for the 2024-2025 school year. Patrick Hasty, current principal at Harris Middle School, will transfer to Cascade Middle School as principal and Susan Huff, current principal at Cascade Middle, will transfer to a leadership support role at the Central Office.

Garrett met with Harris Middle faculty and staff and Assistant Superintendent Tim Harwell met with Cascade Middle to inform them of the change, and parents were communicated with via all-call and email.

"What is best for students?' We ask ourselves this daily, and we make decisions using this filter," explained Garrett. "We also have to do what is best for all of our employees so they can continue to grow professionally and find success in their careers. I believe we are putting these two dedicated, talented educators into environments not only where they will help this district find more success but also where their strengths and talents will best be used."

Garrett said that soon they will be posting the Harris Middle School principal position and going through the interview process to find a replacement.

Garrett said, "I know that these two educators love these schools, their students and this community. I am confident they both will continue to work hard for our students. We are excited to see what accomplishments will come under the leadership of Mr. Hasty and Mrs. Huff."



Susan Huff



Patrick Hasty

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High School Graduation Dates

- Cascade High School, Wartrace, Graduation
  - Thursday, May 23, 2024, Cascade Football Field, 7:00 PM
  (Inclement Weather Makeup Date: Friday, May 24, 2024, Cascade Football Field, 5:00 PM)
- Community High School, Unionville, Graduation
  - Friday, May 24, 2024, Community Football Field, 7:00 PM
  (Inclement Weather Makeup Date: Saturday, May 25, 2024, Community Football Field, 10:00 AM)
- Shelbyville Central High School Graduation
  - Saturday, May 25, 2024, SCHS Football Field, 7:00-9:00 PM
  (Inclement Weather Makeup Date: Sunday, May 26, 2024, SCHS Football Field, 7:00-9:00 PM)
- The Webb School, Bell Buckle, Graduation
  - Saturday, May 25, 2024, 11:00 AM

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Champs Ground Rockets

The Cascade Champions went on the road to Chapel Hill and beat the Forrest Rockets, to earn District Championship.

See Page 10A



Pet of the Week

This week, we salute Shelbyville Police Department's new canine, Jerry.

See Page 5A

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City Photo

The City of Shelbyville held its ribbon cutting last week for the new columbarium in Willow Mount Cemetery. The new design will hold burial urns. Mayor Randy Carroll cut the ribbon with other City employees, guests and officials looking on.

REZONING

From page 1A

borhood in regard to the surrounding acreage up for potential rezoning. She made a strong presentation toward not rezoning within her allotted 3 minutes.

"I did not meet one single person that was for it," said Sutton, a Shelbyville native. "Everyone wants to keep it R1- to keep with the integrity of the surrounding area."

Sutton said she had two petitions-one was done door-to-door in the Jennings Lane neighborhood and the surrounding area about the rezoning. The other, which garnered 300 signatures against the rezoning, was done online, she said.

"If it is rezoned R2, we don't really know what it will become," said Sutton. "Mr. Ross will not be the developer. He's going to sell it."

She said the fear was that a rezoning to R2 would open the door for potential future and potentially risky development. She said the neighborhood isn't willing to risk that.

"This is the most beautiful piece of property in all of Shelbyville and we want to try to preserve it as much as we can."

Sutton said the residents of the Jennings Lane and Union Street area were asking Council to consider the voices of the neighborhood and keep the zoning R1. "Please take into consideration and vote to turn this down," she advised.

Lee Kelly, also against the rezoning, said she lives off 41A at the City limits and her opposition is the same as to that of the tract being considered behind Jostens.

"I'm not opposed to development and I'm not all that opposed to rezoning when it's appropriate. My concern is that consideration has not been given to infrastructure to making this decision."

Kelly said there are no jobs available except Jostens in that particular area off Highway 41A North and no schools. She also mentioned how there is an occasional "foul odor," possibly sewerage near her home.

"If it's already inadequate, what's it going to be like when you add 250 houses on Jennings Lane and 700 . . . behind Jostens.

Kelly advised that the City needs a policy for developer fees. (Council included on the agenda and approved a resolution Thursday night to adopt and update a planning and community development fee schedule.)

Kelly advised there's also going to be water, and sewerage issues, since there are now limitations about how much can be taken out of the Duck River.

She stated again that she was not opposed for more housing as she realizes there is a need here. But she stated all things need to be considered, even perhaps charter schools and widening of 41A Highway, before approving any more development of such large tracts.

William Crews, a resident of 204 Jennings Lane for 42 years, brought in the history behind the neighborhood. Crews said when he and his wife moved in, there were five houses and now there are about 100.

"If we put another R2 development across the road where we live, the traffic is going to be horrendous."

He said people are speeding in the 30-mph speed zone down Jennings Lane and the potential is there for possible fatal accidents. He said the neighbor who owns property at the end of the road has to continuously put up his gate, because people aren't aware of the stop sign at Shaw.

"We're a cut through for Jostens and Marelli industries. Good, but, here's another thing. The trash they leave . . . I have personally gone out there and picked up 10 bags of trash alone."

"I am definitely opposed," he said, noting he believes rezoning to R2 would lower property values in that area.

Ryan Richardson, also a resident of Jennings Lane, was the final speaker for public comments. He said the property up for rezoning to R2 is in front of his personal home of 18 years.

He referred to the area as the "new bypass." He said drivers do not drive the posted 30 mph down Jennings Lane, which is a narrow road.

Richardson opposed the rezoning on the table to R2. He said he's a builder by profession but stated development should be kept consistent with what's in the area.

Richardson added that if this rezoning is passed, then it potentially opens a wide door to development issues. "Once you get something built, later on, we might have to pay for that."

Richardson said he doesn't believe there's enough water and sewer available to support such a development. "I had to pay extra money to run my gas line to my property. When I first built, I had to pay $2,000 for a fire hydrant."

He said his taxes went up $5,000 last year. He said he believes zoning his neighborhood to R2 will reduce his property value.

"If you're going to set that standard, then I think it is going to be wide open. I think the town is going to regret that later on. I really do."

Tom Batchelor, interim planning director, told Council later that the lot size currently is 15,000 square feet. To go to R-2 means 10,000 square feet. Low density residential and both R-1 and R-2 are within those measures.

Batchelor added that certain steps within the rezoning process requires a transportation study. He said what was more relaxed in the past is becoming stricter.

Marilyn Ewing much power does Council have in terms of future development.

Attorney Ginger Shofner advised that if Council approves R2 zoning, the City has no other control over future development. She explained all the requirements then fall on the Shelbyville Planning Commission.

The planning commission has always had the power to ask for transportation studies, she said. Now, with the growth, they're having to ask for more of these.

All that happens from this point forward (with the 57.97 acres) happens at the planning commission, she told Councilmember Ewing. That's the way state law is structured. Entire power of dividing land lies with the planning commission and they have to follow the City regulations.

This is because entire power with subdividing land lies with the planning commission, not the legislative body, based on state law. In terms of land use, the planning commission only has to gain Council approval on two things concerning land use: rezoning districts and on annexations, which is changing the boundaries of the City.

"Everything on subdivision of land goes to the planning commission and the planning commission only," advised Shofner.

Applicants came forward to speak at that point, including Scott St. John. He advised of the document handed out at Council study session last week. The documents outline some of the adjacent subdivision restrictions to Garden Gate, etc.

He said he feels the development team has done its due diligence and it remains important that the horse barn and wooded area remain. He said the plan with R2 reserves the wooded areas and the horse barn.

St. John reiterated much of what was presented at Council Study session the previous week. He said developers have already been in discussions with Shelbyville Power and that further discussions will be held regarding the utilities.

Jody Lambert, attorney, lightened up the meeting with some "practical" info. "I think it is a trend-large communities going to subdivisions."

He further explained that the elderly population often gets to the point where they want less to maintain. They have larger green spaces maintained by a homeowner's association, said Lambert.

He said it would be aesthetically pleasing for Shelbyville to rezone to R2 in the Jennings Lane and 41A area discussed. It was discussed that only a small portion of the acreage would be zone R2 and the rest would remain at R1.

He said realistically, there would be no real difference between the number of houses built, that is, 125, from R1 to R2.

He referred to how Sutton was concerned with what was going to be built. "I think we can deal with that issue . . . doing what the City requires."

A motion was made on the floor by Council member Ewing to deny the ordinance- retain all zoning to R1. The second to that motion was made by Council member William Christie.

The yes votes in favor of denying the ordinance was 5 to 1, with Councilmember Fields-has voting no.

In other Council business, two members were reinstated by Council vote to the Shelbyville Power Board-Claudia "Dobee" Mallard and Ervin Miller. Interviews for the board positions were held prior to the Council meeting.

Approved the mayor and city attorney to sign an engagement letter with Winnett Associates for andit service for the year ending June 30, 2024 in an amount not to exceed $37,000. An additional fee will be adhered for any single audits.

Approved for the mayor and city attorney to sign the Professional Services Agreement with Retail Strategies, LLC to provide consulting services to oversee the Placemaker's Grant for Small Business Support. The cost to the City will be $5,000.

Approved an ordinance to approve the rezoning of 3.38 acres owned by Cooper Steel Fabricators, located on the north side of Eagle Boulevard, west of Eaton Drive from residential 2 to industrial 2.

How in the world did this happen?

Commissioners speak their minds on resolution

By DAWN HANKINS

During the Bedford County Commission meeting Tuesday-some commissioners were for combining several capital outlay projects into one resolution, as presented on the agenda by the financial management committee, and some were against, referring to such action like that of Washington politics. Some Commissioners said this represents some very important items like a rubber stamp.

The item of heavy discussion and an item referenced in comment by some citizens was a Capital Outlay Note-placed on the agenda by the Financial Management Committee (unanimous.)

The proposed Capital Outlay Projects Projected cost is:

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

(There was a bit of discussion on this project, that is, the fact that it will be located near the hospital and will have 24 hour service.)

e. NCRS Office Expansion at Ag Ctr $25,000

There was little debate about being able to afford the projects. The question seemed to be who put this on the agenda as one resolution and who gave them authority to do such.

