COMMUNITY NEWS

SHELBYVILLE TIMES-GAZETTE

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Cascade Schools, Thomas Magnet, ace state letter grade scoring

By Dawn Hankins
dawn@richardsonmediagroup.net

Prior to Christmas break, Tennessee Department of Education released its School Letter Grades for 2023-2024. Cascade High School, Middle and Elementary Schools and Thomas Magnet School in Bedford County came out on top with all "As."

These letter grades, a part of the state's performance metrics, reflect how well the schools are serving their students, measuring factors like student achievement, academic growth (including for highest need students) and college/career readiness.

This Letter Grade system of measurement was applied to overall academic performance a few years ago by the TDE.

Making the "B" grade in Bedford County were Community High School and Community Elementary.

Coming in at average, "Cs," were Shelbyville Central High School, Harris Middle, Community Middle, East Side and Eakin Elementary.

There were a few "Ds" for the 2023-24 school year: South Side, Learning Way and Liberty.

Cartwright Elementary was not in the 2023-24 testing as it was not open yet.

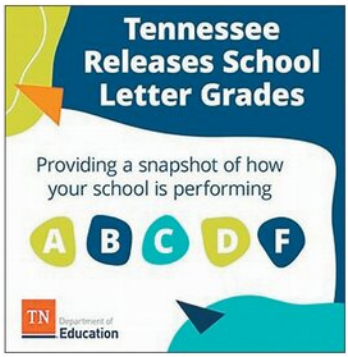
In 2016, T.C.A. § 49-1-228 was established and required TDE to develop a school letter grade rating system to provide parents and families with information that shows how our public schools are performing. The state's letter grade legislation is intended to provide a snapshot of how each school performed during the previous academic year and compare those results over time.

Due to implementation delays including testing administration issues and the COVID-19 pandemic, Tennessee was delayed in developing this performance indicator.

Now all Tennessee School Letter Grades are available via a public dashboard on the TDE website.

The calculation to generate A-F letter grades for schools includes four separate indicators—student achievement, student academic growth, growth of the highest need students and college and career readiness measure just for high schools—and will differentiate between elementary and middle schools, and high schools.

Schools like Bedford County receive an indicator score for each of the indicators, ranging from levels 1-5. Each indicator score will be multiplied by a weight based off the grade band to create a total score, which will then be used to determine the school's letter grade.



Soup Kitchen open to serve, all year









A GREAT DAY AT SHELBYVILLE COMMUNITY SOUP KITCHEN

SCSK Photos

Friends from the Episcopal Church of the Redeemer provided and served Thursday's meal-Christmas dinner-at Shelbyville Community Soup Kitchen. Members of the Home School and 4-H Group helped with serving SCSK guests. There were Christmas wish lists filled, along with a visit from Santa and Mrs. Claus. Food boxes were distributed thanks to EarthBar. Other items given out were cookies, homeless bags, hats, scarves and toys.

Welcome to T-G 2025 Health and Wellness Special

Children's Health Tips for Respiratory Illness Season



Kristina D. Chung, MD, a pediatrician at Vanderbilt Integrated Pediatrics

As we head into the peak of respiratory illness season, keeping children healthy becomes a top priority. With cases of respiratory syncytial virus (RSV), flu and colds on the rise, taking proactive steps can help prevent these infections and reduce their impact.

One of the most powerful ways to stop the spread of viruses and germs is by teaching kids proper hand hygiene. Encourage regular hand-washing with soap and warm water for at least 20 seconds, especially after coughing, sneezing or using the bathroom. For times when hand-washing isn't possible, hand sanitizer can be a helpful backup.

Since germs spread through airborne droplets, teaching kids the right way to cover their mouths when they cough or sneeze is also key to preventing germ spread. Show them how to use a tissue or the inside of their elbow instead of their hands. It's also important to regularly disinfect high-touch areas, such as doorknobs and light switches and wash toys and shared items frequently.

Nutrition also plays a crucial role in a child's immune system which helps them fight off infections more effectively. Offer your child a balanced diet that is rich in immune-boosting foods, especially those containing vitamins A, C and D. Foods like oranges, carrots, leafy greens and fortified dairy products can help strengthen immune defenses. Ensuring your child drinks enough water will also help their body function optimally and naturally remove unwanted toxins. Adequate sleep also plays an important role.

It is recommended that children receive nine to 12 hours of sleep nightly to support growth and immune function.

Physical activity can further boost immunity while helping to reduce stress. Encourage your child to play outside, participate in sports or any other activities that get them moving each day. At the same time, it's important to monitor for signs of illness, such as a runny nose, cough, fever or fatigue. If your child is experiencing any of these symptoms, consider keeping them home from school or day care to avoid spreading germs to others. Schedule a visit with your health care provider if symptoms persist or become worse.

Vaccinations can be an effective tool for preventing certain respiratory illnesses. Flu vaccines are widely recommended for children 6 months and older, and newer RSV vaccines have been introduced for more vulnerable populations. Speaking with your provider about vaccination options can help you determine what is the best choice for your child. Finally, stay informed about local health updates, especially when respiratory illness cases increase in the community or at your child's school.

Taking these practical steps can make a big difference in reducing your child's risk of illness this season. Taking a few preventive measures now can go a long way in keeping your family healthy and resilient throughout the winter months.



"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace."
Ephesians 4: 2-3

Getting Along Despite Differences of Opinion

Sometimes the best way to overcome our differences is to not address them directly. Having a conversation does not have to have a point, and certainly doesn't require that we get the other side to agree. Even if we end up disagreeing on some important point or points, we can usually agree to disagree in a more agreeable way if everybody feels like they've been heard. If we came together to discuss theology and we have serious differences of opinion we will probably not have a very civil conversation. But, if we come together to just converse with each other about whatever might come up and can be civil in our general conversations, we are more likely to have civil conversations about the theological matters which we might disagree about. Another very important thing to facilitate civil conversations is to try to meet our interlocutor on the basis of their individuality rather than pigeonholing them into some category. When liberals categorize their interlocutors as "evangelical Christians," for instance, they are likely to overlook the huge differences possible among individuals who consider themselves evangelical Christians. Forcing people to agree with you is a kind of violation of their God-given right to come to their own conclusions. We don't need for there to be complete consensus on most of the moral, religious or political issues which we disagree about, but we do need for us to be able to live together despite those disagreements.

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MTSU Softball announces winter camps schedule

The camps are limited to 9th-12th graders and there are limited spots available.

See Page 11A



Eaglettes finish 2-0 at Christmas Classic

The Shelbyville Central Golden Eaglettes took home a pair of victories before the Christmas holiday.

