COMMUNITY NEWS

SHELBYVILLE TIMES-GAZETTE

$1.00 | Thursday, June 20, 2024 | www.t-g.com

Happy Juneteenth





T-G Photos by Dawn Hankins

A DAY OBSERVING FREEDOM

Juneteenth was officially celebrated as a national holiday on Wednesday. But the fun got started early on Saturday morning, the 15th, with the annual Shelbyville Juneteenth event on the public square. A parade, featuring a really slick ride and Council member Marilyn Ewing and a styling truck showcasing City Mayor Randy Carroll, firetrucks, policemen, cruising motorcycles and several kinds of classic cars made the tour around the courthouse. There was lots of good food to be enjoyed and tons of community spirit. City officials held an official ceremony in observance of the holiday. See more photos on page 3 today.

City delays Duksan opening with state fire investigation

By DAWN HANKINS
dawn@richardsonmediagroup.net

Shelbyville City Council discussed at great lengths Thursday night, during its regular session, potential fire suppression issues with the new Duksan Electera chemical plant, located off Highway 231 North.

Duksan, a plant that mixes, stores and ships out solutions to battery manufacturing facilities, was scheduled to officially open in May. Based on recent Council discussions, it doesn't seem occupancy will be happening soon.

With serious concerns from the Shelbyville Fire Department, Council has moved to allow the state fire marshal to investigate Duksan in the area of fire suppression. Basically, it's in the state's hands now to make some tough decisions regarding fire safety at the plant.

A letter received by City Hall stated these indications of concern: That there is a reduction in the water storage tank from the originally planned 300,000 gallons down to 100,000 gallons, foam systems issues, no stamped engineer plans, third party, for the interior fire systems and an apparent exterior fire system altered from the original plans in several ways.

Duksan came into Shelbyville under the guise of "Project Cardinal" through local economic development. City officials have said recently that this was misleading and the City believed Duksan, then, to be a battery plant, not a chemical plant.

As well Bedford County Utility is reported to be concerned with those potential issues with delivering the over 300,000 plus gallons of water that might be required.

Councilman Bobby Turnbow said there is a potential disaster without further investigation of these potential fire suppression issues. He pointed out Duksan's close proximity to the hospital and the new TCAT, where many students are soon to be gathered.

When asked by Councilman William Christie for his input on seeking out state investigators, Shelbyville Fire Chief Matt Doak said Thursday night, "I believe it is imperative that we do that."

He said the local fire department has called the state for clarification and even though Duksan does not meet the thresholds they normally review, they still said the City, based on these findings in the letter from the fire department, should have concerns.

City Attorney Ginger Shofner said it was her understanding that the state considers this a "special circumstance." And they would, at the request of the City of Shelbyville, do the investigation.

The state has not performed its own investigation because, based on the chemical list provided to them by Duksan, the facility is considered H3 or H4 vs H1 or H2. An H1 involves, based on state standards, explosives and an H2 facility is flammable liquids.

City Council unanimously moved to pay the $50,000 that the state will require to investigate these Duksan fire concerns. Councilman Henry Feldhaus said Thursday night that he would agree to have the fire marshal's office involved but only if Council approved that Duksan be requested to reimburse the City for the $50,000 or however much it winds up costing.

During the meeting, it was discussed that prior former legal documents with Duksan kind of indicate that in such matters, the City is on its own, regarding additional fees. For the safety of its citizens, Council agreed to front the state fire marshal's office the necessary fee from its general budget to get the process started.

If Duksan does not agree to reimburse the City, then the County (under agreements with this 50/50 project) would be asked to assist with those fees. So, in the end, taxpayers may be left footing this bill.

Still, Council said it is for fire safety that it has to be done. There were really no choices, based on the fire department's report.

See page 3 today for editorials regarding this Duksan turn of events.



Photos by Julie Smith and Carla Webb

ANOTHER SUCCESSFUL RC-MOONPIE FESTIVAL

While we loved those peanut butter banana MoonPies served up this weekend in Bell Buckle (Viva La Bell Buckle theme with Elvis) we know staying fit is also a part of our summer to-do list. Bell Buckle has that covered too. The local MoonPie race in Bell Buckle, held early Saturday morning, was quite successful-set before the hot sun reached scorching temperatures. See more pictures on page 2 today of the event.

A Better Bedford seeks to support visionary leaders

Build coalition of informed voters

Submitted by David Coffey

[Shelbyville, TN, 6/17/2024] – Today marks the official launch of A Better Bedford, a new bi-partisan political action committee dedicated to championing policies rooted in sensibility and partnership while promoting efforts that create wide-ranging opportunities for all citizens of Shelbyville and Bedford County, Tennessee.

With a focus on innovative approaches to collaboration and community advancement, A Better Bedford aims to provide a balanced approach to governance by supporting informed and accountable leaders and candidates. As the political landscape at every level of government continues to evolve, the organization recognizes the importance of proactive advocacy to ensure the advancement of their community through the efforts of empowered and informed voters.

David Coffey, Chairman of A Better Bedford, expressed enthusiasm about the PAC's mission, stating, "We believe that an informed electorate is essential for the prosperity of Bedford County. Through strategic engagement and collaboration with our local decision-makers, A Better Bedford will seek to promote policies and to support leaders that are committed to serving all members of our community."

A Better Bedford has formed an executive committee comprised of engaged leaders in Shelbyville and Bedford County. In addition to growing their membership, the organization's immediate efforts will focus on local education, job creation and housing issues.

For more information about A Better Bedford or to support their efforts, visit ABetterBedford.org.

A Better Bedford PAC is a non-partisan organization committed to promoting opportunity, prosperity, and honest dialogue for all citizens of Shelbyville and Bedford County. We seek to support innovative and civic-minded candidates and elected leaders who are dedicated to constructive collaboration and partnership across all levels of government and the private sector.

We strive to establish Shelbyville and Bedford County as examples of good governance for other communities across Tennessee while embodying ideals rooted in honesty, integrity, and visionary leadership.

Health Week

This week's Times-Gazette is devoted to everything you need to know to be fit, fad and fabulous. Summer is a great time to get outdoors (take sun and heat precautions) and enjoy everything from music events to horse shows. Check out page 12 for some great weight loss information from Vanderbilt Bedford Hospital.

The link between physical activity and healthy weights. See some refreshing and summer recipes inside this edition.

Anyone aspiring to lose weight is likely aware that there are no shortage of approaches promising to bust belly fat and slim waistlines. Weight loss fads come and go, but daily physi-

See HEALTH, 11A

COURT NEWS

Sarah A. Johnson's murderer sentenced

Raymond Antonio Smith, 47, of Shelbyville received his sentence Monday morning in criminal court for the murder of Sarah Angelina Johnson.

Smith received Life for the murder of Johnson and 12 years for the theft of property count- $2,500 to $10,000, to be served consecutive to count 1. Total effective sentence is Life + 12 years.

Smith's jury trial was held last month in Bedford County.

The theft of property charge stemmed from a vehicle Smith stole following the murder and abandoned at Henslee and Sims Roads.

The crime, according to TBI, occurred at a Sims Road home on March 15, 2022.

State prosecutors said in court that there were two murder weapons-a piece of firewood and a fireplace grate. DNA from both the victim and Smith were found on the murder weapons. Blood was also found on the brake pedal of the wrecked, stolen vehicle.

Forensic medical examiners concluded that Johnson died as a result of several blunt force injuries to the head.

The murder trial story was published on Thursday, April 25, 2024, in the Shelbyville Times-Gazette. (By Dawn Hankins)

FRIDAY NIGHTS ON
Front Street
Music · Community · Food
ON THE SQUARE · NORMANDY, TENNESSEE
2ND FRIDAY OF EVERY MONTH AT 6:00PM
(Weather Permitting)



Photos by Rhonda Comstock

NORMANDY HOSTS SUMMER MUSIC NIGHT

The second Friday of each month in the summer is about community and music in Normandy. It is said that lyrical music does a body good. Tapping your feet surely can't hurt. The second Friday of every month, (weather permitting), residents and guests gather on the square for great food and music. It's a time to be together, enjoying a slower pace of life. Those in attendance said last week's event was awesome! Musical guests included father and son, Matt and Finley Reed. See more pictures today on page 4.

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Navigating weight loss

See page 12 today for some good health advice from Dr. Venugopal Rosh from Vanderbilt.

See Page 12A

UT Southern has new coach

The University of Tennessee Southern has announced the hiring of the next women's basketball head coach

See Page 9A

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City completes 'beast' of a drainage project

N. Brittain Street to the square reopened

By DAWN HANKINS
dawn@richardsonmediagroup.net

The City of Shelbyville held its ribbon cutting for the North Brittain Street Project completion last week with several standing on the new pavement which covers quite an ancient beast of a drainage system in downtown Shelbyville.

The project is complete and the N. Brittain Street area by Koffee Beanz and the Capri Theater to the square is finally open, again, after 3 years. It was no doubt a project completion worth celebrating.

Mayor Randy Caroll said during the recent ceremony how in December, 2021, Council approved for Griggs & Maloney to do surveying and the civil engineering work on N. Brittain Street at a cost of $107,500.

"Shows you how far back we go," the mayor advised. And little did the City realize then the magnitude of this project. It would not end quickly.

In June 2023, Council approved a contract with the same consulting firm for $29,000. It was noted during the Council meeting when this was approved, the fee was lower than most standard rates as The City and Griggs and Maloney had a long-standing relationship.

Carroll said at this point in the project, the cost to City coffers was up to $136,500.

On May 18, 2023, the City accepted a bid proposal of $722,000-one necessary to complete the N. Brittain Street Project. Construction continued and Council asked a lot of questions as to why the project wasn't complete yet.

On 6/13/2024, the City ended its bout with the drainage project at a final price tag of $992,069.

Carroll said during the ceremony last week that it's terrible to see a new street dug up. Praising the City's public works team, he said he's thankful the work was done well, as it should be.

Will Owen, engineer with Griggs and Maloney, explained during the recent ribbon cutting ceremony that the historic structure which lies under the N. Brittain Street Project likely predates the City's flume which in itself goes back in design to the late 1950s.

"I am confident the railroad bridge project that's to the west, was put in with the railroad, which was likely put in, best I can tell from some historical maps TDOT provides, in 1853. There's at least a small portion of this drainage system that has been in close to 170 years. I don't think the portion that we replaced is that old. But it is somewhere in the neighborhood of 60 to 80 years old, as best we can tell."



T-G Photo by Dawn Hankins

Will Owens of Griggs & Maloney surveys nearly 3 years of work overseen by his company on the North Brittain Street drainage project in downtown Shelbyville.

Owen said of course then there were a lot of drainage problems to be addressed during this 3-year project. "I will tell you it has been said that road projects are actually utility projects with asphalt on top," said Owen. "I think this project signifies that, greatly. There is a lot of underground work. Pretty is what you see on the surface but I promise the nitty gritty is underground, under the surface, and we were able to accommodate that."

Owen pointed out that additional parking was also provided in the process, aiding nearby businesses.

"I'd like to thank public works and their director, Buck Vallad," said Owen. He advised a lot of credit is due to Vallad and his crew for they were very instrumental in the completion of this project.

He also mentioned credit is due to Shelbyville Power, Water and Sewerage, Jones Construction and Hawkins and Price and Volunteer Paving. Most of these folks were in attendance, along with City officials and personnel.