People signing up for public comment even weighed in on the discussion. Most said the Liberty School wing is certainly important. But should it be combined with all the other projects?

Through several motions failing, the resolution was approved.



Diane Neeley

T-G Photos by Dawn Hankins



Drew Hooker



Biff Farrar



Let the voice of the people be heard!

Albert Parsons

By DAWN HANKINS

dawn@richardsonmediagroup.net

The people of this City and County made their voices heard recently during City and County meetings. We should be proud of the citizens who are expressing their concerns. It takes a lot of guts to go before such government bodies with remarks and suggestions.

In most cases, the citizens are only allowed about 3 minutes each to talk about their agenda issues. But many have made those minutes count of late.

During the City Council meeting last Thursday, residents came out and stated how they did not want their neighborhoods at Jennings Lane and Union Street rezoned to R2. Whether it was due to citizen concerns or another reason, Council voted to deny the rezoning ordinance.

During the County meeting on Tuesday night, citizens came before the Commission, stating they did not like to see several agenda items of great expense grouped together in one resolution. Most of the concerns came from the new juvenile detention center.

Others stated that Commission standing committees have not discussed these agenda items to their fullest. The word "rubber stamp" was used by a former commissioner.

Some other citizens said this ram rod effort is comparative to what is going on in Washington, D.C. right now. Others said that's a bit much.

Roads were deemed as "complete disasters" during one resident's public comments. Maybe so, maybe not. But the people have spoken. They've said what's on their minds before public officials.

It is great to see citizens involved in the governmental process. For too long, many have been silent. Keep up the good work citizens.

Government officials should respect your remarks. They're paid to represent you.

See you at the next meeting.



Teacher Appreciation Week

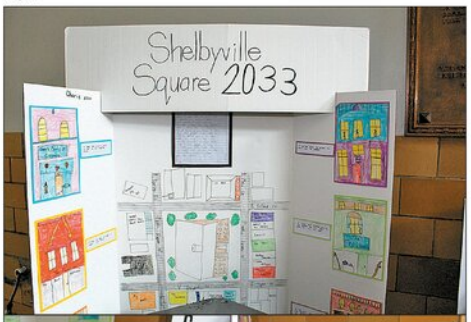
Submitted Photo

Bedford County Mayor Chad Graham recently visited Cascade Middle School in observance of Teacher Appreciation Week. He is shown with the faculty. Principal Susan Huff and assistant principal Jennifer Cook hold the certificate that was presented by the mayor.



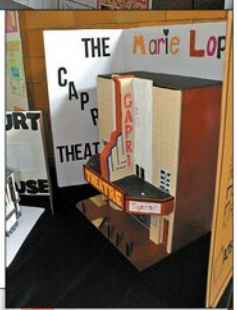
Sanders moving to Florida

Bedford County Commissioner Julie Sanders told Commissioners on Tuesday night that she has taken a new job in Pensacola, Fla. She said she's lived and worked here all her life but is ready for the new challenge. Sanders serves as chair of the Courthouse Property Committee.











THE ISSUE

Should the city lighten up on campers-the homeless, squatters?

By DAWN HANKINS

City Council member Stephanie Isaacs generally says very little at the Shelbyville City Council meetings. But last Thursday, she told Council what she thought about the new ordinance against campers on properties in the City.

This type of camping refers to those individuals setting up camp, basically, squatting, without permission, on private or government properties. Case in point was that this was allowed to happen at Fisherman's Park for years.

That was changed earlier this year when the City cleaned up the area and moved out those campers. Left behind were needles galore and pounds and pounds of trash.

Without written consent by the City, a person would now face potential prosecution for camping on properties, especially private ones. Mayor Randy Carroll said removing campers from Fisherman's Park has made a world of difference.

Council member Marilyn Ewing asked how this new ordinance would be enforced. She asked if police officers would have to do more patrolling.

"We do it all the time," stated SPD Chief Jan Phillips.

Though panhandlers' kind of have free rein, based on state law, when it comes to asking for money, it was discussed that doesn't mean they can loiter or become a nuisance to local businesses.

But there's not a thing that can be done about them asking for money.

Mayor Carroll said it has been a long time since he's seen people fishing and people have picnics in that area. He was pleased to see that this week down at Fisher's Park.

The mayor said he believes there was a fear factor when the homeless were camping there.

Isaacs who is involved in housing concerns and issues within the City, said, "So we don't have any affordable housing or shelters and we're going to lock people up? This is targeted against homeless people."

Isaacs said she didn't see this as fair and wound up being the only council member voting "no" for this non camping/loitering ordinance.

The issue: should the City be responsible for taking care of those who don't have a home to go to? If so, then how long should they be allowed to live homeless in Shelbyville?

These are questions that City officials say they've pondered for some time. But for the safety of local residents, they're making these changes to prevent homeless camps.

While there's apparently no room at the inn, City officials are breathing a sigh of relief to have their public fishing areas back open and visited again. Plans are still on the table for an overlook and enhanced visitor attractions on the river.

What do you think? Is this cruel and unfair to the homeless, as Isaacs said, within a City that has all kinds of housing issues?

Send letters to the editor on this topic to: dawn@richardsonmediagroup.net.

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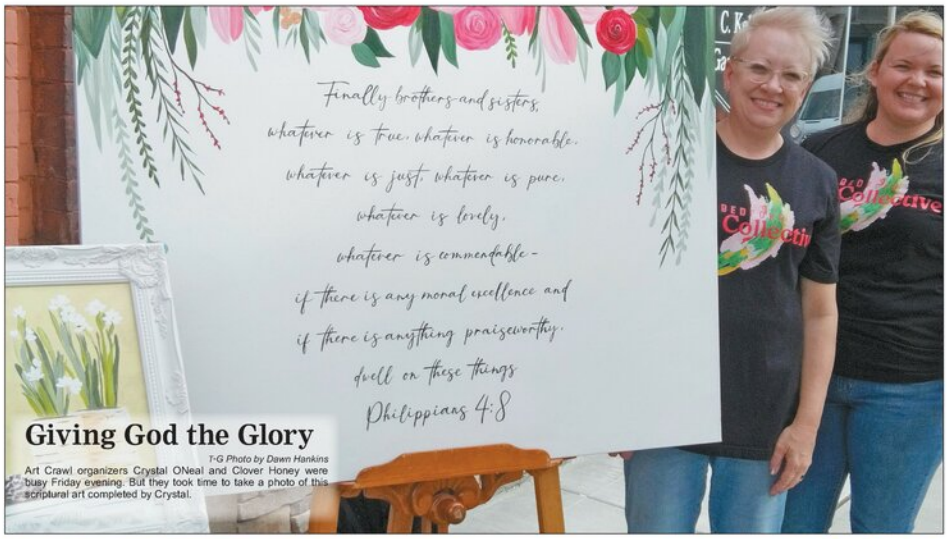
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Giving God the Glory

T-G Photo by Dawn Hankins

Art Crawl organizers Crystal ONeal and Clover Honey were busy Friday evening. But they took time to take a photo of this scriptural art completed by Crystal.



Reap the many health benefits of a good laugh

Most people have heard the adage that Laughter is the best medicine There are many indications that laughter can be beneficial to the mind and body, and that the perks of laughter and humor are far-reaching.

Various professionals have studied the clinical benefits of laughter, including Dr. Lee Berk and Dr. Stanley Tan at Loma Linda University in California. Here is what these experts say in regard to the benefits of a few good belly laughs.

Boosts immune system

A 2016 study titled The Laughter Prescription and published in the American Journal of Lifestyle Medicine found that the amount of laughter a person experiences is related to the immune system's ability to fight off infections, among other benefits. The study references additional research that indicated spontaneous (not forced) laughter boosts the immune system by increasing natural killer (NK) cell activity. Levels were measured after participants watched a one-hour humorous video. NK cells are lymphocytes with a unique ability to kill a broad spectrum of cancerous and virus-infected cells, according to the National Institutes of Health. Laughing out loud improves immune system function and increases heart rate and oxygen levels.

Lowers blood pressure

Individuals who laugh often have lower blood pressure than those who laugh less often. Lower blood pressure reduces the risk for stroke and heart attack.

Helps heal the brain

Laughing can help reverse symptoms of grief or depression by increasing the pleasure-enhancing neurochemicals in the brain, according to the Dr. Sears Wellness Institute. A good laugh also may help people recovering from chronic illnesses by helping to alleviate fear and anxiety that could otherwise preoccupy the mind.

Suppresses stress hormones

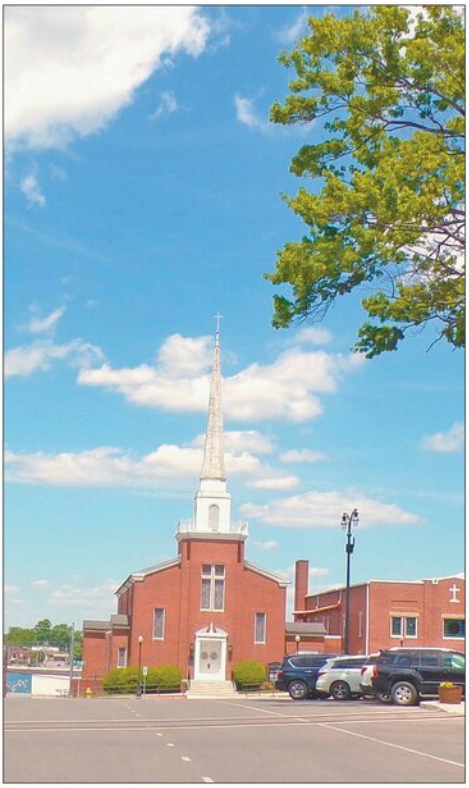
Drs. Berk and Tan found that the stress hormones epinephrine and cortisol decrease following laughter. Laughter may help people feel less stressed and overwhelmed.

Provides a small body workout

Hearty laughter can exercise the diaphragm, contract the abdominals and even work the shoulders and muscles in the face. Laughter also gets the heart pumping at a rate that burns a similar number of calories per hour as walking slowly.