See Page 10A

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Living well with Parkinson's disease

Parkinson's disease is a progressive neurological condition that can affect patients' lives in many ways due to its physical symptoms, which typically begin gradually and then worsen over time. Symptoms of PD can include everything from involuntary movements to stiffness and difficulty balancing and walking. The National Institute on Aging says as the disease progresses, people may experience mental and memory issues and exhibit difficulty speaking.

Sometimes PD can affect a person's ability to engage in ordinary daily activities. Things that once came easily, such as dressing, eating and sleeping, may become more challenging. Living successfully after a Parkinson's diagnosis requires adjusting to changes as they come.

Learn all you can

After a PD diagnosis, it's important patients learn as much as possible about the condition. Everyone experiences medical issues in different ways, so there is no uniform way that the human body responds to PD. However, there are some commonalities, and awareness of what may occur can remove some of the surprises.

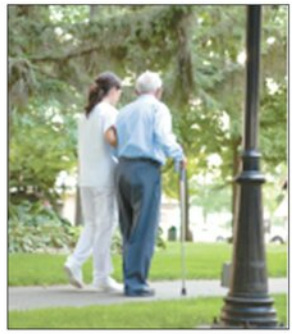
Choose your care team wisely

It certainly can take a village for you to manage PD. One of the first steps is finding competent doctors and allowing caring friends and family who have your best interests at heart to pitch in. As a person with PD, you'll need support. That can include medical teams who prescribe the best medications to help manage symptoms and therapists who can help you through frustrations. Friends and family may have to assist with certain tasks, including running errands and helping keep your home clean.

Keep safety in mind

Speak with a doctor about situations when your safety can be compromised, particularly if you live alone. The Parkinson's Foundation reports that, as the disease progresses, people with PD may experience freezing episodes. Freezing is a temporary situation where you will not be able to move. These episodes cause increased risk of falling. Episodes may only last a few seconds, but they are a potentially dangerous symptom of PD.

Additional safety concerns may involve walking without assistive devices or knowing when to give up driving. It's also good to get a medical alert band so, in the case of an emergency, first responders will be aware you have PD.



Plan ahead

While it may initially seem like you will need to stick closer to home, this isn't always the case. Ask your neurologist to provide names of caregivers in areas where you would like to travel for business or vacation. Also, the Parkinson's Foundation Helpline (800-4PD-INFO) can help you locate local resources, such as exercise classes, activities and support groups.

Parkinson's disease can be challenging, but most people learn ways to manage its symptoms so they can continue to live fulfilling lives.

Charlotte Carkuff named to the Berry College Fall 2024 Dean's List

ROME, GA (12/23/2024)-- Charlotte Carkuff of Shelbyville was named to the Fall Dean's List at Berry College. The Dean's List honors students who posted an academic average of 3.5 or better on a 4.0 scale while carrying a class load of at least 12 hours during the semester.

Nationally recognized for academic excellence and as an outstanding educational value, Berry is an independent, coeducational, comprehensive liberal arts college of approximately 2,200 students.

Belmont University Announces Fall 2024 Dean's List Honorees

NASHVILLE, TN (12/20/2024)-- Belmont University recently released the Dean's List for the fall 2024 semester. Approximately 53% of the University's 7,175 undergraduate students qualified for the fall 2024 Dean's List.

Carley Byford of Bell Buckle
Makaylee Campos of Shelbyville
Valeria Draine of Shelbyville
Eva Graham of Rockvale
Conner Brown of Shelbyville
Elle Thompson of Shelbyville
India Bailey of Shelbyville
Carolina Garcia Francisco of Shelbyville

"Earning a place on the Dean's List is an accomplishment that reflects the dedication, talent and resilience of our students who maintain competitive GPAs while concurrently making lasting contributions at Belmont and beyond," said Belmont University Provost Dr. David Gregory. "These scholars have gone above and beyond, matching rigorous academic schedules with robust extracurriculars including volunteerism, student organizations, athletics, the arts, and more. It gives me great joy to acknowledge the dedicated students who embody what it means to seek excellence, academically. Their achievement is a testament not only to their hard work and intellectual aptitude but also to Belmont's high academic standards and commitment to student success."

Dean's List eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

Liberty FCE Club Report

Liberty FCE Club held its holiday party Dec. 16 at Dorris Turrentine's home, which was decorated for the season. Club members' husbands joined for the meal.

President Judy Smith told the club members that the officers for the next year remain the same. President Judy Smith; Vice President Betty Renegar; Secretary Ann Spencer; Treasurer Ardis Rittenberry-Caffey; Leader training Bonnye Catron and Debbie Parker.

The club will change its meeting time to 3 p.m. and continue to meet at Pleasant Grove Methodist Church.

Dorris Turrentine shared the handmade gifts for her grandchildren as the club demonstrations. Club members brought socks and underwear to give to the Clothe our Children-instead of exchanging gifts. The club received a thank you from Clothe our Children for the cash donation the club made.

The next meeting is Jan. 20.

NEILL IS 2024 COLUMBIA STATE GRAD

Submitted Photo



Angela Bess Neill of Shelbyville, a busy wife, mother and grandmother, decided a couple of years ago to get a college degree. She graduated on Dec. 14, with the fall class of 2024 at Columbia State. She earned an associate's degree in computer programming. At age 51, Angela demonstrates that it is never too late to further one's education.

Got Plans for the New Year?

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Scan the QR code to purchase tickets!

THE ISSUE

Duck River issue should be more than a mere resolution

Serious talks warranted going into 2025

By DAWN HANKINS
dawn@richardsonmediagroup.net

A friend of mine sends me a lot of great articles and statistical info on certain subjects. Recently, there's been a lot of talk and articles written about the Duck River Watershed work that Gov. Bill Lee is standing behind.

But I don't think the governor's watershed protection (executive order) is all it is cracked up to be. Why do I say that? Have you watched the latest video? tn.gov/governor/news/2024/11/20/video--gov--lee-signs-executive-order-to-preserve-duck-river--promote-water-resource-management-statewide

When looking at the recent video made with TWRA, it is certain how politics, perhaps, has played a large part in this sudden push?

Think about it. Isn't the state also pushing for us to grow more and is working hard to develop our communities to better serve its rising population?

Hence, the crux of the matter.

In early December, it was announced by the office of Gov. Lee and the Department of Economic and Community Development Commissioner Stuart C. McWhorter that Petainer Manufacturing USA, Inc. officials will expand to a new location at 315 Joe Frank Porter Drive in Mt. Pleasant.

Petainer will invest $10 million through the expansion, creating 35 new jobs at the Cherry Glen Industrial Park, a Select Tennessee Certified Site in Maury County. Upon completion, the project will more than double Petainer's headcount statewide.