Public works director Vallad was asked to hold the ceremonial scissors. It was said the honor was well earned.

From pencils to bullets: Jensen building reopens

Boro Bullets MFG locates to Shelbyville

By DAWN HANKINS

Boro Bullets started in the wake of the COVID19 Pandemic when ammunition was almost impossible to find.

The City of Shelbyville recently announced Boro Bullets Mfg.'s commitment to renovating and opening in the former Jensen pencil factory building on West Lane. For now, they will make and distribute 9 mm Luger ammunition.



Ray Skudlarek and Jason Mortier say they have a goal to make ammunition available to everyone at an excellent price not just available for the big retailers who mark up and price gouged during times when shortages were happening.

They said recently they're thankful for the Shelbyville location. A ribbon cutting, the City announced, is planned at a later date.

Ray and Jason have been friends for a long time and both have had other successful careers and businesses. During the Covid 19 Pandemic Ray and Jason decided to take on the issue of the average shooter in American not always being able to obtain or even have access to ammo at a reasonable price. Ray being a veteran and very passionate about the 2nd amendment decided he wanted to be a part of solving the problem of shortages of ammunition to the average shooter.







Photos by Julie Smith

THANK YOU, THANK YOU VERY MUCH!
Fun was had by all during Saturday's RC Cola & MoonPie festival in Bell Buckle. Thank you to everyone who made this day possible.

A COMPLETE TRAVESTY

Dear Editor:

It was alarming to witness the image our supreme leader displayed at a recent campaign fund raiser with former president Obama taking center stage leading mental deficient Joe through the ceremony. Then at the final curtain call amid the raucous clapping and hurrahs from the ultra-liberal and clueless audience, composed mostly of shallow Hollywood actors/actresses who themselves do not possess the mental acuity to perform any manual/skilled labor tasks; Obama had to take Joe by the hand and lead him stiff-legged shuffling off the stage. Joe stood there frozen in motion liken unto a poorly sculptured discarded scarecrow mannequin. And if this scenario didn't strike home to Americans, then the crowning blow was that clueless Joe was standing there frozen in time with an inane grin splashed across his face, likely dreaming of an ice cream cone and the millions the idiotic crowd represented while his cackling and also clueless running mate was present on the world stage at a crucial summit meeting with world leaders discussing critical issues of utmost importance to America. As usual her infamous grin was presented as a beacon to the world that yes, the United States is at present without leadership at the highest level and all the levels underneath. If Russia is innocent of past interference in US presidential elections, then for certain they should be making ever underhanded and indiscreet attempt to convince the United States' citizens that definitely we need to reelect stumbling Joe and cackling Harris back into office. They could even put Hunter Biden back on the payroll and present him with a new Colt sidearm; he'll need all the money and protection he can get if he ends up in the slammer after his illegal application gun purchase conviction. If there is a touch of sarcasm in the above, it is serious that the Democrat party has sunken to such a low on the political front that Biden, Harris and their DA prodigies such as Bragg, who are dire threat to justice and the continuity of the US as a world leader, are at the helm and leading our country down a perilous path of self-destruction. At present our great country is coming across the world stage as weak, shoddy and similar to political corrupt third worlds. It appears the honest, true American Democrats-and there are many- are fearful to step forward and condemn their own party members and the liberal media who promote the radical anti-American 10% of their party calling the shots. America is resilient and has overcome similar obstacles in the past and voters in November have at their disposal the means to put all these dishonest rascals out of office and watch them scurry ashore like rats from a sinking ship.

Charles David Sliger
Shelbyville

Family Resource Night

THURSDAY, AUGUST 15, 2024
4:30-6:30 PM

HARRIS MIDDLE SCHOOL
(ENTER AT THE BACK)
507 EAGLE BLVD. SHELBYVILLE, TN

BEDFORD COUNTY SCHOOLS IS PARTNERING WITH THE BEDFORD COUNTY HEALTH DEPARTMENT & COUNTY RESOURCES FOR A FREE NIGHT OF FUN! WE INVITE YOU TO AN EVENING DEDICATED TO CONNECTING FAMILIES WITH VALUABLE COMMUNITY RESOURCES AND SUPPORT SERVICES.



The Health Department will be providing TN required vaccines to PreK, Kindergarten, 7th grade and any others still needing the required vaccinations.
For vaccines, please bring the following:
- TennCare card or private insurance card
- Most updated immunization records
- Cost billed to insurance or FREE otherwise



Meet your Superintendent of Schools Dr. Tammy Garrett, & enjoy activities for children!



County resources will be present to share information about their services.

IF YOU ARE A COUNTY RESOURCE, AND ARE INTERESTED IN SETTING UP A BOOTH, SCAN THIS QR CODE TO REGISTER BY AUGUST 1.

For vaccine information statements & more visit
https://www.bedfordk12tn.com/VaccinationInformation/

Medical Exemption-Physicians (MD or DO) or Public Health Nurses are authorized to indicate specific vaccines medically exempted because of risk of harm on the certificate. Other vaccines remain required. The medical reason for the exemption does not need to be provided.
Religious Exemption: This exemption requires a signed statement from the parent/guardian that vaccine conflicts with their religious tenets or practices. If the child needs documentation of the health examination for the school, it must be noted by the healthcare provider on the immunization certificate. In that case the provider should check the box in 1a that the parent has sought a religious exemption to explain why immunization information is absent or incomplete.





T-G Photos by Dawn Hankins

HISTORY IS RECORDED
Vendors brought lots of unique art to the Juneteenth event on the square last Saturday. One exhibitor, Woodcarving by Morganthau Gross Sr., of Wartrace, was quite inspiring. The crowd enjoyed lots of good food and fellowship. But most important, Juneteenth was observed to mark the day in 1865, when federal troops freed the last enslaved people.

Concerns Mount Over Duksan Plant: *Safety, Jobs, and Community Impact*



By Josh Blevins,
www.shelbyvillenow.com

Today's guest columnist is Josh Blevins of Shelbyville Now. We appreciate his comments regarding the Duksan Plant, especially now that it is about to be investigated by the state fire marshal for fire suppression issues.

At the January 9, 2024, County Commission meeting, Commissioner Drew Hooker asked Shelbyville-Bedford Partnership CEO Shane Hooper for a status report on his request for an Environmental Impact Study on the Duksan electrolyte manufacturing facility being built in the 231 North Industrial Park. Mr. Hooper responded that Duksan has met all requirements at the state and federal levels and has permits on file with TDEC for air quality, grading, and water. I visited TDEC's website and reviewed those permits, and the information they contained did not make me feel warm and fuzzy about the Duksan plant, which, by all appearances, will be coming soon to our community. According to their TDEC permit, the plant includes an outdoor chemical "tank farm" comprising 34 chemical tanks with a total capacity of 898,178 gallons. The facility is permitted by TDEC to release up to 3.06 tons of Volatile Organic Compounds (VOCs) each year. The primary chemicals to be stored in the chemical tanks have Safety Data Sheets with hazards ranging from eye irritation and harmful if swallowed to highly flammable liquid and vapor. Some included other hazards such as toxic to aquatic life, suspected of causing genetic defects, and possibly causing cancer. On May 24, 2024, Shelbyville Fire Chief Matt Doak sent a letter to the State Fire Marshal's office requesting a review of the Duksan facility based on a long list of issues the city found when reviewing the original plans that were submitted against the soon-to-be-completed structure that now sits on Frank Martin Road. His list of concerns again did not leave me feeling warm and fuzzy about the Duksan plant.

On June 11, 2024, Shelbyville Fire and Bedford County EMA hosted a safety summit with businesses and institutions within a half-mile radius of Duksan to discuss planning for various possible emergency scenarios. They discussed the possibility of sheltering in place for smaller emergencies and immediate evacuation for larger emergencies. Also mentioned were a number of unknowns, including what might happen in the event of a natural disaster such as a tornado in that part of town. Not to be overly repetitive, but I still do not feel warm and fuzzy. Why and how did we get here? This project was initially presented to city and county governments as "Project Cardinal." There was little real information about what it entailed other than promises of a large capital investment and the creation of jobs. One promise was 160 jobs, a later promise was over 100 jobs, and the final press release settled on 101 jobs over 5 years. According to the information now provided to the city's safety personnel, the current number of jobs at opening is "a maximum of 30 employees on one (1) eight-hour shift per day." This does not mean they still might not get to their 100ish number in five years, but at what safety/security cost to the surrounding area? Most of the initial hires appear to be individuals from out of the area who will be relocating to Bedford County. Didn't we expect this would bring jobs to local residents? The final chapter of this story is yet to be written. There is still a State Fire Marshal review to be completed, and if all passes final reviews, the Duksan plant will open later this year. At that point, everyone will be hoping and praying that there are no disasters at the plant, but the question will remain: was the return we received by gambling with our safety worth it?



Photo by Bo Gill

Drone shot of the Duksan Plant off Highway 231 North. The plant was scheduled to open last month but now the City of Shelbyville, which holds the certificate of occupancy, has requested some fire suppression issues be investigated by state fire marshal's office.

THE ISSUE: Duksan - It's getting worse



By DAWN HANKINS

And they think we make these things up.

A few months ago, in a column, I explained a lot about the applications submitted to the state by Duksan battery chemical plant on Highway 231 North. They were weak applications, to say-the-least, but on file.

How does a battery chemical storage plant get rated as a lower H3 or H4 (histine)? In this case, the state fire marshal's office isn't obligated to investigate and fire issues.

But, the City of Shelbyville can pay big bucks to have it done. What's with that?

Last Thursday night during the Shelbyville City Council monthly meeting, a letter drafted for the state fire commissioner's office. City Manager, who was copied on the letter, read it. The letter was read about how there were some fire suppression issues that concerned Shelbyville Fire Department Chief Matt Doak. Did they think we wouldn't notice?

Doak said during this meeting that yes, he believes some concerns warrant an investigation by the state fire marshal. He was asking the City to approve.

So that's what the City has voted to do. Thank goodness! The City is putting forth out of its general budget money to pay for the investigation as recommended by its fire chief.

Thanks for being concerned for this community, especially since the plant is right next to the hospital and the new TCAT building. Not to mention, a lot of people live around there and travel the highway.

The magnitude of a tragedy, based on these concerns, has a few local people up in arms. Some took to Facebook and commented that the whole projected should be canned and we take our losses as a lesson learned.

Of course, in the past, the project was known only to the community as "Project Cardinal." Even some of the best reporters couldn't break that code of silence for over a year. Then, we learned the plant was here.

But let's get back to the issue at hand-one which could keep Duksan, or at least delay it further, from opening its doors. One is BCUD's concern over being able to handle 300,000 plus gallons of water in case of an explosion/fire. The 100,000 gallons was not in the original agreement.

There other concerns relating to the fire suppression issues which Chief Doak wrote in his letter to the state fire marshal's office in regard to issues. The two that really caught my eye are those below.

No one is yanking anyone's chain for political reasons, etc. These concerns came straight from the fire department-those with years and years of training and experience. But don't take our word for this.

But it is something we highly suggest the community follow closely over the coming months.

We ask for God's hedge of protection over this community.