Provides natural pain relief

Research suggests that laughter decreases inflammation that may contribute to pain. Researchers at the University of Maryland found that laughing also increases blood flow, which may help to reduce pain as well.



FUMC Shelbyville services

Join us at Shelbyville First United Methodist Church as we celebrate Pentecost and the birth of the Church! Guest speaker, Korley Cannon, Director of Student Ministries will be preaching "What Do YOU Hear?" from Acts 2:1-21. Come and contemplate the person and work of the Holy Spirit. Sunday School is at 9 a.m. followed by the Worship service at 10 a.m. For those unable to attend, we offer a livestream on Facebook and radio broadcast on WLIJ 1580 AM.

Community CALENDAR

Church Event

The Usher's Ministry of Sevier Street First Baptist Church will celebrate The Usher's Anniversary on May 19, 2024 at 10 a.m. Sister Kumeke Williams of Whosoever Will Pentecostal Church will deliver The Spoken Word and The Choir Ministry will deliver Musical Praise.

VFW Music

VFW Post 5019, 1320 Wartrace Pike (Depot Street), will hold its monthly third-Saturday music night this weekend on May 18. Doors open at 5:30 p.m. Saturday, with the event from 6-9:30 p.m. James Smotherman & Friends will be featured but other acoustic musicians and singers are welcome. Admission is $3, and there will be a potluck meal. No alcohol or outside beverages are permitted. For more information, call 931-607-3149 or 931-684-2523.

Decoration Days

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.

Bedford County property transfers

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

File date: May 7

Seller, JCG Holdings LLC; Buyer, Nicholas Brewer, Brittany Brewer; Price, $362,500 (Deed).

Seller, Gordon Johnson JR, Melinda Kay Johnson; Buyer, James David Miller, Meriam Miller; Price, $202,290 (Deed).

Location: 2906 Hwy 64 Lewisburg; Seller, Timothy L Looney, Jennie Looney; Buyer, Chapel Hill BTR; Price, $20,000 (Deed).

Location: 2904 Hwy 64 Lewisburg; Seller, Timothy L Looney, Jennie Looney; Buyer, Chapel Hill BTR; Price, $63,125 (Deed).

Location: 303 Frank Martin Rd; Seller, Jonathan T Nash; Buyer, Andrea Arteaga; Price, $287,500 (Deed).

Location: 1073 New Center Church Rd; Seller, LLG Trustee TN LLC, First Community Mortgage Inc, Timothy P Stevens, Morgan Stevens; Buyer, First Community Mortgage Inc; Price, $639,932.70 (TRD).

Location: 115 Swann Ln Shelbyville; Seller, Tammy Bailey; Buyer, Gary Lohsen; Price, $250,000 (Deed).

Location: Unionville Deason Rd; Seller, Tara Kingship LLC, Joseph Todd Neil; Buyer, True Image Investments LLC, Pleasant England; Price, $90,000 (Deed).

Location: 1644 Unionville Deason Rd; Seller, True Image Investments LLC, Pleasant England, Richard A Haynes, Susan L Haynes; Price, $0 (QD).

File date: May 8

Location: 163 Silos Way Shelbyville; Seller, Michael Burris, Chelsea Burris; Buyer, Steve I Lawton, Edna M Lawton; Price, $310,000 (Deed).

Location: Fairfield Rd; Seller, Greg Curl, Joey Curl; Buyer, Fredrick L Sutton; Price, $0 (QD).

Location: 210 Henderson Rd Shelbyville; Seller, Perry J Walchshauser; Buyer, Timothy Lee Driggers; Price, $325,000 (Deed).

Location: 108 Division St Normandy; Seller, Thomas Anderson, Cynthia Krueger; Buyer, DCC Strategic Realty Partners LLC; Price, $48,000 (Deed).

Location: 133 Honeybee Dr Unionville; Seller, Louie Nevarez Jr, Audrey M Nevarez; Buyer, Louie Escalante Nevarez Jr Revocable Living Trust, Audrey Mae Gallegos Nevarez Revocable Living Trust; Price, $0 (QD).

Location: 226 East Cedar Lane; Seller, Clark David Trail; Buyer, L&T Living Trust, Layne C Draper Talbott, J Kasey Talbott; Price, $127,500 (Deed).

Location: Smith Rd; Seller, Eddie W Sanders, Joyce Sanders; Buyer, Austin Lee Smith, Sara Brook Smith; Price, $0 (QD).

Seller, Larry K McLaughlin, Margaret McLaughlin; Buyer, Larry K McLaughlin, Margaret McLaughlin, Elizabeth R Eason; Price, $0 (QD).

Location: Pickle Rd; Seller, Christy Lynn Herrod; Buyer, Carl Elroy Castle, Sara Rachelle Castle; Price, $492,000 (Deed).

File date: May 9

Location: 228 Cortner Mill Rd Normandy; Seller, Lawrence E Cowan, Emma Jean Cowan, Emma J Cowan; Buyer, Lawrence E Cowan Oath Trust, Emma Jean Cowan Oath Trust; Price, $0 (Deed).

Location: 199 Martin Ln Normandy; Seller, Lawrence E Cowan, Emma J Cowan; Buyer, Lawrence E Cowan Oath Trust, Emma Jean Cowan Oath Trust; Price, $0 (Deed).

Location: 1400 Cedar Grove Rd; Seller, Teresa Ensey; Buyer, Teresa K Ensey Revocable Living Trust; Price, $0 (QD).

Seller, Tammy Noel Peoples, Thomas Dewyne Peoples Estate, Thomas D Peoples; Buyer, Milton L Markwell; Price, $216,500 (Deed).

Seller, Lehman Fentress, Cletus Fentress; Buyer, Patrick Lee Phelps, Beverly M Phelps; Price, $18,825 (Deed).

Location: 1152 Bell Buckle Wartrace; Seller, Robert Pesch; Buyer, Timothy Lynn Stalans, Sarah Kathryn Stalans; Price, $475,000 (Deed).

Location: 110 Fairfield Rd E Wartrace; Seller, Bryce Mathew Way; Buyer, Bryce Mathew Way, Tara Boyce; Price, $0 (QD).

Location: 176 Cessna Ln Shelbyville; Seller, Karen B Mansfield; Buyer, Jeremy S Brooks, Justine M Brooks; Price, $295,000 (Deed).

Seller, Susan Cragin, Constance P May Estate; Buyer, Matthew Moro, Megan Roy; Price, $331,000 (Deed).

Location: 737 Madison St Shelbyville; Seller, John K Adams, Music City Antique Mall; Buyer, J Karmelia LLC; Price, $655,000 (Deed).

Seller, Bedford Development LLC; Buyer, Ole South Properties LLC; Price, $0 (QD).

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

Seller, American Home Constructors Inc; Buyer, Steve Bobo, Dawn Bobo; Price, $471,680.25 (Deed).

File date: May 10

Location: Hickory Hill Church Rd; Seller, Janice Williams; Buyer, Williams Family Revocable Trust; Price, $0 (QD).

File date: May 13

Location: 206 Red Hill Rd Normandy; Seller, Michael J Swain, Tiffany S Swain; Buyer, Kenneth Daniel Parker, Nicole Marie Parker; Price, $600,000 (Deed).

Location: 510 Cortner Hollow Rd; Seller, Jeanne C McMullin; Buyer, Philip D Bryant, Heather Bryant; Price, $950,000 (Deed).

Location: 2531 Hwy 64 W Shelbyville; Seller, Cheryl Munson, Ken Munson, Andrea M Berry; Buyer, Haynes Service Company LLC; Price, $110,000 (Deed).

Location: 2600 Hwy 64 Shelbyville; Seller, Donna Kay Head; Buyer, Carlos Martinez Cubillo, Fausta Sierra Garcia; Price, $428,500 (Deed).

Location: 850 Coffey Rd Petersburg; Seller, Matt Reed, Rachel Reed; Buyer, Reed Joint Revocable Trust; Price, $0 (QD).

Location: 223 Meadowbrook Dr; Seller, JC Builders LLC, B Allen Jones Jr; Buyer, Preston Knight, Alexis Melton; Price, $319,900 (Deed).

Seller, Gloria Throneberry; Buyer, Jose Luis Ortiz, Onelia Orbelina Mendez Ramos; Price, $145,000 (Deed).

Location: 482 Fruit Valley Rd; Seller, Mathew Reynolds, Amber Reynolds; Buyer, Brandon Bains, Madilynn Bains; Price, $400,000 (Deed).

Location: 308 Ledbetter Rd Shelbyville; Seller, Alberta Johnson; Buyer, Gragg Daniel Construction LLC; Price, $70,000 (Deed).

Pet of the Week



SPD Photos

This week, we salute Shelbyville Police Department's new canine, Jerry. His handler is K9 Officer Dylan Bliss, who was recently added to the newly established directed patrol division. The new K9, Jerry, was made possible through a grant with the Tennessee State Violent Crime Intervention Fund. Send us your pet pictures for Pet of the Week to dawn@richardsonmediagroup.net.





WITH US FOR SHORT TIME

Cicadas are everywhere. Their buzzes and whines are beginning to become annoying for many. But soon, they'll be gone for a long time.