With over 35 years of experience in designing and manufacturing cost-efficient products, Petainer offers a wide range of lightweight, sustainable PET packaging solutions to help companies in the Americas, Europe, and Asia grow their business and reduce their carbon footprint.

A recent press release stated that since 2020, TNECD has supported 15 economic development projects in Maury County, resulting in more than 3,700 job commitments and nearly $5 billion in capital investment.

The governor said, "What happens in rural Tennessee matters to all Tennesseans, and I thank Petainer for choosing to invest in the Volunteer State. Petainer's commitment to creating new jobs for the highly skilled workers in Mt. Pleasant and Maury County will have a significant impact by expanding opportunity for families in the region."

Well, if you've read the state news lately, Maury County has its own water issues.

The need for more growth goes on and on.

I know there are a lot of natural resources, endangered species, etc. in the Duck River. I grew up on a farm on the banks of the Duck. So, I, of all people, appreciate the resources it has provided us all.

I remember rustic camping along the banks of the mighty Duck. There was nothing like the crisp, cool air and a country breakfast cooking on the fire.

I walked the banks bringing up cattle that had grazed on the farm.

I've played beneath the ripples and beautiful rocks within the Duck.

I fished there.

I experienced a life then that everyone wants to have so desperately these days. They want to leave the stress and have a life of peace and tranquility along its rolling streams.



Bill Lee as shown in the latest TWRA video regarding the Duck River Watershed executive order.

I've never taken those experiences for granted.

But while videos are great showing the beauty of the Duck, one thing remains. You live here, they don't.

But perhaps now, I see how the face of this county has changed as far as population. I see what industry and change is being promoted by state officials for this area.

I also understand we were created to exist in harmony with nature.

There has to be a balance.

But I also know, again having grown up on a farm, there comes a time when human living has to be greatly considered along the banks of that mighty river too.

Now, do I think we need to take a look at the water issue potentially facing those who obtain and pay for water from the Duck? Yes, and we don't need to leave that potential water issue to future generations. That is, perhaps a devastating lack of water in this area.

Do we need in the New Year to talk ALOT about that harmony between natural resources and development and possibly a lack thereof of water in the foreseeable future? Yes!

But I'm also not for building/selling properties and providing additional families with no future for adequate water. Think about it.

Is that what we're promising for the future? I encourage EVERYONE to think about that going into a new year.

I believe that it certainly needs to be a major issue on the table in 2025. We are not finished with this subject by any means.

Like the mighty Duck, it is an issue greatly moving and has undercurrents that could potentially sink us regarding our surface water usage here, and on down the river, in the future.

DELVING INTO THE HUMAN MIND

School System Photos

Wendy Williams' Human Studies class at Cascade High School recently finished a unit on mental health. They looked into complimentary therapies such as aromatherapy, music therapy and hypnosis. Students researched their chosen topic and later taught the class!







AFC Features Gov. Lee in Statewide School Choice Ad Blitz

In advance of the 2025 legislative session, the American Federation for Children is launching a six-figure advertising campaign urging Tennessee lawmakers to bring school choice to Tennessee children through passing the Education Freedom Act. The ad, featuring Tennessee Governor Bill Lee, will run in television markets in all three Grand Divisions over the holiday period.

Recent polling demonstrates that Tennesseans across the political spectrum favor candidates who support school choice. The Education Freedom Act of 2025 answers these calls by empowering parents with school choice, rewarding Tennessee's hard-working teachers with a $2,000 bonus, and increasing investment in public schools.

Statement from Governor Bill Lee:

"Freedom is at the core of being a Tennessean, so when it comes to education, more freedom is what our children need," said Gov. Lee. "The Education Freedom Act empowers parents with school choice, supports our teachers, and further invests in our public schools. Tennessee can have the best public schools and ensure every child gets the education that fits their needs. There is no question that now is the time to bring universal school choice to Tennessee by passing the Education Freedom Act."

Statement from Tommy Schultz, CEO, American Federation for Children:

"Tennessee families have long demanded school choice for their children, and that's exactly what the Education Freedom Act will provide. The American Federation for Children is dedicated to advancing education freedom for Tennessee families, especially lower-income families, and we will be standing behind these families to get Education Freedom Scholarships passed.

The Education Freedom Act supports students, families, educators, and public schools. This legislation is a win for all Tennesseans, and we are committed to getting it across the finish line."

Watch the ad at: https://ow.ly/IL3250UvRsS.

Learn more about the Education Freedom Act: https://tneducationfreedom.com/.

Tennessee housing report shows market 'stable' with 'steady growth' statewide: MTSU report

Tennessee's housing market showed "steady growth" for the third quarter as home prices continue to rise throughout the state, though overall market strength varied across regions, according to the latest statewide report from Middle Tennessee State University.

"Despite this growth, mortgage delinquencies have slightly risen, indicating some financial strain on homeowners," said Murat Arik, director of the MTSU Business and Economic Research Center in the Jones College of Business and author of its statewide report for the second quarter of 2024.

"However, foreclosure rates have remained stable, suggesting that while there are challenges, they have not yet translated into significant foreclosures."

Home prices rose by 1.1% from the previous quarter and 5.8% annually statewide, surpassing the national growth rates (up 0.45% quarterly and 4% annually.) Strong price increases were seen in markets like Knoxville and Kingsport-Bristol, while areas like Jackson and Morristown experienced price declines.

Also, see the full report and more detailed breakdowns at https://www.mtsu.edu/berc/housing/.

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CONTACT US
NEWSROOM
dawn@richardsonmediagroup.net
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FEATURES FROM THE BIBLE

TRUTH IN SCRIPTURE

Sarai and Hagar
Genesis 16

Sarai and Abram had no children. How could they inhabit the Land God had given Abram and his offspring. Sarai took things into her own hand. Sarai urged Abram to sleep with her servant girl, Hagar. Sarai contended that any children from this relationship, she would claim.

Abram agreed and slept with Hagar. Hagar conceived. She became very proud and arrogant toward Sarai. Sarai blamed Abram for her trouble. With Abram's permission, Sarai beat Hagar and Hagar ran away.

An angel of the Lord spoke to Hagar and told her to return to Sarai. She obeyed and bore a son, Ishmael.