Home Renovations
FREE ESTIMATES
Licensed • Insured
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Custom Built Decks
Custom Tile Projects
Kitchen/Bath Redesign
Jerry Reid 931-675-1723
Bright Davis 931-607-6480

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- *Press Releases*
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- *Guest Column/Op/Ed*

SHELBYVILLE TIMES-GAZETTE

Tennessee Press Association
Shelbyville Times-Gazette
USPS PE 492660
Richardson Media Group, Inc
411 Elm St. • Shelbyville, Tenn. 37162
Copyright 2024. Shelbyville Times-Gazette (USPS 492-660) is published weekly on Thursday by Richardson Media Group, Inc., 411 Elm St., Shelbyville, TN 37162.

Periodical postage paid at Shelbyville, TN 37162. POSTMASTER: Send Address Changes to Shelbyville Time-Gazette, P.O. Box 380, 37162.

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Shelbyville Times-Gazette
Subscription Rates

In county Mail	Other Mail
3 months $28.75	3 months $46.30
6 months $58.50	6 months $91.70
1 year $98.75	1 year $182.45

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1 year $13.50

NORMANDY HOSTS SUMMER MUSIC NIGHT











T-G Photo by Dawn Hankins

EVER SEEN A TIME TRAVELING FLY?

Barry Mitchell and his traveling "animal" show was back this summer (last Wednesday) to entertain Shelbyville Bedford County Public Library's summer reading kids. Those kiddos gathered over at the Fly Arts Center seemed to like "Sam the Turtle" while others seemed a big fan of "The Time Traveling Fly."









Community CALENDAR



Submitted Photo

The Mid State Cloggers entertained during Saturday's RC Cola & MoonPie Festival in Bell Buckle.

FUMC-SHELBYVILLE CHURCH SERVICES

Shelbyville First United Methodist Church plans for a soul-stirring hymn sing worship service this Sunday! Sunday School for all ages begins at 9 am. Worship service is at 10 am. For those unable to attend, FUMC-S offers a livestream on Facebook and a broadcast on WLIJ 1580 AM.

BEDFORD COUNTY GOVERNMENT MEETINGS

June 25: Financial Management Committee, 4:15 p.m., 200 Dover Street, Suite 110.

A final work study session on the FY24-25 County Budgets will be held on Tuesday, June 25 @ 6PM, following the regular scheduled Financial Management Committee monthly meeting in Room 110 at Bedford County Business Complex, 200 Dover Street, Shelbyville, TN 37160.

June 27: Bedford County Board of Commissioners special called end-of-fiscal year budget meeting, 7 p.m., historic Bedford County Courthouse

HALLS MILL TRACTOR PULL

The annual Halls Mill Tractor Pull will be 6 p.m. Saturday, June 22. Admission is $15 (children ages 8 and under are free.) Lawn chairs are recommended though bleacher seating is open.

WARTRACE CELEBRATES MR. HAL

Long-time educator and retired Cascade High Principal, Hal Skelton, will be honored with a special award on Saturday, June 22, at 2 p.m. at the Wartrace Gym. Ways to donate: Venmo to: @Wartrace-Gym or mail to the Town of Wartrace, 29 Main St. Wartrace, TN 37183. Shh! It's Hal's 80th birthday too!

LOCAL JULY 4 FIREWORKS PLANNED

Shelbyville and Bedford County will once again host the annual fireworks show in Shelbyville. Pyro Shows will provide the fireworks which are shot from the big Babe Ruth parking lot at H.V. Griffin Park. The show begins promptly at 9 p.m. on July 4. More info in next week's T-G.

T-G Photo by Dawn Hankins

JUNETEENTH PARADE FAN

This sweet lady is set for any occasion in her lovely dress and hat. She was at Saturday's Juneteenth celebration, watching the opening parade.





Who Do You Love?

The Sufi poet Rumi writes much about love, and perhaps the most surprising thing he says about love is that all true love is the love of God. That is, although we may think we are in love with our partner, we are really in love with divine characteristics which our partner shares with God. Even something so mundane as the love of money is just loving the value which money has, and this is nothing more than loving the ultimate source of all value, i.e., God. This is not to say that our love cannot be perverted into loving things that have no value or that people aren't sometimes mistaken in their love of things or money over people. We often make these kinds of mistakes. The miser is someone whose love of money becomes so twisted that he loves money more than the things which money can buy. And what do we desire when we are in love but to be united with our beloved? Therefore, saints and mystics have always desired union with God above everything else.

– Christopher Simon

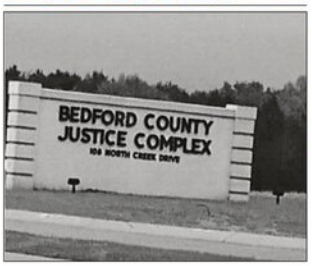


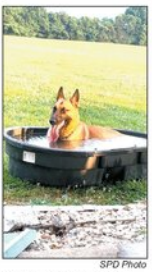


T-G Photos by Dawn Hankins

HISPANIC MARKET OFFICIALLY OPENS

The Shelbyville Supermercado Store officially opened Saturday in the former Rite Aid building on the corner of Madison and North Main Street. City officials assisted with ceremonies. The store carries a lot of general merchandise but also Hispanic specialty items.





SPD Photo

SMART FELLOW

Remember to stay cool in this summer heat! K9 Jerry took full advantage of his pool this weekend to beat the heat. Make sure to stay hydrated and find ways to cool off.

Office of the Sheriff
Bedford County Tennessee
Sheriff - Austin Swing

Item 2

ACTIVITY REPORT FOR THE MONTH OF: May , 2023

TOTAL MILES:	81,701
TOTAL CITATIONS:	71
TOTAL WARRANTS SERVED:	953
TOTAL ARRESTS MADE:	252
TOTAL INMATES CURRENTLY IN HOLDING: JAIL:	290
TOTAL PERSONS PROCESSED THROUGH: JAIL:	386

10-27 (Burglary):	3	(Assault/Agg. Assault):	6
10-42 (Alarms):	24	10-64 (Motorist Assist):	84
10-43 (Investigations, etc.):	395	10-72 (Fire):	6
10-44 (Stolen Vehicle):	3	10-86 (Domestic):	3
10-45 (Auto Acc. No Injury):	52	10-14 (Escort - No Arrest):	39
10-46 (Auto Acc. W/Injury):	21	10-15 (Transport In Custody):	95
10-49 (Drunk Driver):	2	10-81 (Traffic Stop):	537
10-56 (Prowler):	3	911 (Hang-up & Other):	75
(Child Abuse):	3	Other:	104
		Total:	784

Jail Intake
Bedford County Corrections

Jimmy Alsman, violation probation
Antonio NMN Amaro-Amaro, light law, no driver's license
Mario A. Parizio-Lopez, driving on suspended and light law
Candace Brook Bain, possession drug paraphernalia
Larry Raymond Barela, failure to appear
Kyle Laurine Bramer, theft of property
Nicole Christine Burk, criminal homicide
Alton Patrick Burnsed, hold extradition another state
Allan Blake Carlton, failure to appear
Samuel Barrett Carlton, to serve time, General Sessions Court, violate probate
Eddy Rolando Chicel-Lopez, to serve time, General Sessions Court
Cena Childress, DUI, light law, violation of implied consent
Christopher Michael Comer, violation of probation
Christopher Patrick Davis, Decatur, Ala., sexual exploitation of a minor by electronic means
Brayon Anaya Diaz, order revoking bond
Johny Baltazar Diego, to serve time, General Sessions Court
Kelly Nicole Dodson, failure to appear
Jose NMN Domingo-Gaspar, driving on suspended, running red light/ stop sign
Manuel James Eddens, Southwood Lane, aggravated statutory rape
Kaitlin Ryann Epperson, violation of probation
Ramiro Espinoza-Jimenez, no driver's license exhibited on demand, traffic control device/ stop sign
Brittany Pauline Ethridge, shoplifting
Destiny Marie Finch, failure to appear, violation of probation
Camren J. Fite, aggravated assault
Jeffrey Jonathan Flora, driving on revoked
Edwin Baez Fragoso, simple domestic assault
Julio Francisco-Felipe, driving on revoked, failure to appear, light law
Bryan K. Freeman, to serve time, General Sessions Court



T-G Photo by Dawn Hankins

NEW PROPERTY AND COURTHOUSE COMMITTEE MEMBER

Keith Davis, center, who was sworn in last week on the County Commission to represent District 7, sat in on his first meeting of the property and courthouse committee on Tuesday night. Davis replaced Julie Sanders, who moved, and was chair of that committee. No chair has been selected. Commissioner Diane Neeley served this month as committee chair. From left, Commissioner Troy Thompson, Davis and Neeley.

Good food, on the go - Family Features recipe

Staying healthy means eating meals on time and eating enough essential elements. Apples certainly can keep the doctor away if added to our daily meals.

For those on the go to church activities, these Apple and Date muffins are excellent for protein and a good source of vitamins. Take a few to share.

Here is a scripture to say before you set out on the task of making these delicious muffins.

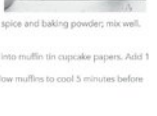
Food is a gift of God that should be enjoyed with gratitude and moderation. Read more in Ecclesiastes 9:7; Genesis 9:3; Psalm 78:24; 1 Corinthians 10:31.

Apple and Date Muffins

Servings: 12

- 2 Envy Apples
- 1 tablespoon maple syrup
- 1 cup flour
- 1 cup bran flakes
- 3/4 cup brown sugar
- 1/2 cup chopped dates
- 1/2 teaspoon pumpkin pie spice
- 2 teaspoons baking powder
- 1 cup butter, melted
- 1 egg, beaten
- 3/4 cup milk
- butter or powdered sugar, for serving (optional)

1. Preheat oven to 375 F and line muffin pan with cupcake papers.
2. Peel and core apples and dice finely; toss with maple syrup.
3. In large bowl, combine flour, bran flakes, brown sugar, dates, pumpkin pie spice and baking powder; mix well.
4. In separate bowl, whisk melted butter, egg and milk.
5. Add half maple apple mixture to dry ingredients.
6. Pour wet ingredients into dry and fold together until mixed. Spoon evenly into muffin tin cupcake papers. Add 1 teaspoon remaining maple apple mixture to top of each muffin.
7. Bake 20-25 minutes until muffin mix is set and apple topping is golden. Allow muffins to cool 5 minutes before removing from tin.
8. Serve with butter or dust with powdered sugar, if desired.







SPD Photos

POLICE HOLD ANNUAL CLASSIC CAR EVENT

Shelbyville Police Department held its annual Cops and Rodders event at Shelbyville Central High School on Saturday. Several classic cars were on display. The event benefits the police benevolent fund.

TENNESSEE HIGHWAY PATROL GRADUATES 83 STATE TROOPERS

NASHVILLE, Tenn --- On June 18, Department of Safety and Homeland Security Commissioner Jeff Long and Tennessee Highway Patrol (THP) Colonel Matt Perry welcomed the newest graduating classes of Tennessee State Troopers. The department simultaneously instructed a regular 17-week trooper cadet class and an 11-week lateral trooper cadet class. The lateral class returned from their district assignments for the graduation ceremony that took place at Hermitage Hills Baptist Church, 3475 Lebanon Pike, Hermitage, Tennessee. Governor Bill Lee served as the keynote speaker during the graduation ceremony and Commissioner Jeff Long delivered the oath of office as the graduating class was sworn in.