Bedford County Sheriff's Office Jail Intake

Hardiksinhd Bhati, violation of probation

Troy Blackwell, criminal impersonation, driving on revoked

Savanna Eve Campbell, failure to appear, public intoxication

Leann Renee Fite, DUI, violation of implied consent

Donavan Dakota Franks, driving on suspended, evading arrest, running red light/stop sign

Satara Lee Garner, criminal impersonation

Gregory Lamont Hall, criminal impersonation, failure to appear, public intoxication, resist stop frisk halt search

Branda Marie Hillis, driving on revoked, light law, violation of registration law

Rebecca Haley Kincaid, truancy

Shayla M. Love, shoplifting

Jorge Alfredo Mejia Perez, no driver's license exhibited on demand, open container law, violation vehicle light law

Anthony Jason Merlo, violation of probation

Eddie Dorris Ray, criminal trespassing

Fernando Delroy Rhodes, capias, failure to appear

Jose Pina Salazar, failure to yield, no driver's license exhibited on demand

Kaytlin Sky Smith, failure to appear, possession of drug paraphernalia, possession of schedule II drug

Dylan Lee Stocstill, driving on suspended, evading arrest, failure to appear

Kevin Gorge Voorhies, filing a false report, possession of drug paraphernalia, resisting arrest

James Lee West, to serve time, General Sessions Court, evading arrest

Donavan Dakota Franks

Troy Lee Blackwell, criminal impersonation, suspended registration, financial responsibility, driving on revoked, third offense

Lawrence Eugene Baker, to serve time, General Sessions Court

Micheal Shawn Blackman, fugitive from justice

Patrick Caldwell, criminal trespassing

Ronnie Campbell, allowing animals to run at large

Michael Devon Cannon, attachment

Trevor Mac Castile, possession of drug paraphernalia, simple possession

Nataly Ayala Enriquez, failure to appear

Diego Gomez Garcia, domestic assault

Satara Lee Garner, criminal impersonation

Alonzo Austin Gechel, driving on suspended license, speeding, possession of drug paraphernalia, simple possession

Spencer Damion Gurton III, attachment, violation of probation

David Glenn Helton, to serve time, General Sessions Court

Caleb Wayne Hester, violation of probation

Bridget Felice Johnson, allowing animals to run at large

Christian Allen Lawson, violation of probation, to serve time General Sessions

Ernesto NMN Lopez, evading arrest, failure to yield, financial responsibility, reckless/careless driving, resisting arrest by officer, traffic control device (stop sign.)

Alvaro Ibarra Lopez, driving on suspended license

Kasey Nicole Maddox, driving on revoked license

Christopher Joseph Madeo, to serve time, General Sessions Court

Jacob Marks, burglary, theft of property

Steven McGee, vandalism

Cory Scott Melton, burglary

Ollie Charlton Puckett, failure to appear

Elizabeth Riggins, truancy

Lonnie Dale Riggins, truancy

Samuel Anthony Rivera, To serve time, General Sessions Court

Christopher Jesus Rosales-Quintero, to serve time, General Sessions Court

Jennifer Renee Russell, shoplifting

Jemeel Rodriguez Scruggs, violation of probation

Derek Bradley Stout, possession of drug paraphernalia, public intoxication

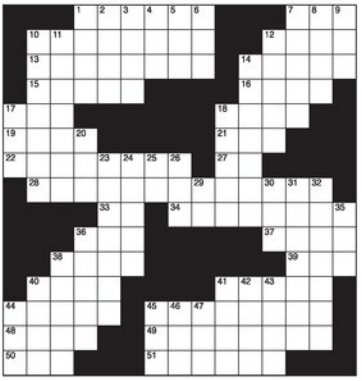
Jacqueline Bridget Taylor, public intoxication

Jeffrey Brandon Utz, possession of drug paraphernalia, possession of schedule VI drug, tampering with or fabricating evidence

Buford Allen Weeden, bondsman surrender, domestic assault-aggravated

Lauren Paige Witkowski, violation order of protection

Crossword



CLUES ACROSS
1. Lunatic
7. Doctor of Education
10. Able to make amends
12. Tight-knit group
13. Gland
14. Intestinal pouches
15. Fungal spores
16. Erstwhile
17. Engine additive
18. Nasal mucus
19. Fit a horse with footwear
21. Consumed
22. Settle
27. Larry and Curly's pal
28. Basketball's GOAT
33. Exclamation of surprise
34. Made tight
36. Before
37. Actor Nicolas
38. Not hot
39. Talk
40. Pledge
41. Abandon a mission
44. Trims by cutting
45. Aspects of one's character
48. Boxing GOAT's former surname
49. Holy places
50. Body art (slang)
51. Attributes

CLUES DOWN
1. How one feels
2. American Nat'l Standards Institute
3. Information
4. Licensed for Wall Street
5. Keyboard key
6. Born of
7. Choose to represent
8. Small European freshwater fish
9. Everyone has their own
10. Line from the center of a polygon
11. Lebanese city
12. Type of watercraft
14. A way to twist
17. Soviet Socialist Republic
18. Greek island
20. Medical practitioner
23. __ DeGaulle, French President
24. Partner to 'oohed'
25. Atomic #52
26. Santa's helper
29. Rapper __ Rule
30. Month
31. Word formed by rearranging letters
32. Nullifies
35. Young woman ready to enter society
36. Unemployment
38. Weight unit
40. Formal party
41. Computer language
42. Residue formula in math
43. Duty or responsibility
44. Part of (abbr.)
45. Time zone
46. Body part
47. Nucleic acid

Horoscopes

ARIES - Mar 21/Apr 20
Aries, you may meet an influential ally this week. Chat them up because this is a person you want to have in your network. You never know when you'll need some assistance.
TAURUS - Apr 21/May 21
Taurus, you have real talent, so you should be proud and show off your efforts. Whether it is artistic in nature or you are a whiz with numbers, share your gift with others.
GEMINI - May 22/Jun 21
Explore creative possibilities, Gemini. You can use a new hobby right now that keeps you occupied. Look at trends that are popular right now and try one of those.
CANCER - Jun 22/Jul 22
Cancer, trust your intuition when you meet someone new this week. You often can get a good read on someone right away. That's an important skill to develop, especially in the workplace.
LEO - Jul 23/Aug 23
There is a lot of potential for socializing right now, Leo. Your calendar will fill up quite quickly with invitations from people in your life. Enjoy the attention.
VIRGO - Aug 24/Sept 22
Virgo, take inventory of the things in your life and be real about what you need and what you can get rid of right now. You may be carrying around a lot of baggage you simply don't need.
LIBRA - Sept 23/Oct 23
You may be feeling extra flirty these next few days, Libra. This will help add a spark to your current relationship or help you find someone new if that is the desire.
SCORPIO - Oct 24/Nov 22
Relationship issues at home may be on your mind, Scorpio. Create pockets in your days for deep introspection to process all of the emotions you are feeling.
SAGITTARIUS - Nov 23/Dec 21
Sagittarius, if you can't get an answer to something yourself, then you may want to pick the brains of friends or other people in your circle. They may offer unique perspectives.
CAPRICORN - Dec 22/Jan 20
Capricorn, you have a lot of self-worth, so stop looking at yourself through a pessimistic lens. Be convinced of your value and ability to assist others around you.
AQUARIUS - Jan 21/Feb 18
Start feeling good about what the future may hold, Aquarius. There are a lot of possibilities out there, and you're starting to see them peeking out over the horizon.
PISCES - Feb 19/Mar 20
You may not be feeling overly social right now, Pisces. Take a few days to spend time alone and sort through your feelings. Over time you may be ready to re-engage.

FAMOUS BIRTHDAYS
MAY 19
Kevin Garnett, Retired Athlete (48)
MAY 20
Cher, Singer/Actress (78)
MAY 21
Mr. T, Actor (72)
MAY 22
Naomi Campbell, Model (54)
MAY 23
Drew Carey, TV Personality (66)
MAY 24
Priscilla Presley, Actress (79)
MAY 25
Cillian Murphy, Actor (48)

HONOR AND PRIDE WORD SEARCH

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

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

WORDS

BRANCH
CEMETERY
DRAFT
DUTY
ENLIST
FALLEN
FEARLESS
FLAG
HEROES
HONOR
MEMORIAL
MEMORY
MILITARY
OBSERVED
PLATOON
REMEMBER
RESPECT
SACRIFICE
SERVICE
SOLDIER
SOMBER
THANKS
TOUR
VETERAN



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!

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

Level: Beginner

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

Level: Intermediate

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

Level: Advanced

Misc For Sale

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

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)

House For Sale

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

Auctions

AUCTION, Saturday, June 1 @ 9 am 2425 Smith Fork Road Olive Hill Tennessee Livestock & Hay Trailers, panels, gates, Cabinet Making Wood Tools, Lumber & Posts, Concrete & brick tools. All kind of farm shop tools. Auctioneers Gary Edgin L#5479 call 256-412-1947, Tony Neill L#1101 731-412-2344 visit us at Facebook, AutionZip, tonyneill.hibid.com

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)

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Opportunities

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)

Services

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

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)

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)

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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)

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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)

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)

ABANDONED VEHICLE

The below vehicle has been abandoned and will become the property of Samuel Chad Graham in 10 days from the date of this publication.
VIN: JH2RC44381M51883 - 2001 Honda Motorcycle

Wanted

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

TOP CA$H PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-866-477-7505 (TnScan)

Call and place your
Classified Ad Today!
931-684-1200

Move over crab; shrimp cakes are crisp and tasty

Seafood is a healthy addition to any diet. Seafood, whether its fish, mollusks or crustaceans, tends to be lower in calories and saturated fat than meat- or poultry-based protein sources, and it may be rich in heart-healthy omega-3 fatty acids.

Shrimp, in particular, is a type of seafood that many people enjoy because it's not as fishy as other offerings. Shrimp can be cooked in various ways, but grounding shrimp into patties gives an interesting spin. Try Shrimp Cakes with Honey Lemon Aioli from 030-Minute Meal Prep (Sourcebooks) by Robin Miller.



Shrimp Cakes with Honey Lemon Aioli

Serves 4

1-pound cooked shrimp, tails removed
1/4 cup panko breadcrumbs
1/4 cup diced red bell pepper
1 tablespoon chopped fresh chives, plus more for serving
1 large egg
Salt and freshly ground black pepper
4 tablespoons olive oil

For the Honey Lemon Aioli:
1/2 cup mayonnaise
1 tablespoon fresh lemon juice
1 teaspoon honey
1 teaspoon grated fresh lemon zest

1. Place the shrimp in a food processor, and pulse on and off until coarsely chopped. Add the breadcrumbs, bell pepper, chives, egg, 1/2 teaspoon salt, and 1/4 teaspoon black pepper, and pulse on and off until blended; you should be able to squeeze a small amount of the mixture and it will hold its shape.