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MOUNT ZION BAPTIST
101 Dove St., 931-684-1563

MT. ZION BAPTIST
506 Hill St., 931-684-5807

NEW BEGINNINGS BAPTIST
2027 Madison St., 931-703-9972

NEW BETHEL BAPTIST
1832 Hwy. 64 W., 615-684-5636

NORMANDY FIRST BAPTIST
100 Center St., Normandy,
931-857-3800

NORTH FORK BAPTIST
1641 Unionville Deason Rd.,
931-294-5610

ROVER BAPTIST
202 Baptist Church Rd., Eagleville
931-294-5840

SEVIER STREET FIRST BAPTIST
921 Sevier St., 931-684-7460

SHELBYVILLE FIRST BAPTIST
304 E. Depot St., 931-773-0145

SHELBYVILLE MILLS BAPTIST
900 Union St., 931-684-3625

SOUTHSIDE BAPTIST
900 S. Cannon Blvd., 931-684-6138

THOMPSON GROVE BAPTIST
2966 Sims Rd., 931-685-0025

TRINITY BAPTIST
1331 Horse Mountain Rd., 931-492-5480

TWIN OAKS BAPTIST
1710 Mount Herman Rd., Petersburg
931-993-8286

VICTORY INDEPENDENT BAPTIST
2200 N. Main St., 931-684-8114

CATHOLIC

ST. WILLIAM OF MONTEVERGINE CATHOLIC
500 S. Brittain St., 931-735-6004

ST. WILLIAMS CATHOLIC
719 N. Main St., 931-694-6154

CHRISTIAN

BETH SHAR SHALOM CHRISTIAN
207 April Lane, 931-680-9777

FIRST CHRISTIAN
309 Madison St., 931-684-7467

CHURCH OF CHRIST

BIRD STREET CHURCH OF CHRIST
428 Bird St., 931-684-3876

CHURCH OF CHRIST
115 High St., Bell Buckle
931-813-3079

EASTSIDE CHURCH OF CHRIST
1803 Madison St., 931-684-8521

FAIRFIELD CHURCH OF CHRIST
3521 Fairfield Pike, Wartrace
931-394-4090

FAIRLANE CHURCH OF CHRIST
101 Dow Dr., 931-684-1583

FLAT CREEK CHURCH OF CHRIST
1404 New Center Church Rd.
931-684-1360

GREEN MEADOWS CHURCH OF CHRIST
355 Squire Hall Rd., 615-233-5420

RAUS CHURCH OF CHRIST
Smith Chapel Rd. Hwy. 13, 931-857-3362

SOUTHSIDE CHURCH OF CHRIST
108 Narrows Rd., 931-684-1805

WARTRACE CHURCH OF CHRIST
107 Bridgeview Ave., Wartrace
931-389-9496

CHURCH OF GOD

FIRST CHURCH OF GOD
278 Anthony Lane, 931-684-4646

NEW HALEY CHURCH OF GOD
2220 Patricia Dr., 931-685-1159

SHELBYVILLE CHURCH OF GOD
1014 W. Lane St., 931-492-4747

WHITTAKER CHURCH OF GOD
1200 Bethlehem Church Rd.,
423-618-9920

CHURCH OF GOD IN CHRIST

BRIGHT TEMPLE COGIC
516 Elm St., 931-684-7356

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

CHURCH OF JESUS CHRIST OF LDS
2508 Hwy. 231 N., 931-450-6848

EPISCOPAL

EPISCOPAL CHURCH OF THE REDEEMER
203 Lane St., 931-684-5506

EVANGELICAL

EAST PARK EVANGELICAL
103 E. Pkwy., 256-378-8565

METHODIST

CANNON UNITED METHODIST
1001 S. Cannon Blvd., 931-684-4767

FIRST UNITED METHODIST
122 Public Square N., 931-684-2535

MULLINS CHAPEL AME
601 Ledbetter Rd., 931-685-4547

PLEASANT GROVE UNITED METHODIST
1597 Hwy. 130 W., 931-294-5477

SCOTT UNITED METHODIST
940 Morton St., 931-684-2297

ST. JOHNS AME
1512 Raby Ave., 931-684-9931

WHITESIDE UNITED METHODIST
2400 Midland Rd., 615-828-8292

WOODFORK CHAPEL AME
1011 Lipscomb St., 931-684-4817

NAZARENE

FIRST CHURCH OF THE NAZARENE
834 Union St., 931-684-3664

HILL TOP NAZARENE
1007 Smith Chapel Rd., 931-65-5234

HIMESVILLE CHURCH OF THE NAZARENE
1614 Hwy. 82 S., 931-694-6920

PENTECOSTAL

EMMANUEL PENTECOSTAL
1005 Belmont Ave., 931-685-6999

IGLESIA APOSTELIC PENTECOSTAL
2216 Hwy. 61 W., 931-680-1539

SHELBYVILLE UNITED PENTECOSTAL
1701 Green Lane, 931-685-9731

WHOSOEVER WILL PENTECOSTAL
219 E. Cedar St., 931-684-4384

PRESBYTERIAN

FIRST PRESBYTERIAN
600 N. Brittain St., 931-684-6541

GREEN HILL CUMBERLAND PRESBYTERIAN
1900 Unionville Deason Rd., Bell Buckle
931-294-2040

NORMANDY PRESBYTERIAN
108 Center St., Normandy
931-857-9395

SEVENTH-DAY ADVENTIST

FIRST SEVENTH-DAY ADVENTIST
101 Church St., 931-685-9588

OTHER

ABUNDANT LIFE
600 Landers St., 931-703-0016

AGAPE WORSHIP CENTER
340 Maplewood Dr., 931-684-1243

BEREAN WAY CHRISTIAN FELLOWSHIP
209 Thompson St., 931-703-7076

BLANKENSHIP COMMUNITY CHURCH
3602 Midland Rd., 931-437-2599

CHURCH AT ZION HILL
510 Thompson Rd., 931-581-4777

FELLOWSHIP FOR CHRIST
142 Richdale Lane, 931-684-0949

GATEWAY
1250 Madison St., 931-684-2794

HOUSE OF PRAYER
86 Union St., 931-703-5162

HOUSE OF PRAYER MINISTRY OF FAITH
907 W. Lane St., 931-639-1368

INTERNATIONAL HOUSE OF PRAYER
865 Union St., 931-703-5162

KING CHAPEL CHURCH AT UNION RIDGE
510 Union Ridge Rd., Wartrace
931-389-6248

LIGHTHOUSE
111 Church St., 931-684-4900

LIVING STONES COMMUNITY
304 Old Nashville Dirt Rd., 931-684-6883

LIVING WATER
3383 Hwy. 41A N. Unionville
931-993-2477

MIRACLE TABERNACLE
507 Coble Circle, 931-224-5184

MOUNT VIEW
1331 Horse Mountain Rd., 931-685-0337

MULLIN CHAPEL
601 Ledbetter Rd., 931-685-4547

NUEVA VIDA
1304 Madison St., 931-580-0365

NEW LIFE
111 Church St., 931-735-6720

PEOPLE'S CHURCH
1690 Madison St., 931-680-4880

THE SHELBYVILLE CHURCH
1014 W. Lane St., 931-492-4747

SHILOH OUTREACH CHURCH
2547 Hwy. 64 W., 931-684-0972

VICTORY CELEBRATION REVIVAL
1000 Colloredo Blvd., 931-680-0302

This Devotional & Directory is made possible by these businesses who encourage all of us to attend worship services.