Trooper Cadet Class 624 graduated 67 troopers. The Lateral Trooper Cadet Class 524 graduated 16 troopers composed of all prior Peace Officer Standards and Training Commission (P.O.S.T.) certified law enforcement officers from across Tennessee. The lateral class brings a combined 107 years of prior law enforcement experience to the THP.

"Your goal of one day joining the ranks of the Tennessee Highway Patrol has turned into a reality," said Department of Safety and Homeland Security Commissioner Jeff Long. "Your hard work, persistence, and desire to serve your fellow man have paid off. I am proud to welcome and congratulate you for earning your right to be called a Tennessee State Trooper."

"Joining any law enforcement agency makes you a part of something far bigger than yourself," said Colonel Perry. "Today, you represent the Tennessee Highway Patrol while in uniform and out. You will be held to a higher standard – not only by the public but also by your peers and your leaders." He spoke to the importance of their positions, stating, "You have embarked on a career of service in the Volunteer State. When you leave here today, and every day as you don your uniform, remember that service is at the heart of being a Tennessee State Trooper."

Trooper Kirby W. Smith of class 624 was named the top cadet for his class and was presented with the Trooper Calvin Jenks Memorial Award for Excellence for his leadership, work ethic, and academics. The award was named in honor of the late Trooper Calvin Jenks, who was killed in the line of duty in January 2007.

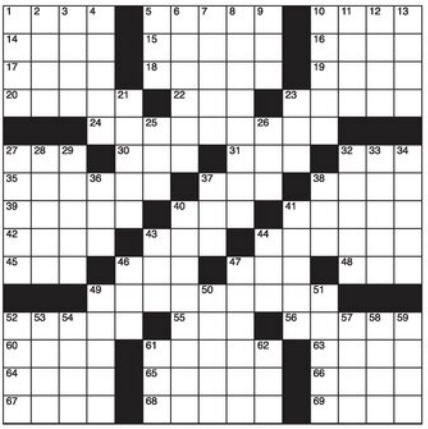
The Tennessee Department of Safety and Homeland Security's mission is to serve, secure, and protect the people of Tennessee.

100+/- Acres Offered in 14 Tracts with Building Sites
AUCTION
BID LIVE and ONLINE
SUNDAY
JUNE 23rd
@ 1:00 PM
• All tracts have soil sites & utility access
• Tracts range from 1+/- to 14+/- acres each
• Bring your builder & start your dream home
• Beautiful building sites w/ creek frontage
• Located mins. from Shelbyville & Tullahoma
John Brinkley Rd, Shelbyville, TN
PREVIEW: Feel free to walk the property
AUCTIONEER: Carl Montgomery - Lic. 2851 • (615) 589-0078 / (615) 895-0078
COMAS MONTGOMERY REALTY & AUCTION CO., INC.
615-895-0078 • 800-825-5523
See more @ ComasMontgomery.com
Real Estate Terms: On Location Terms: 10% Buyers Premium added to the final bid price to determine final selling price. 10% down day of sale and balance due at closing. Must close on the property within 30 days after the auction or as it is stated on the contract for sale of real estate. Property information believed to be accurate but not guaranteed. Buyer should independently verify all information prior to bidding. Announcements made day of sale take precedence over any previous advertising. Any items remaining on the property at closing shall be the buyer's responsibility to remove. See website for full online terms.

Crossword

CLUES ACROSS
1. Chop up
5. Ones who utilize
10. Sings with closed lips
14. South American hummingbird
15. Serves as a coxswain
16. Liquor distilled from coconut or rice
17. Spur
18. Senile
19. Tanzanian people
20. Cruel
22. Boxing's 'GOAT'
23. Yokels
24. London soccer team
27. Chinese chess piece
30. Supervises flying
31. 007's creator
32. Shaft horsepower (abbr.)
35. A spider makes one
37. Liquefied natural gas
38. Opaque gem
39. Brazilian palm
40. Periodical (slang)
41. You might step on one
42. Marvin and Horsley are two
43. Partner to cheese
44. Unpleasant smell
45. Field force unit (abbr.)
46. Fashion accessory
47. Cool!
48. Time zone
49. Songs to one's lover
52. German river
55. Go bad
56. Sword
60. Very eager
61. Leaf bug
63. Italian seaport
64. Napoleon Dynamite's uncle
65. Member of Jamaican religion
66. Large wading bird
67. Carries out
68. Eternal rest
69. It holds up your headwords

CLUES DOWN
1. Not low
2. Small water buffalo
3. A mark left behind
4. Archaic form of have
5. Fiddler crabs
6. Popular Hyundai sedan
7. Deport
8. Making over
9. Midway between south and southeast
10. Arabic masculine name
11. Type of acid
12. Popular 1980s Cher film
13. Outdoor enthusiasts' tools
21. Chinese city
23. 'Star Wars' character Solo
25. The bill in a restaurant
26. Old, ugly witch
27. Burn with a hot liquid
28. To claim or demand
29. 'A Doll's House' playwright
32. Involuntary muscular contraction
33. Pea stems (British)
34. Double or multiple fold
36. No longer is
37. Lakers' crosstown rivals (abbr.)
38. S. American plant cultivated in Peru
40. Cloth or fabric
41. Flanks
43. Disfigure
44. Angry
46. Baltic coast peninsula
47. Large, flightless birds
49. Plants of the lily family
50. Medieval Norwegian language
51. Polio vaccine developer
52. Not soft
53. Exchange rate
54. Voice (Italian)
57. Baseball's Ruth
58. Famed guitarist Clapton
59. Take a chance
61. Wife
62. Elaborate handshake



Horoscopes

ARIES - Mar 21/Apr 20
It will be difficult to ignore an urge to snoop in someone else's business, Aries. If that person wanted to confide in you, he or she would have already, so it's best to stay out of things.

TAURUS - Apr 21/May 21
Taurus, aspire to grow more comfortable with the important people in your life, as you are going to be seeing them more often. Perhaps start planning outings you all can enjoy.

GEMINI - May 22/Jun 21
Gemini, put in as much effort as you can muster this week so that you can stay on top of all of your chores. This will free up time later in the week for some R&R.

CANCER - Jun 22/Jul 22
Cancer, you deserve to enjoy yourself at a function without any guilt. However, a nagging worry about your workplace will not leave your mind. Try to ignore it.

LEO - Jul 23/Aug 23
Leo, rest is just what the doctor would advise for you this week, particularly if you have been under the weather. Curl up on the couch and binge on some television shows.

VIRGO - Aug 24/Sept 22
Keep your eye on the ball, Virgo; otherwise, you may lose track of things that need to get done. If it helps, use a notetaking app or set reminders so you can check things off the list.

LIBRA - Sept 23/Oct 23
Libra, this could be a rather lucrative week for you if you act quickly. When someone gives you a tip on how to earn a few extra bucks, it is something you have to get done right away.

SCORPIO - Oct 24/Nov 22
This is the perfect week to pamper yourself, Scorpio. Everyone may have a different idea of what that involves, but it could be a picnic for one or an afternoon getting a massage.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, you can take it easy for a few days and slow down in your daily activities. You're quite ahead of the game and can use the down time for something fun.

CAPRICORN - Dec 22/Jan 20
Capricorn, you may not realize it, but right now you are part of something big that involves a number of people working together toward a common goal. You'll just need to figure out your part.

AQUARIUS - Jan 21/Feb 18
Aquarius, it is your turn to prove to others that you have what it takes to take on more responsibility. It may be a while before a few more jobs come your way.

PISCES - Feb 19/Mar 20
Your desire to do something new is becoming an obsession, Pisces. That means it could be prime time to finally take action. Then you'll be able to move on to other thoughts.

FAMOUS BIRTHDAYS
JUNE 23
Selma Blair, Actress (52)
JUNE 24
Lionel Messi, Athlete (37)
JUNE 25
Ricky Gervais, Comic (63)
JUNE 26
Ariana Grande, Singer (31)
JUNE 27
Bobby Wagner, Athlete (34)
JUNE 28
Kathy Bates, Actress (76)
JUNE 29
Camila Mendes, Actress (30)

GREAT OUTDOORS WORD SEARCH

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

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

WORDS

ANIMAL
BACKPACKING
BOATING
BREEZE
CANOE
CLIMBING
CYCLING
FISHING
HORSEBACK
JOGGING
KAYAK
LAKE
MOUNTAIN
NATURE
PHOTOGRAPHY
RECREATION
RUNNING
SAILING
SKY
SPORTS
SUNSHINE
SURF
TOURISM
TRAILS

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

Level: Beginner

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

Level: Intermediate

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

Level: Advanced



Misc For Sale

Prepare for power outages with Briggs & Stratton PowerProtect standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty 7 years ($849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-844-470-0523. (TnScan)

Auctions

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

Vehicles For Sale

Trucks For Sale

2008 Toyota Sequoia Limited Edition Light Blue 5.7L V8 96k miles LOW MILES Great Condition, Runs FANTASTIC! $15,400 FIRM CASHIERS CHECK ONLY! Please contact DL Tuggle (423)394-9685. (TnScan)

Farm & Garden

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

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

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

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

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

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

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

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)

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Wanted

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

Yard Sales

YARD SALE
Thurs., Fri., Sat.
511 Airport Road
Nice women's, men's, children's clothing. Household items. Misc. items!

Carport Sale
Rain or Shine
145 Richdale Lane
Friday, June 21, 8 a.m.-1 p.m.

Clothes, shoes, toys, household items, and lots of miscellaneous items

Yard Sale
98 Stonegate Circle
Friday, June 21th & Saturday, June 22th
8 a.m.-2 p.m.
Clothes, furniture, knick knacks, toys, children's clothes and more.

Bedford County property transfers

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

File date: June 11

Location: 105 Garden Dr Shelbyville; Seller, David Andre Addison; Buyer, Kepley Properties LLC; Price, $173,088 (Deed).

Location: 115 Megan Circle Shelbyville; Seller, Gale Pinkston, Carol Pinkston; Buyer, Pinkston Family Irrevocable Trust; Price, $10 (QD).

Seller, Sharon Dees; Buyer, Tammy M Smith; Price, $0 (QD).

File date: June 12

Seller, Jennifer K Reynoso, Jennifer K Jolly; Buyer, Elbridge H Fox, Sandra Lee Fox; Price, $190,000 (Deed).

Location: Fishing Ford Pike; Seller, Sara Lynch; Buyer, Ricky Joe Lynch, Sara Lynch; Price, $0 (QD).

Seller, Arden Elaine Ward Curtis, Arden Elaine Ward; Buyer, Jay Mac Carter, Ashley Brooke Carter; Price, $0 (QD).

File date: June 13

Location: 105 Sandy lane Unionville; Seller, Robert C Burton, Kelli N Burton; Buyer, Jhuliana Lopez, Reving Yahya; Price, $405,000 (Deed).

Seller, Guy Forrest Fausnaught; Buyer, Walter Ronald Fausnaught Jr, Asa Andrew Fausnaught; Price, $0 (QD).

Location: Hwy 130; Seller, Ernest Morris Helton; Buyer, Ginger Oneal; Price, $0 (QD).

Location: 202 Rochester Dr; Seller, Victor A Lewis Sr, Miranda Lewis, Lewis Living Trust, Victor A Lewis Sr and Miranda Living Trust; Buyer, Stephanie Crews; Price, $440,000 (Deed).