2. Form the mixture into four patties, each about 1-inch thick.

3. Heat the olive oil in a large skillet over medium-high heat. Add the shrimp patties, and cook for 4 to 5 minutes per side, until golden brown and cooked through.

4. To make the aioli, whisk together all the ingredients until blended. Season to taste with salt and black pepper.

5. Spoon the lemon aioli over the shrimp cakes, and top with fresh chives.

Note: The shrimp cakes can be assembled and refrigerated for up to 24 hours before cooking. The aioli can be prepared up to 24 hours in advance. Refrigerate until ready to serve.

Wartrace Strawberry Festival

Saturday's Strawberry Festival in Wartrace was once again well attended. Music and of course, strawberries, were the highlight of the event. Fire trucks and wagons were a big part of the fun as well during the parade. Lots of vendors were on hand with merchandise.

Photos by Yvonne Moore Moon and Submitted











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

PUBLIC NOTICE

The developer for the Preserve at Lexington Cove, Veloture Development Group, invites you to an in-person Community Meeting on May 28, 2024, at 6:00 p.m. occurring at:

The AG Center
2119 Midland Rd
Shelbyville, TN 37160

The purpose of the meeting is to offer an opportunity to learn about the proposed residential PUD rezoning being proposed for parcels 23.05, 23.00, 23.04 on map 79 and parcels 95.01 and 06.00 on map 78, comprising approximately 78.7 acres.

This meeting will serve as an opportunity to meet the developer and inquire about the plans for the proposed project. Any questions prior to the meeting date can be forwarded to the attn. of Jeff Heinze with Catalyst Design Group at the following e-mail address: Jheinze@catalyst-dg.com.

NOTICE

Pursuant to section 67-5-508, Tennessee Code Annotated, the property assessment records of Bedford County will be available for public inspection at Suite 301, 3rd floor of the Bedford County Annex Bldg., during normal business hours. Any person desiring to inspect these records may do so at the appointed time and place.

The Bedford County Board of Equalization will begin its annual session to examine and equalize the county assessments on June 3, 2024. THE BOARD WILL ACCEPT APPEALS FOR TAX YEAR 2024 ONLY UNTIL THE LAST DAY OF ITS 2024 REGULAR SESSION, WHICH WILL BE June 7, 2024. The board will meet each weekday from the hours of 9 to 12:00 and 1 to 3:00 at the Bedford County Courthouse 1 Public Square (former first floor courtroom.)

Any owner of property who wishes to make a complaint or appeal to the County Board of Equalization should make an appointment between the dates of May 22, 2024-May 31st, 2024 to appear before said Board by personal appearance or by personal appearance of an agent for the owner bearing the owner's written authorization. Failure to appeal an assessment may result in the assessment becoming final without further right or appeal.

James Travis Cook

James Travis Cook, 84, of Shelbyville, died May 8, 2024. Funeral Services were 12:00 p.m. Saturday, May 11th, at Hillcrest Funeral Home with the Rev. Carrol Crosslin officiating. Burial followed with military rites at Willow Mount Cemetery. Visitation began at 10:00 A.M.

He was born December 13, 1939 in Shelbyville; former employee of Nissan Smyrna; a member of The Sons of the Confederate for over 30 years; a Veteran of the U.S. Navy and a Veteran of the Tennessee Army National Guard.

He was preceded in death by his parents, William Travis and Dorothy Cook; a son, Danny James Cook; two sisters, Sara Katherine



Thomas and Janice Louise Barkley. James is survived by his wife of 60 years, Linda Louise Reed Cook; a daughter, Debra Cook Reed; granddaughter, Jordan Danielle Reed; a sister, Dorothy Cook Womble and a brother, William Roger Cook.

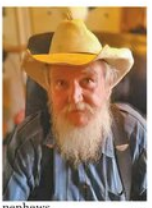
James Cleveland Phelps

James Cleveland Phelps, aged 80, of Shelbyville, TN, passed from this life on May 11, 2024, after an extended illness at Vanderbilt Harton Hospital.

A native of Moore County, TN, James was born on December 29, 1943, to the late Louis James Phelps & Ruthie Louise Warren Phelps Bridges.

Mr. Phelps was owner and operator of Champion Auto Electric for 30+ years. He enjoyed reading his Bible daily and going fishing.

He is survived by his two children, James Lewis (Pam) Phelps of Shelbyville, and Renee (Richie West) Lamb of Shelbyville; grandchildren, Travis, Courtney, Matt, Drew, Autumn, Joshua, Jonathan, Ashlee, Logan, and Fallon; great grandchildren, Jayden, Mady, Macy, Paige, and Paisley; and brothers, Thomas Phelps, Daniel Phelps, and David Bridges, along with several nieces and



nephews.

Memorial services will be held 7:00 p.m. Thursday, May 16th, 2024, in the chapel of Doak-Howell Funeral Home with Pastor Keith Warren officiating.

Visitation with the family will be held Thursday, prior to memorial service beginning at 5:00 p.m. at the funeral home.

The family requests that memorial donations be made to St. Jude Children's Research Hospital @ www.stjude.org.

Doak-Howell Funeral Home is serving the family.

Mary Ruth Verge

Mary Ruth Verge, age 85, passed away peacefully May 10, 2024, under the loving care and comfort of her family, Gentiva Hospice, and the dedicated and caring staff of Community Care of Rutherford County. Funeral services will be 12 noon Saturday, May 18, 2024, at Feldhaus Memorial Chapel. Brother Willie D. Young, Jr. will be eulogist, with burial to follow in Erwin Stokes Cemetery. The family will receive visitors 11 AM until service time Saturday at the funeral home. She was the third of thirteen children, born August 15, 1938, in Bedford County, to the late Willie D. and Anne D. Young. In addition to her parents, she was preceded in death by siblings, Lula D. Hix, Buford Young, Johnny Young, Thomas Young, Hattie Pearl Young, and Paul Young. Survivors include her daughters, Vivian (Anthony) Baldwin, Cassandra (Vince) Baker, Dana (Kevin) Howse; sons, Larry (Connie) Verge,



Lynn (Katie) Verge, and Joseph (Veronica) Verge; twelve grandchildren, 23 great grandchildren, and four step grandchildren; sisters, Virginia (ST) Rucker, Shirley (Steve) Fowler, Pamela (Bill) Bailey, Martha Young, Betty (Charles) Kilcrease, Brother Willie (Linda) Young, Sr., and sister in law, Inez Young; a host of relatives and friends. The family wishes to extend thanks to Creekside Assisted Living, and Community Care of Rutherford County, for the very wonderful care she received. A special "Thank You" to MS Wilda, who was her sitter and caregiver. Feldhaus Memorial Chapel is assisting the family with the arrangements.

Bobby N. King

Bobby N. King, 79, of Shelbyville died May 12, 2024. Funeral Services will be held 1:00 P.M. Saturday, May 18th, at Hillcrest Funeral Home Bishop Steve Simmons officiating. Burial will follow at Jones-Haynes Cemetery. Visitation will begin at 11:00 A.M.

He was born March 6, 1945 in Newbern, TN.; former truck driver and school bus driver for Bedford County School System; a Veteran of the U.S. Army and a member of the Church of Jesus Christ of Latter Day Saints.

Bobby was an avid gun collector. He loved cars and car racing and enjoyed his time as a truck driver traveling around the country.

He was preceded in death by his parents, George Lambert King and Mallie



Lou Bridges King; his wife, Margaret Faye Jones King and a grandson, Kenny King.

Bobby is survived by his son, Shayne King; a daughter, Kimberly (Phillip) Wenger; step-children, Pam (Seth) McDonald, John Mark Phillips; grandson, Devon King; brother, Steve (Laurie) King; nephew, Mike King and several step grandchildren.

Sherry Bronson

There is rejoicing in Heaven. Sherry Evelyn Warinner Bronson, a strong Christian woman with love of Jesus in her heart and life, entered her eternal home April 26, 2024.She left this earthly life with family, friends, and loved ones at her side.

She was born to parents Harrell and Evelyn (Williams) Warinner on March 1, 1943, in Shelbyville, Tennessee. Sherry was a brilliant woman - intelligent and quick-witted with truly remarkable integrity laced with southern manners and charm. She left many friends, acquaintances, and even strangers with a deep and abiding respect for her genuine caring.

Sherry is survived by her loving and dedicated daughter, Bobbi Jean Bronson-Stinson and her deeply loved "son" (in-law) Gene Stinson. Their dedicated love, adoration, and care for her were a great comfort to Sherry, and were her truest treasures on earth. She is also survived by her brother James "Jimmy" H. Warinner of San Jose, California; Grandsons, Brian (Kelsey) Oldfield of Tullahoma, TN, and Jason (Sheyna) Stinson of Grovetown, GA; Great-grandchildren, Sarah and Anna Oldfield of Shelbyville, TN, and Deagan Stinson of Grovetown, GA; Nieces and nephews, Mary (LaShanta Walker) Mills of Chicago, IL, William (Lindsay Harris) Mills of Jacksonville, FL, Jeanna Flint



of Ogallala, NE, Cynthia (David Wood, Jr.) Clayton of Victorville, CA, and James (Katherine) Warinner, Jr. of Fernley, NV.

Sherry was preceded in death by her sister, Cynthia Warinner-Mills.

She was a member of the Mt. Lebanon Church in the Link community of Rutherford County, TN. Sherry was a commercial underwriter for Ochinero Insurance in Saratoga, CA, and a Paraoptometric secretary for Dr. Dale Hasty in Shelbyville, TN. Before her retirement, she and her daughter, Bobbi Jean, owned the country corner market on Fairfield Pike in Shelbyville, TN.

An avid animal lover, Sherry's life was filled with cats and dogs. She would never turn away a stray, and always would feed and care for the four, or two-legged, in need and hungry. Her thoughtfulness and caring will be missed by many, both animal and human.

A celebration of life will be held at Gowen-Smith Chapel, in Shelbyville, TN, on Saturday, May 18, 2024, from noon to 4:00 P.M.