Sheriff's Department employees honored for service

BCSO Photos

As 2024 came to a close, Bedford County Sheriff's Office recognized its employees who have received commendation bars for service milestones throughout the year. Employees receiving 10-year commendation bars were Lt. Chris Cook, who works with the MRT program, Deputy William Castleman, who serves as an SRO at Learning Way Elementary and Officer Dale Bates, who works in the corrections department.

Employees receiving 5-year commendation bars were Deputy Gabrielle Doyle, an SRO at Thomas Magnet, Deputy John Cooke, an SRO with the Career and Technical Education annex at Shelbyville Central High, Officer Lesli Daniel, administration, Officer Sabrina Prince, who maintains info for the sexual offender registry and is an evidence technician and Officer Stephanie Tittle, who serves as a court liaison and works with state compliance.









How communities can honor local police

Safe communities allow residents to thrive and live their lives to the fullest. Such communities are sought-after places to live, and maintaining a community-wide sense of safety and security is no small task.

Local police forces do much to keep their communities safe, so it's no great mystery why residents want to show how much they appreciate the people who ensure their towns and cities remain wonderful places to call home. With that in mind, community residents, small business owners and elected officials can consider the following ways to honor local police.

· Offer discounts to law enforcement and their families. Small business owners recognize the vital role local police play in keeping Main Street safe. A safe dining and shopping district is beneficial to business owners' bottom line, and that makes it worth their while to offer discounts to local law enforcement and their families. Local restaurant owners can offer percentage-based law enforcement discounts on food and drinks to active and retired law enforcement personnel and their families. Local shop owners can follow suit. Year-round discounts for law enforcement and their families are a nice token of business owners' appreciation, and such offers can be increased during busy times of year, such as the holiday season.

· Showcase officers on social media. Local governments can get in on the act by highlighting a different officer each month on various social media platforms. Interview a new officer each month and highlight their backgrounds and careers. This can be a great way to showcase the talents of local officers and foster strong connections between community residents and the men and women in law enforcement who keep their towns and cities safe.

· Feature officers during public celebrations. Parades, holiday bazaars and local scholastic sporting events are some examples of events that bring community residents together. Such events provide great opportunities to thank local law enforcement and bring them into direct contact with residents. Encourage parade attendees to shake hands with featured officers and utilize well-attended community events, such as high school football games, to formally recognize local police departments and officers. A halftime announcement honoring an "Officer of the Month" is one way to showcase officers so residents can put a name and a face on their local police departments.

· Support police during town council meetings. Attendance at town council meetings is a good way to remain informed about what's going on in a community, and it also serves as an opportunity to support measures aimed at benefitting local law enforcement personnel. Support efforts to increase salaries for local police officers and upgrade their resources so they can continue to do their jobs to the best of their abilities.

There's no shortage of ways for communities and residents to express their appreciation and support for the local law enforcement personnel who keep their towns and cities safe.

Crossword

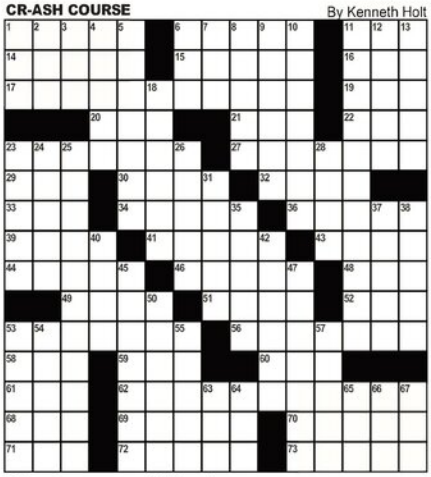
CLUES ACROSS

1) Copycats
6) Iraqi metropolis
11) One of two to a dance?
14) Three to one, for one
I 5) So long, in St-Etienne
16) Field judge, for short
17) "Rock-A-Bye Baby" and others
19) Legendary Bobby on skates
20) One billion years, geologically
21) "The_ in the Hat"
22) Seek to win over
23) Attribute to a writer
27) Domestic missions
29) Chitty Chitty Bang Bang, e.g.
30) Hockey shot
32) Favorable for mildew
33) Earthbound bird
34) Caesar's wardrobe
36) Indian lemur
39) Giant mythological birds
41) Trounce
43) Cancel, as a newspaper story
44) Worms and flies, e.g.
46) Roof borders
48) Born as, for women
49) Goat milk product
51) Lymph____
52) Give a nod to, perhaps
53) Boo-boos
56) Most wealthy
58) Movies, Variety-style
59) Animator sheet
60) Put the food away?
61) Hawaiian gift
62) Study of lawbreaking
68) "A long time_, in a galaxy ..."
69) Become part of history
70) Stir from slumber
71) Cash, in Tokyo
72) Type of leather
73) It may stick out of a glass

CLUES DOWN

1) Rainbow formation
2) Golf standard
3) Airport listing, for short
4) Commuter, often
5) Featured musician
6) Some undergrad degs.
7) "And now, without further____ ... "

CR-ASH COURSE By Kenneth Holt



8) From then
9) Think about in a particular way
I 0) From the south
11) Future king
12) King in the Gospels
13) Big hairstyles
18) As a whole
23) Like a lemon
24) Island group near Fiji
25) What Jesus suffered
26) Tidal bore
28) Crazed
31) A hymn of praise
35) Enjoy, as a taste
37) Intestinal obstruction
38) February forecast, occasionally
40) "____ right up!"
42) Highway divide
45) Exterior wall finishes
47) Public and private, e.g.
50) Brief, insightful survey
53) Spread out, as fingers
54) Royal supporter
55) Bread portion
57) Spartan field hand
63) Type of wrestling
64) Anger
65) Pronoun indicating common property
66) Government procurement org.
67) Archer's wood

Horoscopes

ARIES - Mar 21/Apr 20
Focus on collaboration this week, Aries. Teamwork leads to unexpected rewards if you are open to others' ideas, so remain receptive to the input of teammates.

TAURUS - Apr 21/May 21
Taurus, when a project presents itself to you, stay grounded and run through all the components carefully. Employ the same strategy when going over financial opportunities.