Location: 325 Winners Circle; Seller, SDH Nashville LLC; Buyer, Michelle Lacy, Jeff Lacy; Price, $368,740 (Deed).

Location: Warner Bridge Rd; Seller, Tracy A Sims Graham, David A Sims, Patricia A Sims; Buyer, Lekvin Gashaw, Debbie Gashaw; Price, $0 (QD).

Seller, Kelvin Gashaw, Debbie Gashaw; Buyer, Tracy A Sims Graham, David A Sims; Price, $0 (QD).

Location: Sims Springs Rd; Seller, Tracy A Sims Graham, David A sims, Patricia A Sims; Buyer, Kyndle Kaufmann; Price, $590,000 (Deed).

Seller, Karen M Mitchell, James Joesph Mitchell Sr Estate; Buyer, Karen M Mitchell; Price, $0 (Deed).

Location: 223 Davis St; Seller, Beverly Gentry, William Marvin Gentry; Buyer, Three Putt Properties; Price, $215,000 (Deed).

Location: Austin Ave; Seller, Thomas Dwyne Peoples Estate, Tammy Noel Peoples; Buyer, David Tate Peoples; Price, $0 (Deed).

Seller, Thomas Dwyne Peoples Estate, Tammy Noel Peoples; Buyer, David Tate Peoples; Price, $0 (Deed).

Location: Knights Campground Rd; Seller, Randall Lloyd Farris, David Lee Farris Sr, Brian Dale Farris, William Clyde Farris Sr Estate, W C Farris Sr; Buyer, Randal Lloyd Farris, David Lee Farris Sr, Brian Dale Farris, William C Farris Jr, Sandra Lynn Davis, Cecelia Evelyn Flippo, Lisa Marie Farris; Price, $0 (Deed).

File date: June 14

Location: 810 Winners Circle S; Seller, Robin Mosier Dowell; Buyer, Matthew W Balch; Price, $279,900 (Deed).

Seller, Linda C Geeting Allen, Linda C Getting; Buyer, London Oberleas; Price, $211,000 (Deed).

Location: Virgil Crowell Rd; Seller, Lynsey Smith, Ronald Frederick Smith II; Buyer, Madisyn Smith; Price, $0 (QD).

Location: 124 Davis Lane Unionville; Seller, Jay Carter, Ashley Carter; Buyer, Carter Hopkins III; Price, $353,150 (Deed).

Location: 722 Alton Ave Shelbyville; Seller, Pamela Ann Phillips McDonald; Buyer, Wayne Neese; Price, $160,000 (Deed).

File date: June 17

Location: 105 Hidden Circle Shelbyville; Seller, JC Builders LLC, Jeffrey H Jones; Buyer, Allen Cavender; Price, $314,900 (Deed).

Location: 260 Arnold Rd Shelbyville; Seller, Larry P Brasier, Brenda C Brasier; Buyer, Tyler Doornink, Madison Doornink; Price, $725,000 (Deed).

Location: 419 Rioverview Dr; Seller, Zachary Kane Tucker, Joseph Wayne Tucker, Sasha Ann Tucker Hardrick, Janet Robinson Tucker Stephens, Sasha Ann Tucker; Buyer, David G Bradford, Greg T Curl, Joey Curl; Price, $25,000 (Deed).

Location: 1511 Raby Ave; Seller, William F Gallagher; Buyer, Vivian Douglas Mchaffie; Price, $324,900 (Deed).

Seller, J & M Development LLC; Buyer, Dixie Hitt; Price, $495,000 (Deed).

Location: 101 Wartrace Creek Rd; Seller, Kenneth J Chapline, Barbara A Trueba; Buyer, Juan Carlos Solis, Marilu Cortez Solis; Price, $895,000 (Deed).

Location: 306 Rose Lane; Seller, Tim Peterson, Alacia Marie Peterson; Buyer, Cherrie Pozniak, Marion Knight, Deloris Knight; Price, $316,900 (Deed).

Location: 102 Burning Tree Rd; Seller, Cindy E Morris, Kevin E Morris; Buyer, Luis J Vasquez Pretzantzin; Price, $320,000 (Deed).

PUBLIC NOTICE

A final work study session on the FY24-25 County Budgets will be held on Tuesday, June 25 @ 6PM, following the regular scheduled Financial Management Committee monthly meeting in Room 110 at Bedford County Business Complex, 200 Dover Street, Shelbyville, TN 37160.

PUZZLE SOLUTION

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

PUZZLE SOLUTION

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

There will be a Special Called Bedford County Financial Management Committee Meeting held on Thursday, June 27 at 6:30PM, in the 2nd floor courtroom of the Historic Courthouse located at 1 Public Square, Shelbyville TN 37160. AGENDA – 2023-24 BUDGET AMENDMENTS, 2024-25 BUDGETS, and RESOLUTIONS.

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

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

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

3. Limit remarks to three minutes for items(s) germane to the Agenda.

Persons with a disability who wish to request special accommodation to participate in the public meeting should notify Suzanne Alexander one business day prior to the meeting if at all possible, by calling (931) 684-7944 or email your request to suzanne.alexander@bedfordcountytn.gov to discuss accommodations. Every reasonable effort will be made to meet your need.

IN THE JUVENILE COURT OF MARSHALL COUNTY, TENNESSEE AT LEWISBURG

KRYSTAL SHENEQUIE HUFFMAN, Plaintiff, vs. CHRISTOPHER BRANDON MABRY, Defendant. **Case No. 2023-PAT-13**

ORDER OF PUBLICATION

Upon motion of Petitioner and Sworn affidavit of Cousnsel for Petitioner, who have filed Petition to Establish Paternity and Set Visitation and Support, and for good cause shown, it is hereby

ORDERED, ADJUDGED, AND DECREED that:

1. Petitioner has conducted a diligent inquiry for Respondent as presented to this court with particularity in Petitioner's sworn petition or affidavit.

2. The best possible notice under the circumstances and notice reasonably calculated to give Respondent actual notice is by publication in The Shelbyville Times Gazette, a newspaper located in Bedford County, Tennessee.

NOTICE TO FATHER

In this cause, it appearing from the Order of Publication, that Petitioner, by and through counsel, has been unable to successfully serve Respondent, CHRISTOPHER BRANDON MABRY, though reasonable and diligent efforts have been made, it was Ordered that publication be made for four successive weeks, in The Shelbyville Times Gazette, to notify Respondent, CHRISTOPHER BRANDON MABRY, to file an answer with this court and send a copy to Petitioner's attorney, Debbie Z. Boudreaux, who's addres is 205 West Commerce Street, Lewisburg, TN 37091, within 30 days from the last date of publication, exclusive of the last date of publication, or a judgment by default may be entered against Respondent.

This 12th day of February, 2024.
/s/ Honorable Lee Bussart
/s/ Debbie Z. Boudreaux, #030416
McKenzie Law Firm, Attorney for Petitioner

NOTICE

Symone Love Garcia (Porczicki):

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 Madilyn Faith Kelly, DOB: 01/15/2012. It appears that ordinary process of law cannot be served upon because your whereabouts are unknown. You are hereby ORDERED to appear in Bedford County Juvenile Court on the 19 th day of August 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 filed 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 13th day of June, 2024.
Honorable Charles Rich
Bedford County Juvenile Court

BEDFORD COUNTY BOARD OF COMMISSIONERS
Special Called Commissioner Board Meeting
Thursday, June 27, 2024 @ 7:00 P.M.
Bedford County Historic Courthouse
1 Public Square, 2nd Floor, Courtroom
Shelbyville, TN 37160
Meeting agenda can be found at
www.bedfordcountytn.gov.

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

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

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MFA OIL Propane
NOW CONTRACTING FOR NEXT WINTER!
No Delivery or Hazmat fees.

Lock in your propane price now and take the guesswork out of budgeting your heating needs next winter.

3 WAYS TO SAVE
- **100% Pre-Buy:** Pay 100% when you sign up.
- **4-Pay:** Pay 25% down and 25% per month for 3 months.
- **Budget Contracting:** Make a down payment, then divide the balance over the remaining months through April 2025.

CONTRACTING ENDS SEPTEMBER 13, 2024.

MURFREESBORO
(615) 890-8425
10970 FRANKLIN RD.

Walter Bryan Snell



Shelbyville native Walter Bryan Snell, age 86, of Gulfport, Miss., passed away on Saturday, May 11, 2024 in Biloxi, Miss.

Born September 9, 1937, in Shelbyville, TN, Mr. Snell is preceded in death by his parents, Morris and Velma Snell and siblings, James and Emmitt Snell, Jean Williams and Mary Neill.

Mr. Snell served in the US Army and was a long-haul truck driver for most of his adult life. During his free time, Walter very much enjoyed golfing.

He is survived by his loving wife, Patricia Cogan-Snell and their 5 children, Vickye Martin, Ron Snell, Deborah Ensign, Bridget Haley, and Walter W. Snell; 11 grandchildren, 21 great grandchildren and 1 great- great grandchild and two puppies, Patches and Sassy.

Surviving younger sisters include Margaret Parker and his very youngest sister Debbie Wunner.

There will be no service. Interment will be at Biloxi National Cemetery. Time to be announced.

Bradford O'Keefe Funeral Home, O'Neal Road, Gulfport, is assisting the family.

Kim Byrom



Kim Bates Byrom, of Shelbyville, passed away Sunday, June 16, 2024.

There will be a memorial service at 2 PM, Saturday, June 22, 2024 at Pleasant Grove Methodist Church.

She was born in Tulsa, Oklahoma, to Pete and Jean Bates.

As well as her parents, she is survived by her husband, Jeffrey Byrom, of Shelbyville, and son Chandler Byrom. Memorials may be made to the funeral home to help with expenses.

Feldhaus Memorial Chapel is assisting the family with arrangements.

Jean Marie Walls



Jean Blanton Walls, age 97, of Rover, passed from this life and went to be with the Lord on Tuesday, May 28, 2024.

Jean was born on April 29, 1927 in Rover to the late Sam B. and Ruth Elmore Blanton. She was also preceded in death by her husband, Bill Walls; and her brothers, Sam, Jr. and James Blanton (twin brother.)

She was a lifelong member of Rover Baptist Church. She loved going to church and did so until her health declined. She loved God and her children, grandchildren, and great-grandchildren with all her heart.

She is survived by two daughters, Melissa Cleek of Shelbyville, and Angela Thompson and husband Dwight of Bell Buckle; grandchildren, Zeke Cleek and wife Lauren, and Ben Thompson, along with four great grandchildren.

Per Jean's request, she is to be cremated and a private memorial service will be held at a later date.

Doak Howell Funeral Home is serving the family.

Donald "Chi-Chi" Holland

Donald "Chi-Chi" Holland, age 91, of the Rover Community, passed away June 12, 2024.

Funeral services were 11:00 AM, Tuesday, June 18, 2024, at Feldhaus Memorial Chapel. Rev. Ronnie Grooms officiated.

Burial followed with full military honors in Simpson Cemetery in the Rover Community. The family received visitors 3-7 p.m. Monday, June 17, 2024, at the funeral home.

He was born February 21, 1933, in Warren County, to the late Claude and Jewell Walker Holland. A veteran of the US Army, Donald was stationed in Germany. A retired automobile mechanic, he loved to fish, play golf, and was of the Baptist Faith.