Marion Feldhaus

Marion Feldhaus of Shelbyville, TN passed away with great peace and surrounded by love on March 26, 2024.

A funeral mass will be the morning of Friday, May 17, 2024, at 11am, at the original small chapel at St Philip Catholic Church in Franklin.

Marion was born on November 16, 1930, in Mount Pleasant, Tennessee. She was first and foremost a daughter and the sister of five siblings. She was preceded in death by her

parents, Joseph Henry Feldhaus Sr. and Mary Boulia Feldhaus, and by her siblings, Dr. Henry

Feldhaus Jr., Bill Feldhaus Sr., and Joan Feldhaus DeNeille.

She is survived by two sisters, Catherine Feldhaus Hammond of Shelbyville, TN, Pat Feldhaus Horne of Nashville, TN, and a sister-in-law, Marie Neidert Feldhaus, as well as 17 nieces and nephews, 39 great nieces and nephews, and 26 great-great nieces and nephews.

Marion graduated from St. Thomas School of Nursing in Nashville in 1952. She was a surgical nurse in Grand Rapids, Michigan; Lawrenceburg, TN; and Shelbyville, TN. Marion was a devout Catholic and enjoyed caring for and



spending time with her nieces and nephews. She loved traveling and had a variety of crafting hobbies, including making dolls and smocking dresses. She also enjoyed serving as a Girl Scout leader. She loved babies and children and was a five-star babysitter for many generations of nieces and nephews, teaching them kindness and patience.

The family would like to thank the staffs at Williamson Medical Center, Somerfield, Accent Care, and especially The Lantern at Morning Pointe in Franklin, TN. Marion lived there for over three years and loved the staff as much as they loved her.

In lieu of flowers, donations may be made to Graceworks Ministries of Franklin, Tn.

Graceworkstn.org

Feldhaus Memorial Chapel is in charge of arrangements.

Patti Lynn Moore

Patti Lynn Sudberry Moore, age 60, of Shelbyville, TN passed from this life Monday, May 6th, 2024.

Patti was a native of Shelbyville, TN born August 18, 1963, to the late Rufus and Martha Harris Sudberry. Along with her parents she was preceded in death by brothers, Ricky Sudberry, and Ronnie Sudberry; and grandsons, Christopher Shane, and Malachi Sparrow.

Patti was born and raised in Bedford County, where she was a graduate of SCHS class of 1982. She mainly worked for local convenient stores; most everyone would remember her working at the Yellow Store. She was a loving mother, grandmother, great grandmother, sister, aunt, and friend. She always enjoyed cooking for and taking care of her family. Planting flowers, fishing and spending time with family and friends were amongst her favorite leaser activities.

She is survived by children, Tamra (William Curry) Whitley, Amanda Farrar, James Farrar, Jr., Michael Farrar, Christina Tucker, and Sandra Taylor all of Shelbyville; sister, Deanna Sudberry of Shelbyville; grandchildren, Alyvia, Lilie, Alyssa, Aiden, Tatum, Tiffani, Alexis, Blue Jay, Taylor, Brooke Anne, Chloe, Logan, Harley, M.K., great grandchil-



dren, Luna, Stone, Serenity, Joyner, Ky'ron, Briella, and Kingsley; nephews, Anthony, Michael, Ronnie Joe, Brandon, and Tyler; nieces, Crystal, Brandy, and Madison; great nieces and great nephews, Keirra, Douglas "Bubba", Kingston, and Nolan; along with many other great nephews and great nieces. Also her best friend, her dog Roxy.

Funeral services for will be held 11:00 a.m. Saturday, May 11, 2024, in the chapel of Doak Howell Funeral Home with Tony Harris officiating. Burial will follow at Willow Mount Cemetery.

Visitation with the family will be held 4-7p.m. Friday, May 10, 2024, at the funeral home.

Memorial donations may be made to the Bedford Cancer Foundation.

Doak-Howell Funeral Home is serving the family.

Carolyn E. Walker

Carolyn Elaine Walker, age 65, of Shelbyville, passed into a heavenly life on May 11, 2024, at her home surrounded by loved ones. She was dedicated to her family. She was a very hard worker and proudly serve the community for 40+ years. She will be deeply missed.

She was preceded in death by: parents, the late James Ray and Thelma Siebers; three brothers, David Ray, Roger Ray, and Samuel Ray; two sisters, Mary Joyce Gregory and Deborah Ray; and one niece, Jamie Ray Casteel.

Carolyn is survived by: children, Beth Sullins and husband Robert of Kelso, William Sweeney and wife Christy of Shelbyville and Joe Walker of Shelbyville; 10 grandchildren, Michael Holston and wife Samantha, Philip Holston and wife Gracey, Colton Sweeney and wife Faith, Logan Sweeney, Emily Sweeney, Kaden Walker, Nathan Walker, Lexi Hunter, Charlie Walker, Kinsley Williams; and eight great



grandchildren; brother, Ricky Ray and wife Judy; along with a host of nieces, nephews and cousins.

Funeral services will be held 1:00 p.m. Wednesday, May 15, 2024, in the chapel of Doak-Howell Funeral Home with Brother Randall Harmon officiating. Burial will follow at Willow Mount Cemetery.

Visitation with the family will be held Wednesday prior to funeral service beginning at 11:00 a.m.

Memorial donations may be made to the American Cancer Society @ www.cancer.org.

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SHELBYVILLE TIMES-GAZETTE

Golden Eagles' Soccer Season Ends Against Brentwood In Region Tournament After Winning District Title

BY NOAH MADDOX
noah@t-g.com

After beating Coffee County 2-0 to win the District 9-AAAA Championship on Friday, the Shelbyville Central Golden Eagles season came to a close in a hard-fought Region 5-AAAA semifinal loss against the Brentwood Bruins, 1-0.

After heavy thunderstorms came through Shelbyville about an hour before the scheduled 7:00 p.m. kickoff, game administrators made the decision to move the game to Siegel High School and kick-off at 9:00 p.m. due to standing water at the Eagles' Nest.

In a rematch of the 2022 State Tournament matchup, Brentwood started the game immediately on the front foot, dominating possession from the opening kick. The two teams' strategy were obvious from the get-go: Shelbyville Central would sit back in a low block and look to break on the counter with a ball over the top while Brentwood would hold the lion's share of possession with their crisp one-touch passing and high-level movement.

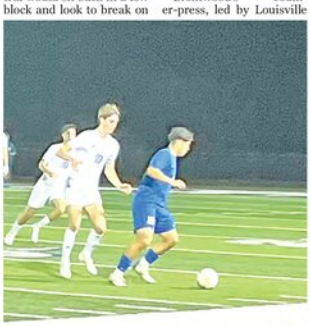
The Bruins, ranked as the number two team in the state according to MaxPreps, did not put a shot on goal until the eighth minute. In normal possession, the Golden Eagles were able to hold their own in front of their goal, setting a high-line and compressing the space in the attacking third with an effective offside trap. Shelbyville kept Brentwood runners offside for the majority of the first half as the flag was raised five times in the first 20 minutes.

However, it was the giveaways in midfield that hurt the Golden Eagles the most with both of Brentwood's first two shots-on-goal coming off the Bruins' winning the ball back in an advantageous position.

Brentwood's counter-press, led by Louisville Cardinals' signee Jack Boring, was stifling for all 80 minutes, rarely allowing the Golden Eagles' to break out of their own half. Boring, playing as more of a deep-lying eight, along with Rhodes College signee, Jack Elliot, dominated the midfield. Chase Mattasits, who will be playing at Maryville College in the fall, controlled the visitor's defense with a high-line, continuously breaking up potential Shelbyville counter-attacks before they were able to begin.



The Shelbyville Central Golden Eagles fell 1-0 to Brentwood on Tuesday night at Siegel High, ending their season as the District 9-AAAA Champions.



Daniel Torres (10, blue) fends off L'Ville signee Jack Boring (10, white).

In spite of that, the hosts on paper found a crease in the 18th minute, slipping through forward Emanuel Leyva for a one-on-one against Brentwood goalkeeper Drew Huss. Came out to close down at the top of his box, making himself big and coming up with a huge save to keep the game at 0-0.

This sparked a small stretch for Shelbyville where they were able to maintain some possession and put some pressure on the Brentwood defense. Despite this, the Bruins didn't allow another shot on goal, and settled back onto the ball shortly thereafter.

Immediately afterwards, Brentwood's Jack Doyle got to a bouncing ball first for a one-on-one chance on the left side that was brilliantly saved by freshman Jackson Themm, filling in valiantly for the injured Ben Betzelberger.

Even though the Bruin's ended the night with roughly 80% possession, the Golden Eagles' defensive structure began to frustrate the visitors by about the half hour mark. Brentwood adjusted their plan of attack as they started to whip in a few crosses from deep instead of trying to get all the way to the end line for a pull-back ball on the ground. After initially conceding a corner, the Golden Eagles' resistance was finally broken in the 37th minute after Brentwood recycled possession to the left flank. Ryan Buie found space to deliver a delightful ball into the box that Aiden Wells was able to redirect into the back of the net with an exquisite jumping backheel finish to give the Bruins the 1-0 lead just three minutes before halftime.

It was a backbreaking goal to concede right before the break, and Brentwood did not let up as the second half began. Luke Armistead fired a low shot that was saved by Themm less than 60 seconds in, but this would be one the last times of the night that SCHS conceded a shot-on-goal. The Golden Eagles kept the same defensive game plan as the first half, managing to keep the ball in front of their compressed low block and forcing sloppy long passes by the visitors.

Unfortunately for Shelbyville, they were unable to break through the disciplined Brentwood backline before the final whistle blew, seeing their season end in the region semifinals, 1-0.

Brentwood improves to 15-1-2 and advances to play Ravenwood in the Region 5-AAAA Championship Game.

The Golden Eagles see their season end as the District 9-AAAA Champions at 10-6-5.



Kolby Themm (3) help fortify SCHS' defense that only conceded one goal Tuesday.