GEMINI - May 22/Jun 21
Gemini, clear up any misunderstandings and express your thoughts openly with others this week. Communication is certainly key at this juncture in time.

CANCER - Jun 22/Jul 22
It is important that you take time for some self-care this week, Cancer. Your emotional well-being is just as important as your physical fitness. Reflect on some personal goals in this area.

LEO - Jul 23/Aug 23
Leo, you often excel in group settings, and social gatherings this week are a place where you can shine. Use all opportunities to network and connect with others.

VIRGO - Aug 24/Sept 22
It is important to focus on your work-life balance right now, Virgo. Prioritize important tasks, but also make time for relaxation. Small changes to your routine can be ideal.

LIBRA - Sept 23/Oct 23
Embrace your artistic side this week, Libra. Consider a new hobby that will keep your mind busy. Social activities that involve creative pursuits also can bring inspiration and joy.

SCORPIO - Oct 24/Nov 22
Allow home and family to take center stage, Scorpio. Spend as much time as possible with loved ones and try to get to the root of any persistent, unresolved issues.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, this week focus on activities that afford a chance to learn and explore. You might want to take a class or try a new hobby. Curiosity can be exciting.

CAPRICORN - Dec 22/Jan 20
Financial matters may require some attention right now, Capricorn. Examine your budget and figure out if the new year requires some changes to how you're managing money.

AQUARIUS - Jan 21/Feb 18
Aquarius, new ideas may lead to some personal projects that inspire you. You might find that you'll be quite busy on these self-imposed tasks for the next couple of weeks.

PISCES - Feb 19/Mar 20
This is a good time to focus attention inward, Pisces. Make time for reflection and even some meditation if that is something that interests you. The rewards will be worth it.

FOOD SERVICE WORD SEARCH

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

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

WORDS

BAR-BACK
BARTENDER
BISTRO
BOUNCER
COMP
COVER
DISH
DOUBLE
DROP
EARLY BIRD
FILLER
FLATTOP
FRONT OF HOUSE
HAPPY HOUR
LINE
ORDER
PARTY
POINT OF SALE
REGULAR
RESERVATION
RUN
RUSH
SEATING
TICKET

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 I 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!

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

Level: Beginner

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

Level: Intermediate

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

Level: Advanced

FAMOUS BIRTHDAYS

JANUARY 5
January Jones, Actress (47)
JANUARY 6
Rowan Atkinson, Actor (70)
JANUARY 7
Robert Sheehan, Actor (37)
JANUARY 8
Cynthia Erivo, Actress (38)
JANUARY 9
Nina Dobrev, Actress (36)
JANUARY 10
Renée Rapp, Singer (25)
JANUARY 11
Mary J. Blige, Singer (54)

Wanted

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

Misc For Sale

20 & 40 FT METAL cargo containers, great for storage. Call for pricing and delivery. 731-689-5616.

When you want the best, you want Omaha Steaks! 100% guaranteed and delivered to your door! Our Butcher's Deluxe Package makes a great gift and comes with 8 FREE Burgers ONLY $99.99. Call 1-888-340-5603 and mention code 77318DHD or visit www.omahasteaks.com/Deluxe9705 (TNScan)

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Opportunities

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

Services

We buy 8,000 cars a week. Sell your old, busted or junk car with no hoops, haggles or headaches. Sell your car to Peddle. Easy three step process. Instant offer. Free pickup. Fast payment. Call 1-877-871-4358 (TNScan)

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Community Calendar

SHELBYVILLE FIRST UNITED METHODIST CHURCH

Shelbyville First United Methodist Church will have a hymn sing Sunday. It will be a morning of joyous song and fellowship as we celebrate the birth of the Savior. This week, the songs of Christmas will be the message. There will be multiple opportunities to request your favorite sacred Christmas hymn during worship. Sunday School for all ages begins at 9 a.m., followed by the worship service at 10 a.m. Nursery and Children's Church are available during worship. For those unable to attend in person, FUMC offers a livestream on Facebook and a broadcast on WLIJ 1580 AM.

BEDFORD COUNTY BOARD OF COMMISSIONERS
Monthly Commissioner Board Meeting
Tuesday, January 14, 2025 @ 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.
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 BEDFORD COUNTY, TENNESSEE

BRENDA WEST
Petitioner,
VS
SYDNEY SMARTT and PRESTON FRAZIER
Respondent CASE NO. 2019-JV-412
TO: SYDNEY SMARTT and PRESTON FRAZIER
Order of Publication

It appearing from the from the bill in this cause, which is the Last known residence and current address of the above listed defendants, SYDNEY SMARTT and PRESTON FRAZIER, are unknown and cannot be served with process, It is ordered that publication be made for four consecutive weeks in the Shelbyville Times-Gazette a newspaper published in BEDFORD COUNTY, TN requiring the said defendants, SYDNEY SMARTT and PRESTON FRAZIER To appear before the clerk of said Court on or before thirty days after the last Publication hereof and make defense to the bill filed in the above cause, which seeks Dependency and Neglect and Custody or otherwise said bill be taken for confessed and cause proceeded with expatte. This the 6TH day of December, 2024.

Solicitors for Plaintiff: HUNTER FOWLER (12124tlc)

SUBSTITUTE TRUSTEE'S SALE

Sale at public auction will be on February 28, 2025 on or about 11:00AM local time, at the South door of the Bedford County Courthouse, Shelbyville, Tennessee, conducted by the Substitute Trustee as identified and set forth herein below, pursuant to Deed of Trust executed by MACK DEKLE, to Andrew C. Rambo, Trustee, on April 7, 2006, at Record Book TD619, Page 231-247 as Instrument No. 06003384 in the real property records of Bedford County Register's Office, Tennessee.

Owner of Debt: U.S. Bank National Association, successor trustee to Bank of America, NA, successor in interest to LaSalle Bank NA, as trustee, on behalf of the holders of the Washington Mutual Mortgage Pass-Through Certificates, WMALT Series 2006-7 Trust

The following real estate located in Bedford County, Tennessee, will be sold to the highest call bidder subject to all unpaid taxes, prior liens and encumbrances of record:

Lying and being in the Third (3rd) Civil District of Bedford County, Tennessee, as follows:

Beginning at a metal pin on South margin of Mullinwood Road at the Northeast corner of Lot 9 and the Northwest corner of the property herein described; thence following the said South margin North 75 degrees 52 minutes East, 150.00 feet to a metal pin; thence leaving the said South margin South 14 degrees 08 minutes East, 272.36 feet to a metal min; thence South 78 degrees 28 minutes West, 150.15 feet to a metal pin; thence North 14 degrees 08 minutes West, 265.57 feet to the point of beginning and being Lot No. 10 in Mullins Mill Estates Subdivision, according to plat recorded in Plat Cabinet "A", Envelope 208 (formerly of record in Plat Book 2, page 179), of the Register's Office of Bedford County, Tennessee.