In addition to his parents, he was preceded in death by his wife, Lanora Holland, a son, Bruce Holland, and a grandson, Tanner Moore; brothers and sisters, Chester Holland, George Holland, Jack Holland, Doris Holland, Earl Holland, Johnnie Maxwell, Mattie Thompson, Tinky Whitaker, Ruby Byrd, and Annie Burbage; daughter in law, Renate Holland.

Survivors include his children, Monty (Belinda) Holland, Darrell Holland, Tammy Fuller, and Robin (Kevin) Moore; his twin brother, Ronald (Katherine) Holland; grandchildren, Amy Holland, Kellie Orlando, Shelby (Shane) Goodin, Tiffany (Mark) Jahns, Amanda Brimm, Matthew (Shelby) Holland, Andrea McCoy, Alex (Chelsie) Fuller, and Alyssa Moore; great grandchildren, Hunter Whitaker, Emily Whitaker, Zaylon Whitaker, Bailey Whitson, Robert Whitson, III, Kynzie Holland, Layne Holland, Enzlee Holland, Kenadi Neeley, Slaten Neeley, Roman McCoy, Barret Goodin, Thatcher Goodin, Nickolis Orlando, Saulyer Orlando, and Adaleigh Gama; sister in law, Ruth Holland.



Feldhaus Memorial Chapel is assisting the family with the arrangements.

Cicylee Vannetta Sutton



Cicylee Vannetta Sutton was born March 7, 1973, and called to Glory June 10, 2024.

She was born to Deborah Ophelia Sutton and the late Thomas Henry Sutton, Jr.

Cissy is preceded in death by her grandmothers, Inez Lucille Rippie and Willie Margaret Cecil Sutton; grandfathers, Thomas Henry Sutton, Sr., Albert Roy Rippie, Sr., and Cofia Streeter. She is also preceded in death by two aunts, Rosa May Parsons and Jimmie Lean Sutton; five uncles, James Louise Sutton, Waymon Marsh, Damon Marsh, Arthur Louise Rippie and albert Roy Rippie, II; a nephew, Thomas H. Sutton.

Cissy accepted Christ at an early age and attended Sevier Street Baptist Church. She attended Bedford County School System and graduated from Shelbyville Central High School.

Cissy leaves to cherish her loving memories, her loving and devoted mother, Deborah Sutton. She also leaves three sisters, Pastor Makeva Sutton, Kysa Frazier, and Regina Johnson; one step-sister, Latrice Ransom and a step-brother, Kerry Ransom.

She also leaves to cherish her memories 4 loving children, Annissa K. Stanton, Mayesha K. Stanton, Kennzie Burks, and her only son, James K. Carter, Jr.; four grandchildren, Jody McMurry, Markquise Stanton, Lsyn McMurry, and Journee McMurry.

Aunt Cissy also leaves to cherish her memories, two loving and devoted nieces, Prodeon L. Johnson and Miracle Champagne Holt; a loving and devoted nephew, D'Angelo Mason; devoted friends, James K. Carter, Jr. and Rochell Nelson; many cousins and friends. Funeral services were 2 p.m. Tuesday, June 18, 2024, at Sevier Street First Baptist Church. Minister D'Angel Mason was eulogist. The family received visitors one hour prior to service Tuesday at the church.

Feldhaus Memorial Chapel is assisting the family with the arrangements.

Health conditions linked to alcohol use

Alcohol is one of the most widely consumed beverages across the globe. Health reports show that alcohol is a psychoactive substance that is a nervous system depressant. Alcohol contains dependence-producing properties, which means there is the risk for addiction.

Although alcohol has been widely used in many cultures for centuries, overconsumption of alcohol can cause various diseases. In fact, health organizations report that alcohol is a casual factor in more than 200 diseases, injuries and other health conditions.

The jury is still out regarding just how harmful alcohol can be. There are some who believe that light drinking poses little risk, and it was once believed there were some benefits to enjoying a drink once in a while, such as a lower risk for heart disease or diabetes. Today, many experts are rethinking those assertions. The Mayo Clinic says current research on alcohol suggests drinking in any amount carries a health risk. While the risk may be low for moderate intake, the risk escalates as the number of drinks go up. Here are some health conditions tied to alcohol usage.

• Liver disease: The National Institutes of Health says 90 percent of absorbed alcohol is metabolized in the liver, so it is extensively exposed not only to alcohol, but toxic alcohol metabolites. Hepatitis, which is inflammation of the liver, is one alcohol-related liver disease. ALD is a major contributor to morbidity in the United States and around the world.

• Brain changes: Excessive alcohol consumption may cause irreversible brain damage depending on how much a person drinks, says the Alcohol Rehab Guide.

• Immune system disruption: The NIH says alcohol can interfere with multiple aspects of the immune response; the result can be decreased protection against infection.

• GERD: Drinking alcohol can cause an increased risk of gastrointestinal reflux disease.

• Various cancers: The Centers for Disease Control and Prevention indicate alcohol can lead to cancers of the breast, mouth, throat, esophagus, voice box, liver, colon, and rectum.

• Mental health issues: Alcohol usage can exacerbate existing mental health issues, such as depression and anxiety, or potentially lead to them.

• Cardiovascular disease: The Mayo Clinic warns that heavy drinking can increase the risk of cardiovascular disease, such as high blood pressure and stroke.

• Pregnancy complications: Women are urged to avoid alcohol while pregnant because drinking may cause the unborn baby to suffer brain damage or be born with fetal alcohol syndrome.

• Alcohol poisoning: Alcohol poisoning is an acute condition of heavy binge drinking. This illness can cause brain damage, seizures and hypothermia, all of which can lead to death.

• Alcohol use disorders: The CDC warns that drinking can eventually lead to dependence on alcohol and the development of alcohol use disorder, which is the term now used in place of alcoholism or alcohol dependence.

Many health professionals warn that drinking more than one alcoholic beverage per day for women and two for men, is considered moderate drinking, can lead to health complications. Currently the sentiments are there is no safe amount of alcohol, and people may want to consider avoiding it entirely in the name of good health.



Submitted Photo

FAMILY IS SAFE

A fire occurred this week on Orchard Drive in Bell Buckle. A mother and 6 children were displaced.

Waiting List Open
Tullahoma Village Apartments
1015 South Franklin Street
Tullahoma, TN 37388
931-455-7522

On June 1, 2024, Tullahoma Village opened the Wait Lists for 1-, 2- and 3-bedroom standard apartments.

Application Pick Up

Applications may be picked up at the Tullahoma Village Office at 1015 South Franklin Street, Tullahoma, TN 37388 on Tuesdays from 1 pm to 5 pm beginning on June 25, 2024.

Application Return

Applications can be returned in person at the Tullahoma Village Office 1015 South Franklin Street, Tullahoma, TN 37388 on Thursdays from 8 am to 12 pm beginning on June 27, 2024.

• Applications can also be returned by email to tullahomavillage@winnco.com beginning on June 25, 2024. *We will only accept the first 100 applications for 1 Bedroom, 2 Bedroom and 3 Bedroom Apartments and then the wait lists will close.

Tullahoma Village has rental assistance through the Project Based Section 8 program and is subject to a maximum income limit. Applicants are selected from the wait list based off the time/date of their application and applicable preferences.

a) Displaced applicants as a result of a major disaster as determined by the President of the United States or as a result of a government action.

b) Applicants seeking relocation to avoid, remedy, or address harassment based on protected status, or the emergency transfer of a resident due to domestic violence, dating violence, sexual assault or stalking, in accordance with the Violence Against Women Act (VAWA).

c) Families that include a person with a disability

d) All other program income and otherwise eligible applicants based chronologically by date and time of application.

Accessible Wait List Open

The wait lists for the limited apartments that are accessible to people with mobility impairments (Wheelchair Accessible) is open and will follow the above guidelines. Persons with disabilities have the right to request reasonable accommodations in the application process.

Tullahoma Village Apartments and Winn Managed Properties LLC does not discriminate because of race, color, sex, sexual orientation, religion, age, handicap, disability, national origin, familial status, or marital status in the leasing, rental, sale or transfer of apartment units, buildings and related facilities, including land that it owns or controls.

Equal Housing Opportunity

Canterbrook Village Apartments
400 Barksdale Lane
Shelbyville, TN 37160
931-684-2900

On June 1, 2024, Canterbrook Village opened the Wait Lists for 1-, 2- and 3-bedroom standard apartments.

Application Pick Up

Applications may be picked up at the Canterbrook Village Office at 400 Barksdale Lane, Shelbyville, TN 37160 on Tuesdays from 8 am to 12 pm beginning on June 25, 2024.

Application Return

Applications can be returned in person at the Canterbrook Village Office 400 Barksdale Lane, Shelbyville, TN 37160 on Thursdays from 1 pm to 5 pm beginning on June 27, 2024.

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Equal Housing Opportunity

Blue Raider Soccer Releases 2024 Schedule

BY NOAH MADDOX
noah@t-g.com

MURFREESBORO, Tenn. — The 2024 Middle Tennessee Soccer schedule has been released, and this year's slate will include 11 home games and seven on the road.

"I'm very excited about our 2024 schedule especially with our slate of 11 home games," MTSU Head Coach Aston Rhoden said. "The mixture of unfamiliar opponents as well as a strong CUSA schedule will challenge us in many ways. However, I'm confident our team will be ready to face and overcome these challenges. We can't wait to feel the energy of Blue Raider Nation in the stands as we hit the pitch, ready to give it our all."

The Blue Raiders will have their annual Blue vs. White game to kick off the season on Saturday, August 3 at 5 p.m. A week later, MTSU will travel to Southern Indiana for an exhibition as the team's final tune-up ahead of regular season play.

MTSU will play its first game of the regular season at home against Alcorn State on August 16 and will host Belmont later that weekend on August 18. The first road trip of 2024 will bring the Blue Raiders to Lafayette, La. to face the Ragin' Cajuns on August 22.

Middle Tennessee will then return home for three straight games at Dean A. Hayes Track & Soccer Stadium, facing off against Tennessee Tech (August 25), North Alabama (August 29) and Bellarmine (September 1).

The Blue Raiders then travel to Huntsville, Ala. to line up against Alabama A&M on September 5, followed by a trip up I-24 to Nashville to face off vs. Vanderbilt on Sunday, September 8 at 6 p.m. MTSU will host South Alabama on September 12 to wrap up its non-conference slate.

The Blue Raiders' first Conference USA game will be against FIU in Murfreesboro on September 19. MTSU then will head west for a two-game swing at UTEP (September 26) and New Mexico State (September 29).

Middle Tennessee will come back home for three straight CUSA games vs. Jacksonville State (October 3), Kennesaw State (October 6), and Western Kentucky (October 13). This will be Kennesaw State's first year in Conference USA and just the second time the Owls will have faced the Blue Raiders all-time (MTSU won 2-1 on September 15, 2017 in the program's first-ever matchup).

MTSU will then travel to Sam Houston (October 20) and then to the defending Conference USA champions Liberty Flames (October 27) before wrapping up their 2024 season at home against Louisiana Tech on November 1 at 7 p.m.

The Conference USA Championship will be held in Miami, Fla. on FIU's campus on November 4-10.