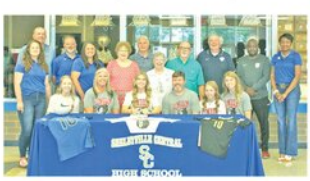
Eaglettes' Dual-Sport Star Paige Blackburn Signs With Union University

BY NOAH MADDOX
noah@t-g.com

Shelbyville Central Golden Eaglettes' basketball and soccer star Paige Blackburn officially signed with Union University in Jackson, TN, on Friday to continue her soccer career at the collegiate level.

Blackburn, who also scored over 1,000 points in her basketball career, was the focal point of the Golden Eaglettes' attack last fall. She easily eclipsed double-digit goals on the year, proving herself to be a very prolific forward.

Her signing was held just outside the Rick Insell Gymnasium, and she was surrounded by her family, friends, and coaches to celebrate the big occasion.



Paige Blackburn (center) signed with Union University on Friday to continue her soccer career. *Submitted Photo.*

Walker Craig, Isaac McElroy Set To Continue Athletic Careers In College

BY NOAH MADDOX
noah@t-g.com

Cascade held a pair of signings on Monday morning for seniors Isaac McElroy and Walker Craig.

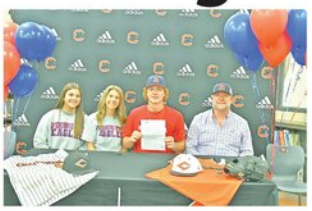
McElroy, who had a breakout senior season on the hardwood at Cascade for fourth-year head coach, Chris Lawson, after transferring in before his junior year, signed with Pellissippi State Community College to continue his basketball career.

He led Cascade in scoring with 14.4 PPG, including shooting a 38.7% from three on almost four attempts per game, before their season ended in the Region 5-AA Quarterfinal at Loretto. He also averaged 5.7 rebounds and 2.5 assists all in about 25 minutes per game, getting more comfortable with his new role as the year progressed after Cascade lost the majority of their scoring from the previous season.

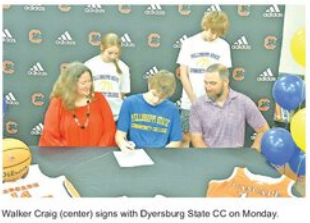
Walker Craig, after a stellar senior season on the diamond in Bell Buckle under second-year head coach, Travis Sheffield, signed with Dyersburg State to continue his baseball career.

Craig was a two-way star for the Champions. On the mound, Cascade's ace posted a 1.89 ERA across eight starts, including a team-high 37.0 innings, with a 4-0 record. He gave up just 10 earned runs all season, and he struck out 54 batters while walking just 28. Opposing batters hit just .206 against him.

At the plate, Craig was second on the team with 93 plate appearances. He slashed .338/.495/.574 with an OPS of 1.068. He was second on the team with four home runs, second on the team with 23 hits, and led the team with 26 RBI. He drew 16 walks and hit four doubles. He was just one of four players to play all 24 games for Cascade this season, and he was hitting third in the lineup in the vast majority of those games.



Walker Craig (center) signs with Dyersburg State CC on Monday. *Photo by David Smith.*



Walker Craig (center) signs with Dyersburg State CC on Monday. *Photo by David Smith.*

Champs Ground Rockets To Win District Title; Advance To Region Championship

BY NOAH MADDOX
noah@t-g.com

District 9-A Championship

The Cascade Champions went on the road to Chapel Hill and beat the Forrest Rockets, 3-2, to win the District 9-A Championship on Friday night.

This marks the fourth time in the last five seasons dating back to 2019 that Cascade has won the district tournament title with the lone exception being 2023 when they lost to Community in the semi-finals.

In both of the previous meetings between the two sides, the winning team scored five goals. Back on March 14th, Chapel Hill beat Cascade at home, 5-4, before Cascade returned home a month later for the return match and won, 5-3. In terms of excitement, the third meeting did not disappoint.

The scoring began early for the Champs with Jason Chanmavong, who got the start after coming off the bench in the semi-final, slotting an Ivan Draine pass into the net just three minutes into the game for his third goal of the season.

Chapel Hill would settle down afterwards, and as the half progressed, they found their way onto the scoreboard in the 19th minute with Gavin Grissom scoring his team-high 9th goal of the season to tie the game at 1-1.

As the first half clock ticked on, Cascade began pushing for a second. They found it eight minutes after the Rockets' tying goal in the 29th minute with senior star Ivan Draine. Draine, with an assist from forward Williamson Cook, poked home his team-high 11th goal of the season to give the Champs a 2-1 lead going into halftime.

To start the second half, Chapel Hill started increasing the pressure on the Cascade goal, and after 15 minutes they found a second equalizer with senior Matheus Bretanha scoring his 7th goal of the season in the 55th minute to give the hometown Rockets new life yet again.

However, the mettle and senior leadership of the Champs shone through yet again as they worked to find the winning goal. Despite losing a one-goal lead twice already on the road, Cascade continued to push forward, finally finding that game-winning goal with just ten minutes to go.

In the 70th minute, Draine released one of his patented long throw-ins. Cook, with an assist already to Draine, pounced in the box, finding a way to put the ball in the back of the net and putting Cascade back in front for the third and final time.

With a 3-2 lead in the final ten minutes, the Champs fought off one final Rockets' attacking wave. Chapel Hill had two corners and a free kick in the attacking third, but the Cascade backline led by Hayden Dowell, and goalkeeper Nick Harris, kept the Rockets off the board in the final frenetic minutes to seal yet another district title.



The Cascade Champions won their 4th district title in the last 5 seasons on Friday against Chapel Hill. *Photo by David Smith.*

Region 5-A Semifinal

The Cascade Champions soccer program has never made the TSSAA State Tournament, but they are now one win away from doing just that after a 2-1 win in the Region 5-A semi-final over the visiting Richland Raiders on Monday night.

Two years ago, Cascade made history by making it to the Region Championship, ultimately falling to CSAS. Now, with updated regions, the Champions are set for a rematch with Chapel Hill instead after the Rockets went on the road to handedly defeat the Loretto Mustangs in the other semifinal on Monday.

Thanks to senior star Ivan Draine, and a little bit of luck, the hosts were able to put two goals past the Richland defense in the first 43 minutes and then hold on to keep their season alive.

Senior star Ivan Draine almost got the scoring started immediately for Cascade. In the first three minutes of the game, Draine had two golden breakaway opportunities saved by Raiders' goalkeeper, Jesse Hood.

Despite failing to score either chance, the Champs kept up the attacking pressure, never letting Richland get comfortable in possession. Then, in the 10th minute, one of Draine's patented long throws in from the sideline found the head of Raiders' defender Lucas Eslick, and unfortunately for Eslick, the ball ricocheted into his own net to put the hosts in front on an own goal.

After conceding, Richland seemed to settle into the game a bit more, occasionally putting stress on the Champs high-line backline with Easton Hewitt, Jaiden Harris, and Hudson Dickey all finding space in the attacking third.

In the 21st minute, defender Landon Hawkins was booked for a tackle on Draine that prevented another breakaway. This infraction seemed to inspire the visitors, as they found new life in their attack, putting more pressure on Nick Harris in the Cascade goal, but unable to put anything on target.

In the 35th minute, Draine dribbled past a trio of Richland defenders down the right sideline, playing a low ball across the face of goal that sliding sophomore forward, Jason Chanmavong, was just inches away from poking it home into the empty net, instead softly colliding with the post.

In the 38th minute, Richland found by far their best opportunity of the first half. A long free kick taken by Harris wound up bouncing around the Cascade box before Harris was able to make a crucial save on a rebound to keep Cascade in front, 1-0, before the half-time whistle blew.

After the intermission, Cascade started the second half the same way they started the first: threatening the Richland goal. Within the first 60 seconds, an Isaac Chapa header off a corner went just wide of the post, but the hosts kept pushing forward.

In the 43rd minute, the Champs finally found their second goal. A long ball over the top put the speedy Draine in behind the Richland defense on the left side, and after a couple of nasty cuts to get the ball back on his right foot, he found just enough space to fire a shot past Hood's near post to double Cascade's advantage, 2-0, and give him his 12th goal of the season.

A couple minutes later, another Chapa header found its way into the arms of Hood off a long throw. After that, Cascade began to hunker down defensively, focusing on closing out their 2-0 lead for the final half hour.

For about 20 minutes, the plan worked brilliantly with Richland becoming more and more frustrated as they tried and failed to crack the Champs' backline. However, that all changed in the blink of an eye in the 78th minute when Jaiden Harris and Gabe Perez went shoulder-to-shoulder in the box, but after Harris tumbled to the ground, the whistle blew to gift the visitors a lifeline back into the game at the penalty spot.

Harris stepped up to take the penalty, calmly putting it away into the bottom right corner to cut the host's lead in half, 2-1, with just over ten minutes remaining. Unfortunately for Richland, they could not muster up another shot-on-goal, and Cascade held on through the final whistle to advance to the Region 5-A Championship on Wednesday night and clinch a spot in the sub-state round on Saturday.

Richland's season ends at 9-4-1.

Cascade improves to 9-3-1 (4-1-1) and move to within one game of the state tournament with the sub-state round being played on Saturday afternoon.



Ivan Draine (2) scored a goal and assisted on two others on in the District Title Game before scoring Cascade's eventual game-winning goal against Richland. *Photo by David Smith.*

Lady Champs Softball Season Ends In District Tournament

BY NOAH MADDOX
noah@t-g.com

The Cascade Lady Champions' season came to a close in their second game of the day on Thursday to finish 1-2 in the District 9-AA Tournament after falling to Chapel Hill, 10-0.

GAME TWO

The Lady Champs ended Cannon County's season in the first game on Thursday after scoring five runs in the sixth inning to break a 6-6 tie and end up winning, 11-7.

Brianna Horn kept her career afloat for at least one more game, throwing seven complete innings and only giving up one hit while striking out six batters on 165 pitches. She did issue 16 free passes, so all seven runs scored by the Lady Lions were earned.