Being the same property conveyed to Mack Dekle, an unmarried person, by Deed from Richard F. Gardner and wife, Vickie Gardner, dates October 7, 2005, of record in Deed Book 272, page 879, Register's Office of Bedford County, Tennessee.

This conveyance is made subject to the minimum building setback line and utility easement as shown on said subdivision plat, and to restrictions of record in Deed Book 161, page 828, of said Register's Office.

Tax ID: 090 17300 000000
Current Owner(s) of Property: MACK DEKLE

The street address of the above described property is believed to be 2518 Mullinswood Road, Shelbyville, TN 37160, but such address is not part of the legal description of the property sold herein and in the event of any discrepancy, the legal description referenced herein shall control.

SALE IS SUBJECT TO OCCUPANT(S) RIGHTS IN POSSESSION.

THE RIGHT IS RESERVED TO ADJOURN THE DAY OF THE SALE TO ANOTHER DAY, TIME AND PLACE CERTAIN WITHOUT FURTHER PUBLICATION, UPON ANNOUNCEMENT AT THE TIME AND PLACE FOR THE SALE SET FORTH ABOVE. THE TERMS OF SALE ARE CASH. ANY TAXES OR FEES WILL BE THE RESPONSIBILITY OF THE PURCHASER. IF THE SALE IS SET ASIDE FOR ANY REASON, THE PURCHASER AT THE SALE SHALL BE ENTITLED ONLY TO A RETURN OF THE PURCHASE PRICE. THE PURCHASER SHALL HAVE NO FURTHER RECOURSE AGAINST THE GRANTOR, THE GRANTEE, OR THE TRUSTEE.

OTHER INTERESTED PARTIES: FIRST COMMUNITY BANK OF BEDFORD COUNTY AND MIDSTATE FINANCE COMPANY, INC.

THIS IS AN ATTEMPT TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

If applicable, the notice requirements of T.C.A. 35-5-101 have been met.

All right of equity of redemption, statutory and otherwise, and homestead are expressly waived in said Deed of Trust, but the undersigned will sell and convey only as Substitute Trustee.

If the U.S. Department of Treasury/IRS, the State of Tennessee Department of Revenue, or the State of Tennessee Department of Labor or Workforce Development are listed as Interested Parties in the advertisement, then the Notice of this foreclosure is being given to them and the Sale will be subject to the applicable governmental entities' right to redeem the property as required by 26 U.S.C. 7425 and T.C.A. §67-1-1433.

This property is being sold with the express reservation that the sale is subject to confirmation by the lender or trustee. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the purchase price. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney.

MWZM File No. 23-000020-850-3
Mackie Wolf Zientz & Mann, P.C., Substitute Trustee(s)
Cool Springs III
725 Cool Springs Blvd, Suite 140
Franklin, TN 37067
TN INVESTORS PAGE: HTTP://MWZMLAW.COM/TN_INVESTORS.PHP (12193tlc)

PUBLIC NOTICE

The Bedford County Board of Commissioners

On November 26, 2024, the Bedford County Regional Planning Commission unanimously recommended a rezoning request from Andy Haynes seeking to have 2531 Hwy 64 West (Map 085; Parcel 024.00) rezoned from A-1 (Agriculture-Forestry) to C-1 (Rural Center District). On December 17, 2024, the Rules and Legislative Committee of the Bedford County Board of Commissioners moved unanimously to place this rezoning request on the January 14, 2025 Bedford County Commission Agenda with a favorable recommendation.

On November 26, 2024, the Bedford County Regional Planning Commission unanimously made an unfavorable recommendation on a zoning request from Cesar Gomora Diaz and Jimmy Paola Paniagua seeking to have 2640 Hwy 41-A North (Map 048; Parcel 033.01) rezoned from A-1 (Agriculture-Forestry) to C-2 (General Commercial District) for a grading business office and parking space for construction equipment. On December 17, 2024, the Rules and Legislative Committee of the Bedford County Board of Commissioners moved unanimously to place this rezoning request on the January 14, 2025 Bedford County Commission Agenda with an unfavorable recommendation.

The public hearings will occur immediately before the Bedford County Commission meeting which will begin at 7:00 p.m. on January 14th, 2025. The public hearing and commission meeting will be held in the old Courthouse, 1 Public Square, 2nd Floor Meeting Chamber., Shelbyville, Tennessee 37160.

Accommodations

Persons with a disability who wish to request accommodation to participate in the Public Meeting should notify Suzanne Alexander at least one (1) business days prior to the Meeting at (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.

SUBSTITUTE TRUSTEE'S SALE

Default having been made in the terms, conditions, provisions and payments made and provided for in a Deed of Trust dated February 10, 2005, executed by James Womack and Ada Womack, husband and wife, to FMLS, Inc., Trustee, and recorded in Book TD578, Page 340 in the Register's Office for Bedford County, Tennessee, to secure the indebtedness therein described to AmSouth Bank, and the entire indebtedness having been called due and payable as provided in said deed of trust by FirstBank as successor-in-interest to AmSouth Bank, and said payment not having been made, and the lawful owner and holder of said indebtedness having appointed the undersigned, David G. Mangum, as substitute trustee by written instrument dated November 12, 2024, recorded in Book TD1137, Page 919 in the above mentioned Register's Office, notice is hereby given that I, the undersigned substitute trustee, or my designated agent, under the power and authority vested in me by said deed of trust, and having been requested to do so by the lawful owner and holder of said debt, will on Saturday, January 18, 2025 at 10:30 am at the main entrance of the Bedford County Courthouse located at 1 Public Square, Shelbyville, Tennessee 37160 sell at public outcry to the highest and best bidder for cash, free from the equity of redemption, homestead and dower, and all other exemptions and rights of every kind, all of which are expressly waived in said deed of trust, the following described tract or parcel of land more particularly described as follows:

A certain tract or parcel of land situated in the Seventh (7th) Civil District of Bedford County, State of Tennessee, being more particularly described as follows, to-wit:

Same being Lots #68, #69 and #70 and the adjoining 5 feet of Lot #67, Block "F" of the Highlands Subdivision to the City of Shelbyville, Tennessee. A plat of which is of record in Deed Book 30, Page 326, Register's Office, Beford County, Tennessee to which reference is here made for a more complete and accurate description.

DEED REFERENCE:

Being the same property conveyed to Jim Womack and Ada Womack hold a life estate by deed recorded 09/28/1998 in the Register's Office for Bedford County, in Book 227, Page 417.