The Blue Raiders have three seniors on the roster with Faith Adje, Sascha Nielsen, and Lauren Spaanstra. MTSU also added 10 signees from six states and two international countries. The Blue Raiders return 2023 stats leaders in the following categories: goals (Manon Lebargy, 8), assists (Spaanstra, 5), points (Lebargy, 19), and game winning goals (Lebargy and Idun Kvaale, 2).

Five of the eight Blue Raiders who participated in all 18 games last season are returning: Lebargy, Kvaale, Nielsen, Spaanstra, and Taijah Fraser.

Head Coach Aston Rhoden returns for his 23rd season at Middle Tennessee. He first led the Blue Raiders in the 2002 season.



The Blue Raiders' Soccer Schedule for 2024 includes 11 home games of the 18 total regular season contests. *Photo courtesy of MT Athletics.*

UT Southern Hires Ross James as Next Women's Basketball Head Coach

UT SOUTHERN ATHLETICS

PULASKI, Tenn. – The University of Tennessee Southern has announced the hiring of Ross James as the next women's basketball head coach.

"We are thrilled to hire Coach James to lead the women's basketball program at UT Southern," said Vice Chancellor/Athletic Director Brandie Paul. "Coach James brings a wealth of experience and a holistic vision for the program's future, which is exactly what we are seeking. We are confident that he will continue to elevate our women's basketball program and have an immediate impact on the lives of our student-athletes."

James comes to UT Southern after serving as an assistant coach at several NCAA Division I institutions, most recently at Fordham University. Additionally, he has held assistant coaching positions at Utah State University and Sacred Heart University.

"I am honored to join the UT Southern family and look forward to the seasons ahead," said Coach James. "Thank you to Chancellor Dr. Linda Martin and Vice Chancellor/Athletic Director Brandie Paul for entrusting me with the women's basketball program. I am grateful for the opportunity and want to thank my past and present mentors for their guidance. I am confident in our direction, and I look forward to leading our team with hard work and purpose."



Ross James (above) coached most recently at Fordham as an assistant. *Submitted Photo.*

James' coaching journey includes a remarkable four-season stint as head coach at NCAA Division III Mary Baldwin University. He led the Fighting Squirrels to a significant turnaround, achieving a 17-10 record in the 2018-19 season, a notable improvement from their previous 2- 23 standing. Under his guidance, the team made three consecutive USA South Tournament appearances and recruited multiple All-Conference players. These achievements earned him the USA South Coach of the Year and D3 Hoops South Region Coach of the Year honors in 2019.

Before his head coaching role, James served as an assistant coach and recruiting coordinator at Lafayette College, where he demonstrated his talent in identifying and nurturing players. He received recognition for the Blue Star Honorable Mention Recruiting Class in 2017.

James holds a bachelor's degree in sociology and anthropology from Millsaps College and a master's degree in kinesiology from Texas Woman's University. His collegiate basketball career at Millsaps was marked by a successful junior season with a 28-4 record and an Elite Eight appearance in the NCAA D-III Tournament.

Ross James' appointment brings extensive experience and dedication to the UT Southern women's basketball program, positioning it for continued success and growth.

MT's Anaiya Midget Tabbed CUSA Spring Spirit of Service Winner



Anaiya Midget was named the Spring Spirit Service winner last Tuesday. *Photo courtesy of MT Athletics.*

MT ATHLETICS

DALLAS – Middle Tennessee junior Anaiya Midget was named a Conference USA Spring Spirit of Service winner, announced by the league office Tuesday afternoon. The award honors student-athletes with significant community service endeavors, good academic standing and participation in their sport. The Spirit of Service award is presented three times throughout the season, with Tuesday's honorees representing baseball, beach volleyball, men's and women's golf, softball, outdoor track and field and women's tennis.

Midget is a recent graduate with a degree in Entrepreneurship and will begin her master's degree in the fall of 2024. Midget is the Community Service Chair for MTSU SAAC and has volunteered at many events including Earth Day trash cleanup, "Winter Care Packages for the Homeless" and "Both Hands". The Nolensville, Tennessee, native competed in five meets, placing eighth in the Music City Challenge and finished 14th at the CUSA Outdoor Championships in Long Jump.

2024 Spring Spirit of Service Award Recipients

Oyinlomo Quadre, Women's Tennis, FIU

Hannah Buffington, Softball, Jax State

Rayshawn Johnson, Men's Track & Field, Liberty

Riley Hnatyshyn, Men's Golf, LA Tech

Anaiya Midget, Women's Track & Field, MTSU

Emily Stutesman, Women's Track & Field, NM State

Coltin Atkinson, Baseball, Sam Houston

Summer McDonough, Beach Volleyball, UTEP

Averi Cline, Women's Golf, WKU

Shelbyville Central Names Keisha Jarrett as New Girls' Basketball Coach

BY NOAH MADDOX
noah@t-g.com

The Shelbyville Central Golden Eaglettes' coaching search came to a close earlier this month with the hiring of the new Girls' Basketball Head Coach, Keisha Jarrett.

Shelbyville Central Principal, Charlie Pope, released a statement about the hiring:

"First off, we want to thank [former coach] Kyle Turnham for his 3 years here, and we were grateful for the hard work he put into the program to try and get it back onto solid ground. We felt like he accomplished a lot here in a short amount of time and kind of paved the way a little bit for Keisha [Jarrett] to come in and hopefully continue to help put this thing back on solid footing.

We recommended her for our head girls' basketball coaching position a few weeks ago. She was finishing out her responsibilities in Murfreesboro, but has since held a parent meeting and introduced herself to the players. She's held tryouts and had a large number of student athletes out, including quite a few new kids, and it was kind of refreshing to see. We are very excited.

She played for four years at Clarksville and Cumberland, so she brings that aspect of playing the game at a high level. You don't score over 1,000 points in high school and not be able to play, she was a four-year letterman at Cumberland and was a Senior Team Captain.

We were looking for someone with a lot of energy and high character, and we were fortunate to find her. It was a long and arduous process; the process itself probably took myself and the committee of five other people about a month and a half. We brought seven candidates onto campus to interview, and of all the candidates we brought on campus to interview, she was the only person to say "I want to be here at Shelbyville Central", and that was refreshing. I want this program to be a program that people covet and want to be a part of, both players and coaches, so we are extremely excited."

Jarrett, in her four years at Clarksville High School from 2002-06, scored 1,364 career points, good enough for 6th all-time in the program's history. After high school, she continued her playing career at Cumberland University where she lettered for all four years (2006-10), was part of a National Runners-Up squad, and was named a Senior Team Captain.

Her most recent coaching experience was with Cason Lane Elementary from 2017-19. She took the ensuing years off to continue focusing on teaching and making an impact in young people's lives.

Since she was officially hired, Jarrett has had about three weeks with the team, but already her impact has been felt in just the pure numbers. After the Eaglettes' had only eight players on the roster a season ago, Jarrett now exits summer ball with 17, enough to form a varsity and JV team.

"I think the energy level she brings has been a big help to get that done," Pope said about the stark numeric increase. "She has such a desire to influence young people, and her energy was just so infectious."

Despite making it to the Regional semifinal last season, the Eaglettes graduated the majority of their offensive production, but with the increase in numbers on the team, Jarrett will have more than a few different directions to go as she enters her first year at the helm of this storied program.

14 Different Blue Raiders Named to Phil Steele and Athlon Sports Preseason Teams

MT ATHLETICS

MURFREESBORO –

With the first fall camp practice scheduled for next month, the preseason all-conference teams are starting to come out including Phil Steele and Athlon Sports. The Blue Raiders have 10 players represented on Phil Steele's CUSA Team while nine appear on the Athlon Sports preseason team.

First team selections are linebacker Parker Hughes and long snapper Brody Butler for Phil Steele while Hughes and tight end Holden Willis made the Athlon Sports first team.

Running back Brian Brewton was a second team selection by Phil Steele as a kick returner and wide receiver Omari Kelly earned a second team nod by Athlon.

Quarterback Nicholas Vattiato, Willis, and linebacker Devyn Curtis appeared on Phil Steele's third team while Athlon's third unit included Vattiato, running back Frank Peasant, offensive lineman Julius Pierce, linebacker Drew Francis and Curtis.

Fourth team members for Phil Steele are safety Brendon Harris, placekicker Zeke Rankin, punter Trey Turk and Kelly while cornerback Tyrell Raby made Athlon's fourth team.

The Blue Raiders will report to fall camp on July 30 with the first practice set for July 31. MTSU will open the 2024 season at home on Aug. 31 against in-state foe Tennessee Tech.

Phil Steele
1st Team: Parker Hughes (LB), Brody Butler (LS)
2nd Team: Brian Brewton (KR)
3rd Team: Nicholas Vattiato (QB), Holden Willis (TE), Devyn Curtis (LB)
4th Team: Omari Kelly (WR), Brendon Harris (S), Zeke Rankin (PK), Trey Turk (P)

Athlon Sports
1st Team: Holden Willis (TE), Parker Hughes (LB)
2nd Team: Omari Kelly (WR)
3rd Team: Nicholas Vattiato (QB), Frank Peasant (RB), Julius Pierce (OL), Drew Francis (LB), Devyn Curtis (LB)
4th Team: Tyrell Raby (CB)



All 14 Blue Raiders that are on the Preseason All-CUSA Teams before Derek Mason's first season at the helm. *Photo courtesy of MT Athletics.*

Four TSSA Teams Advance at USYS Southern Presidents Cup



The Tennessee State Soccer Assocation has showed well in Texas this week, showing that youth soccer in Tennessee is on the rise. *Photo courtesy of TSSA.*

TSSA RELEASE

Plano, Texas (June 17, 2024) – Tennessee State Soccer Association (TSSA) has been well represented at the US Youth Soccer Southern Presidents Cup, with four affiliated teams advancing past group play and into the semifinals of the regional tournament on Monday. TSSA teams that punched their tickets to the semifinal round include SCOR 11 GU13 Lady Mustangs (13U Girls), TSC Williamson 2008 Girls Showcase (16U Girls), TSC Williamson 2008 Girls Showcase (17U Girls) and JCFC 2008B Black (16U Boys).

SCOR 11 GU13 Lady Mustangs (13U Girls) advanced to the semifinals after winning their group, recording nine points off three straight victories and a 5-0 goal differential. After a second-place finish in their group, TSC Williamson 2008 Girls Showcase (16U Girls) moves onto the semifinal round as well. TSC Williamson registered six points on a 2-1 record, outscoring their opponents by a tally of 8-4. TSC Williamson 2007 Girls Showcase (17U Girls) is also playing in the semifinals on Monday after six points (2-1 record) and a 6-3 goal differential secured the runner-up spot in their group.

Heading into the boys semifinals is JCFC 2008B Black, who are representing Tennessee in the 16U Division. JCFC 2008B Black won their group behind a six-point performance (2-1 record) while outscoring their opposition, 6-3.