Horn was also 1-3 at the plate with an RBI double, a walk and a stolen base while scoring twice. Claire Perry was the only player on either side to record multiple hits, going 2-4 with two runs driven in and a run scored herself. Momo Bilbro also went 1-5 with a 2-RBI triple and a run scored.

Cascade as a team only struck out once while tallying seven hits. Their offense was helped out by seven errors committed by the Lady Lions in the field.

After neither team scored in the first inning, Cascade pushed across three runs in the top of the second before Cannon County responded with four runs of their own in the home half. The Lady Champs tacked on two more runs in the third to take a 5-4 lead, and after Horn posted back-to-back shutout innings, Cascade doubled their slim lead in the fifth inning.

Cannon County fought back in the home half, scoring twice themselves to tie the game at 6-6. Then, the Lady Champs went for the knockout in the top of the sixth, scoring five runs to take a commanding 11-6 lead which they would not relinquish. The Lady Lions got one back, but after Horn posted her fourth shutout inning in the seventh, Cascade clinched the chance for a rematch with Chapel Hill.

GAME THREE

In the nightcap on Thursday, the hometown Forrest Lady Rockets tallied 12 hits and 10 runs to run-rule Cascade, 10-0, after six innings.

Katelyn Lambert got the start in the circle for the visitors after Horn threw 165 pitches in the earlier game, but the real story was Cascade's offense being unable to get much of anything going at the plate against either Taylor Moreland or Ella Dippold.

Moreland went four shutout innings after going just two in the previous meeting, giving up only four hits while striking out two on 54 pitches. Dippold came on in the top of the fifth, keeping the shutout going while giving up just a single base hit and also striking out a pair of batters on 26 pitches.

Lambert went 5.0+ for Cascade, and the Lady Rockets got to her for 10 runs, six of them earned, on 12 hits, including a home run, and two walks with zero strikeouts on 62 pitches.

Chapel Hill got things started almost immediately, scoring four runs in the first inning. After Lambert shut the hosts out in the second, the Lady Rockets responded with three more runs in the third inning to take a 7-0 lead.



Cascade finished 1-2 in the District Tournament, losing to Chapel Hill after defeating Cannon County on Thursday. *Photo by David Smith.*

Meanwhile, Bilbro, Horn, Kyndal Bolden, and Alayna Cruse were the only Lady Champs to record a hit. Bilbro was the only one to tally more than one, and all five hits Cascade got were singles.

Forrest tacked on two more runs in the fourth inning, and after Lambert posted another shutout inning in the fifth, the Lady Rockets walked it off with one final run in the sixth inning to end the Lady Champs' season.

Cascade ends the year at 5-17 (2-6).



Warning signs of mental health issues

A 2017 study from the Institute for Health Metrics and Evaluation estimated that 792 million people across the globe lived with a mental health disorder. If that figure is startling, it's likely even greater as a result of the pandemic.

Data from the Kaiser Family Foundation indicated that about four in 10 adults in the United States reported symptoms of anxiety or depressive disorder during the pandemic. That marked a significant uptick since the summer of 2019, when one in 10 adults reported such symptoms.

The pandemic undoubtedly posed significant challenges that affected the mental health of people across the globe. But those challenges won't necessarily go away if and when life returns to pre-pandemic normalcy. Nor is there any guarantee that new challenges that pose a threat to individuals' mental health won't arise in the years to come. That reality underscores the importance of learning to recognize signs of mental illness in both adults and children.

The National Alliance on Mental Illness notes that each mental illness has its own symptoms, so anyone concerned about their own mental health or the health of a loved one can speak with a mental health professional for more information. In the meantime, the NAMI notes that these are some common signs of mental illness in adults and adolescents.

- Excessive worrying or fear
- Feeling excessively sad or low
- Feelings of confusion or difficulty concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or significant feelings of irritability or anger
- Avoiding friends and social activities
- Difficulty understanding or relating to other people
- Changes in sleeping habits or feelings of fatigue and low energy
- Changes in eating habits, such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality. Some individuals experience a lack of insight known as anosognosia, which NAMI describes as unawareness of one's own mental health condition.
- Overconsumption of substances such as alcohol or drugs
- Multiple physical ailments without obvious causes, such as headaches, stomach aches and vague and ongoing aches and pains
- Suicidal thoughts
- Difficulties handling daily life, including an inability to carry out activities or handle problems and stress that arises each day
- An intense fear of weight gain or concern with appearance

Pre-adolescent children also can experience mental illness, which can manifest itself through these symptoms:

- Changes in academic performance
- Excessive worry or anxiety. Some children may fight with parents to avoid going to bed or school.
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

Individuals who are experiencing any of these symptoms or those who recognize them in loved ones, including children, are urged to contact a health care professional, including their general physicians, who may be able to recommend a mental health specialist. More information is available at www.nami.org.



Tips to boost mental wellness

The most successful health care regimens incorporate a number of variables to help individuals achieve optimal health. Physical health garners considerable attention when developing a health care regimen, but it's equally important that individuals prioritize mental health as well.

Mental health has garnered considerable attention in recent years, and that's not solely a byproduct of the pandemic. Prior to the onset of the pandemic, in 2019 the World Health Organization launched the WHO Special Initiative for Mental Health (2019-2023). That's an effort to ensure access to quality and affordable care for mental health conditions in 12 priority countries. The WHO initiative reflects the growing recognition of the importance of mental wellness and its role in overall health.

Protecting mental health and boosting mental wellness can have a profound impact on individuals who are struggling with stress, anxiety and depression. The National Council for Mental Well-Being recommends these strategies to boost mental wellness and protect mental health.

• Express your feelings. Individuals should not feel the need to keep their problems to themselves. Speak with someone you trust about your feelings and share details of any problems you may be having. Keeping feelings bottled up inside can compound issues that are already adversely affecting your mental health.

• Establish boundaries. Individuals should not feel compelled to engage in activities they don't enjoy or no longer want to do. It's everyone's right to say "no," and exercising that right can improve mental health for individuals who routinely find themselves saying "yes" to activities they no longer enjoy. For example, many working professionals may feel compelled to respond to work emails long after quitting time. That can have an adverse effect on mental health by making individuals feel as though they're constantly working. Answering emails only during working hours can provide the mental break individuals need to unwind and relax.

• Recognize the role that physical health can play in protecting mental health. The National Council for Mental Well-Being notes that physical self-care helps individuals manage symptoms associated with mental health challenges. Eating right, exercising regularly and getting enough sleep can help individuals overcome mental health challenges and reduce risk for conditions such as anxiety and depression.

• Find a healthy hobby. A healthy hobby can quell boredom and serve as a coping mechanism when issues like stress and anxiety begin to feel a little overwhelming. A healthy hobby can serve as a distraction and provide a getaway when individuals feel as though their mental health is suffering.

• Don't hesitate to seek help. Individuals have no issue visiting their physicians when they experience physical symptoms of illness or injury. That same lack of hesitation should be present when mental health issues arise. Mental health professionals can provide the same valuable services for mental health that physicians do for physical health.

Strategies to protect mental health is are important components of health care regimens. Individuals can learn more at mentalhealthfirstaid.org.

What causes eating disorders?

Eating disorders are serious conditions that can negatively affect an individual's overall health. These persistent eating behaviors affect emotions and various systems of the body by creating nutritional deficiencies that put individuals' overall health in serious jeopardy. The heart, digestive system, teeth, and bones all can be affected by eating disorders, and malnutrition may lead to other diseases.

The Mayo Clinic notes that common eating disorders include anorexia nervosa, bulimia nervosa and binge eating disorder. Anorexia is characterized by not eating enough and excessively limiting calories. One also may use laxatives or dietary aids to shed pounds. Bulimia involves dangerous episodes of bingeing and purging, as well as restrictive eating during the day. Individuals with binge eating disorder eat quickly and consume more food than is necessary. Some continue to eat long after being uncomfortably full.

No one fully understands what contributes to the formation of eating disorders, however, Psychology Today indicates eating disorders may emerge from a complex relationship between personality traits, genes, childhood experiences, stress, or traumatic events.

Here's a closer look at some additional factors that may contribute to eating disorders.

Cultural beauty standards

Men and women may believe they have to look a certain way to be considered attractive or accepted in society. Feeling the need to be a certain weight or body shape may influence how one eats or exercises to the point of extremes.

Family history

Better Help, a mental health wellness site, says having a close relative with an eating disorder may be a risk factor for eating disorders. Prior history of constant dieting and dissatisfaction with body image are additional risk factors.

Mental health issues

Another potential cause of eating disorders is a medical history that includes another mental health problem, including anxiety, obsessive-compulsive disorder, depression, post-traumatic stress disorder, and drug abuse.

Genes

The health and wellness resource New Health Advisor says studies have shown that genetics contribute to eating disorders. People with specific genotypes are at a higher risk of developing eating disorders.

Personality traits

Individuals with certain personality traits may be at risk for eating disorders. Excessive persistence and rigidity, impulsivity, neuroticism, harm avoidance, perfectionism, and obsessive thinking are traits often seen in people with eating disorders.

Stress

The Mayo Clinic says stress also can contribute to the formation of an eating disorder. Big stressors, like getting a new job, starting a family, leaving for college, or a loved one's illness, can increase risk of an eating disorder.

Eating disorders can have life-threatening complications. It is important to seek help immediately if any signs or symptoms become noticeable.



Help Is Here

If you are in a suicidal crisis, overwhelmed by emotional distress or experiencing a mental health emergency, you are not alone. Call or text 988 or chat 988lifeline.org to connect with help, understanding and hope.

DIAL 988
Suicide & Crisis Lifeline

Reach out for help. You're not alone.

Arts Collective event draws great crowd

Bedford Arts Collective held its first Art Crawl last Friday evening around the public square. Organizers note that there was a great turnout. Paintings to caricatures were seen on display and available for purchase. There was even candy and cotton candy available. Merchants allowed artists to display in front of their stores.

T-G Photos by Dawn Hankins













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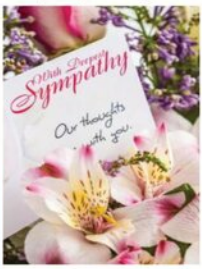
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