USYS Southern Presidents Cup Semifinals (TSSA Teams in Bold, Times in CDT)

13U Girls – SCOR 11 GU13 Lady Mustangs vs. SA City 11/12G Red (STX) at 8:00 AM

16U Girls – TSC Williamson 2008 Girls Showcase vs. Blitz Academy FC 08 Girls Premier (OK) at 8:00 AM

17U Girls – TSC Williamson 2007 Girls Showcase vs. NCFCY White North G (NC) at 8:00 AM

16U Boys – JCFC 2008B Black vs. 08B LA FIRE RED (LA) at 8:00 AM

TSSA teams that advanced to the USYS Southern Presidents Cup but unfortunately saw their run end after group play include 2010 Lady Lobos Rush Elite (14U Girls), Germantown Lady Legends 09 (15U Girls), NUSA G07 Maroon (17U Girls), Lincoln Futbol Club G18U (18U Girls), TSC Sumner 05/06 Showcase (19U Girls), TUSC 2011 Boys (13U Boys), 2010 Lobos Rush (14U Boys), NUSA B09 Navy (15U Boys), One Knox 07B Orange (17U Boys), NUSA B06 Navy (18U Boys) and All-In FC TN 05/06 Boys (19U Boys).

The US Youth Soccer Presidents Cup provides a progressive, competitive environment for teams seeking a series of unique challenges highlighting competition, camaraderie and community.

To contact the Tennessee State Soccer Association, please call (615) 590-2200. Also make sure to follow us on social media!

HEALTH

From page 1

cal activity remains a reliable and effective approach to shedding extra pounds.

The Centers for Disease Control and Prevention notes that physical activity provides both short- and long-term benefits. Among the more long-term benefits of regular exercise is the link between physical activity and how it facilitates an individual's ability to maintain a healthy weight. Though people may experience some notable initial weight loss after they begin a fitness regimen, they also can maintain that weight loss if they remain committed to exercise over the long haul.

The CDC notes that more physical activity increases the number of calories a body uses for energy. If individuals looking to turn over a healthier leaf couple a commitment to exercise with a healthier diet that includes consuming fewer calories, they can create a calorie deficit that ultimately contributes to weight loss.

The link between exercise and long-term weight loss is worth noting, as the CDC notes that research has found the only way to maintain weight loss is to remain engaged in regular physical activity. Individuals attempting to lose weight for a particular reason, such as an upcoming wedding or a vacation, should know that exercise and a healthy diet can help them accomplish that goal. However, its highly likely they will regain that weight if they do not continue to exercise after reaching their target weight loss goal. If the thought of regaining lost pounds is not enough to compel people to maintain their commitment to exercise, and honor all the hard work and determination required to lose the weight, perhaps a rundown of health risks associated with being overweight or obese might provide the motivation necessary to stay the course. According to the National Institute of Diabetes and Digestive and Kidney Diseases, being overweight or obese increases a person's risk for a host of diseases and conditions, including:

- Type 2 diabetes
- Hypertension (high blood pressure)
- Heart disease
- Stroke
- Metabolic syndrome
- Fatty liver diseases
- Certain types of cancer, including cancers of the breast, liver, kidney, pancreas, and ovaries, among others
- Gout
- Fertility problems
- Sexual function problems
- Mental health problems

Routine physical activity is a great way to help people shed extra pounds so they can reach and maintain a healthy weight.



Photos by Joyce Jones

EAT FRESH VEGETABLES!
Joyce Jones and family in Unionville try to stay healthy by eating a lot of fresh garden produce. They share with neighbors. Choose organic foods when you can to get all those great plant vitamins and minerals. Joyce makes a lot of great things with the food she grows. Husband Charlie helps a lot too in the garden!

How to make grilling healthier



Summer is synonymous with many things, including family vacations and relaxing days at the beach. For foodies, perhaps nothing evokes the spirit of summer more effectively than grilled foods.

Grilling is a beloved tradition, but it's not necessarily the healthiest way to eat. Traditional backyard barbecue fare like hot dogs and hamburgers are great on occasion but there aee ways to enjoy the flavor of grilling without compromising a nutritious diet.

• Replace burgers and hot dogs with healthy proteins. The occasional hamburger or hot dog won't do much damage, but people who regularly grill should skip these summertime staples and replace them with healthy proteins. The American Heart Association reports that fish and skinless chicken breasts are healthy alternatives to hamburgers and hot dogs. Burger devotees can still enjoy their go-to grilled food, but replace ground beef with lean ground poultry, which contains less saturated fat than red meat.

• Avoid overdoing it. Most people have overindulged at a backyard barbecue at one point or another. The relaxed, party-like atmosphere of the backyard barbecue makes it easy to snack on chips and other unhealthy fare before moving on to burgers and hot dogs. Hosts can do guests a favor by replacing snacks and sides like chips and potato salad with healthier fare like celery, fruit salad or chickpea salad. Keep portions of grilled fare as close to a healthy size as possible. The AHA notes that a healthy portion of meat is around three ounces and no more than six ounces.

• Create a salt-free rub. There's no denying salt makes food more flavorful. But that flavor comes at a high cost. The health care experts Piedmont note that excessive amounts of salt can contribute to inflammation from fluid retention and increase a person's risk for hypertension, or high blood pressure. Salt may be a go-to for many grilling enthusiasts, but it doesn't have to be. A salt-free rub made with chili powder, garlic powder, paprika, and/or other spices is an effective and salt-free way to add flavor to meat, chicken and fish.

• Grill more vegetables. Grilled vegetables, whether they're part of kebabs or simply grilled alongside the main course, add significant flavor and provide all the health benefits of veggies cooked in more traditional ways. The AHA notes that coating vegetables in a healthy oil like olive oil makes it easy to grill them directly over an open flame without sticking. Cooking in this way imparts that signature smoky, grilled flavor to vegetables.

This summer, grilling can be as healthy as it is flavorful. All it takes is a few simple strategies to make the menu at your next backyard barbecue one any doctor would love.

Why swimming is so good for your body

The Shelbyville Recreation Center has a full department for those who enjoy aquatics. Check out their website. From senior aerobics to swim clubs, there's something for everyone.

Engaging in fitness activities that are enjoyable can increase the likelihood that a person will remain committed to routine exercise. In addition to being fun, swimming is an exercise that benefits the entire body. It's also ideal for people of all ages, as the buoyancy of water reduces the strain on muscles and joints.



Healthline reports that an hour of swimming burns almost as many calories as running, without all the impact to the bones and joints. Many people who commit to swimming each week may have no problem getting the recommended 150 minutes of moderate activity or 75 minutes of vigorous activity each week recommended by various health organizations. Here are some of the ways swimming is good for your body.

• Engages the entire body: Swimming works just about all the muscles of the body. Various swimming strokes can enable a person to focus on certain muscle groups, if desired.

• A thorough cardiovascular workout: Swimming increases heart rate without stressing the body. The fitness level can be customized and gradually built up so that one can increase strength and endurance.

• Reduces body fat: Swimming can help many people slim down. According to Harvard Medical school, a 155-pound person can burn about 432 calories swimming versus about 266 calories walking at a moderate pace for the same duration of time. A 2021 study published in BMC Sports Science, Medicine and Rehabilitation revealed that 16 weeks of swimming led to significant reductions in body fat and BMI among those studied.

• Improves heart health: Research has linked swimming to a reduction in blood pressure and additional benefits related to improved cardiovascular health.

• Enhances lung volume: Swimming involves deeper breathing and can strengthen the muscles involved with respiration, says Everyday Health.

• Improves quality of life: Older adults who swim may experience decreased rates of disability and improved quality of life. Swimming helps to improve or maintain bone health, particularly among post-menopausal women. Water-based exercise also is low-impact and builds strength.

• Improves mental health: The Centers for Disease Control and Prevention notes that swimming can improve mood in both men and women. Swimming may decrease anxiety, and exercise therapy in warm water can improve symptoms of depression.

These are just some of the health benefits associated with swimming.



ANNUAL 4H SHOW
The 4H Horse Show is going on in Shelbyville at the Cooper Steel Arena this week. Did you know horseback riding actually burns a good bit of calories? The number of calories burnt depends on the type of riding done, the duration, and frequency. High-intensity exercises like cantering, showjumping, and cutting burn more, according to the experts.

Navigating Weight Loss in 2024



By Roshni Venugopal, MD

Dr. Venugopal is an assistant professor of Surgery at Vanderbilt University Medical Center. Dr. Venugopal is accepting new patients at the Vanderbilt Weight Loss Centers in Shelbyville, Murfreesboro and Nashville, Tennessee.

In today's world, many people are eager to pursue a healthier lifestyle, placing improved fitness and weight loss at the top of their yearly goals. How do we effectively and sustainably achieve healthy weight loss without feeling deprived, hungry and overwhelmed?

We know that changes in diet alone play a more significant role toward weight loss than physical activity alone. Therefore, the first step toward healthy, sustainable weight loss is changing our diet for the better. Ultimately, it is important to combine healthy dietary choices with consistent physical movement to achieve sustained weight loss.

What is a healthy diet? A healthy diet prioritizes food that is minimally processed and includes fruits and vegetables daily. Grains should be whole whenever possible, and lean proteins are always a smart choice. When plating your food, divide your plate into fourths. Half of the plate should be fruits and vegetables, and the other half of the plate should be further divided into a quarter of lean protein and a quarter of whole grains. Minimize fat where you can by cutting back on excess added oil, cream and cheese.

Portion control is also important, and many of us do not actually know what a serving size looks like. Look up serving sizes, and you may be surprised. Beware of sneaky sources of high calories that lack nutritional value. A dangerous source is fructose, found in sugar-sweetened beverages, which can lead to the development of a fatty liver. Unfortunately, even diet sweetened beverages are harmful to your metabolism and health.

Interestingly, the setting of your meal can be as important as what you eat. Try not to eat in front of a television or smartphone, in the car, or walking where you cannot be aware of your meal. Distracted eating means you are less likely to appreciate your food; when you eat mindfully, your experience will be more joyous and fulfilling.

What can influence weight gain beyond diet? A sedentary lifestyle where you hardly move during the day will increase fat deposition in the body. Meaningful daily movement, like walking, swimming or taking a physical class that you enjoy, can help keep you on track with your weight loss goals. Often overlooked is the importance of healthy sleep. Poor sleep or inadequate sleep disrupts hormones that regulate appetite, leading to increased cravings and unwanted weight gain. In addition, mental and emotional factors play a big role. Chronic stress triggers cortisol release, a hormone associated with increased abdominal fat deposition. When you manage your stress with activities like meditation, yoga or a favorite hobby, or self-care, you will see a positive impact on your weight.

Realistic short-term goals and achievable daily habits will add up to long-term goals. Celebrate milestones along the way to stay motivated. If you have tried to make changes to your diet and lifestyle, and you have not seen positive changes, it is important to seek help.

A nutritionist can help tailor an eating regimen toward your needs, which can be influenced by age, gender, underlying health conditions, and genetics. A physician is an important resource as well.

In Tennessee, we have a greater than 35% rate of obesity, and a close to 10% rate of severe obesity. This means obesity certainly affects someone you know, if not yourself. If left unchecked, obesity will lead to decreased life expectancy, increased cancer risk, development or worsening of Type 2 diabetes, increased risk of cardiovascular diseases, including stroke, heart attack and dementia. The life made shorter by obesity also becomes a life of suffering by way of obesity, with difficulty moving, breathing, resting, and sleeping. When patients have advanced metabolic dysfunction resulting in severe obesity, sometimes medical or surgical intervention is warranted to prevent the negative health consequences of obesity, to help patients get off of multiple medications, and to reverse or remit their Type 2 diabetes.

If you have been struggling to lose weight while making changes in the right direction, it might be time for you to discuss your health journey with a local physician. The providers at Vanderbilt Weight Loss are rooting for your success, and we have experience assisting thousands of patients with their weight loss goals.