Subject to any and all existing ROW, easements, setback lines and restrictive covenants of record in said Register's Office.

This description was taken from the deed of trust being foreclosed on of record in Book TD578, Page 340, said Register's Office.

TAX MAP-PARCEL NO.: 089O-E-022.00

PROPERTY ADDRESS: 305 Carter Street, Shelbyville, TN 37160, as shown on the tax maps for the Assessor of Property for Bedford County, TN.

This sale is subject to any and all unpaid real estate taxes; restrictive covenants, easements and setback lines; any and all redemption rights, including rights of redemption of any governmental agency, State or Federal, and any and all prior liens or encumbrances against said real property. Said sale is further subject to matters that an accurate survey of the property might disclose.

The property sold pursuant to this notice shall be sold "AS IS" and neither the Substitute Trustee nor the beneficiary of the Deed of Trust, nor any agent or attorney therefore, makes or shall make any warranty, whether express or implied, as to the condition, quality or quantity thereof, including, but not limited to, the enforceability of any lease affecting the property, the existence or absence of defaults under or the effect or this sale upon the rights of any party under such lease. The Substitute Trustee shall make no warranty of title, express or implied, and will sell and convey the subject real property by Substitute Trustee's Deed only.

The substitute trustee may adjourn or postpone the aforementioned sale of real property by public announcement at such time and place of sale, and from time to time thereafter may postpone such sale by public announcement at the time and place fixed by the preceding postponement or subsequently noticed sale, and without further notice make such sale at the time fixed by the last postponement, or may, in its discretion, give a new notice of sale. If applicable, the Notice requirements of T.C.A. § 35-5-117 have been met.

The failure of any high bidder to pay the purchase price and close the sale shall, at the option of the Substitute Trustee, be cause for rejection of the bid, and, if the bid is rejected, the Substitute Trustee shall have the option of making the sale to the next highest bidder who is ready, willing, and able to comply with the terms thereof. The proceeds derived from the sale of the property will be applied as provided for in said deed of trust.

Terms of sale: Cash
Substitute Trustee: David G. Mangum
Substitute Trustee
2303 8th Avenue South
Nashville, TN 37204
(615) 255-8690
Interested Parties: Bedford County Trustee
Bedford County Clerk & Master
Publish Newspaper: Shelbyville Times Gazette
Editions dated: 12/26/24, 1/2/25, 1/9/25
File #76345 (12-26-3tc)

PUBLIC NOTICE

The Bedford County Board of Commissioners

On October 22nd, 2024, the Bedford County Regional Planning Commission unanimously recommended a Resolution to adopt the 2021 ver. International Fire Code (Fire Code). The Bedford County, Tennessee Rules & Legislative Committee, on November 19th, 2024, voted unanimously to place the Resolution for the adoption of the Fire Code on the January 14, 2025, agenda for the Bedford County Board of Commissioners. As required by law, a complete copy of the Fire Code was placed with the Bedford County Clerk for a ninety (90) day public review.

On November 26th, 2024, the Bedford County Regional Planning Commission unanimously recommended a repeal of the previously ADOPTED Building Code for Residential Construction, the 2015 version - International Residential Code (Building Code), and to adopt the 2021 ver. IRC. On November 19th, 2024, the Bedford County Rules and Legislative Committee, voted unanimously to place the Resolution on the January 14, 2025, agenda for the Bedford County Board of Commissioners – the update required by the State Fire Marshall's Office for general compliance for local government to enforce its own building code. Tenn. Code Ann. § Sec. 13-7-105, requires (b) Prior to adopting an amendment as authorized under subsection (a), the county legislative body shall hold a public hearing on the amendment, with at least fifteen (15) days' notice given by at least one (1) publication in a newspaper of general circulation in the county. Notice was published in the Shelbyville Times Gazette, as required, on November 20th, 2024. In addition, one (1) complete copy of the Building Code, as required by law, was placed on file in the office of the County Clerk of Bedford County for public review.

The public hearings will occur immediately before the Bedford County Commission meeting which will begin at 7:00 p.m. on January 14th, 2025. The public hearing and commission meeting will be held in the old Courthouse, 1 Public Square, 2nd Floor Meeting Chamber, Shelbyville, Tennessee 37160.

Accommodations: Persons with a disability who wish to request accommodation to participate in the Public Meeting should notify Suzanne Alexander at least one (1) business days prior to the meeting at (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.

Richard C. Barber



Richard C. Barber, age 77 of Strawberry Plains, went to be with our Lord on December 17, 2024 after a brief illness.

He was born in Sweetwater but spent his adult life in Knoxville. He was a graduate of the University of Tennessee, graduating with a Bachelor of Science Degree in Computer Science in 1971. He went on to obtain his Masters of Computer Science in 1987. He retired as an Associate Professor of Computer Science and Information Technology in 2012 where he received an Excellence in teaching in 2000-2001 and a Gene Joyce Visionary award in 2003-2004.

Preceded in death by wife, Linda Cooper Barber; father, William Allen Barber; mother, Frances Elizabeth Wells Barber and brother, Donald O. Barber.

Survivors include brother, William George (Betty) Barber Sr. of Venice, FL; sister, Mary Ann (Alvin) Martin of Murfreesboro, TN; several nieces and nephews.

Richard was a dedicated husband and cherished his family, friends and Colleagues.

In lieu of flowers, he asked that you donate to an Animal Shelter affected by the flood area in our State or to the American Cancer Society of Knoxville, TN in his name.

McCarty-evergreen Funeral Home is in charge of arrangements.

Frederick Neal Hicks



Frederick Neal Hicks of Shelbyville, TN formerly of Eaton Rapids, passed away December 15, 2024, at the age of 76. Neal was born in Lansing, Michigan on December 12, 1948, the son of Frederick and Phyllis (Olin) Hicks. He went on to serve as a missionary in Japan for much of his life, later returning to the U.S., specifically Nashville, Tennessee, to minister to the Japanese community living there. He loved connecting with people and doing his best to genuinely care for them, which included cooking for and counseling those in need. When he wasn't working, he loved spending time with his wife and kids, driving his Corvette and playing golf.

Neal is survived by his wife, Shirley Hicks of Shelbyville; children, Neal (Neeva Chitrakar) Hicks Akasaka of Nashville, and Phillip (Marina Pearce) Hicks Akasaka of Orlando, FL; granddaughter, Ayana Chitrakar Akasaka; brother, Michael Hicks. He is preceded in death by his first wife, Mari Akasaka Hicks; siblings, Karen Glynn and Candice Hardenburg.

A funeral service was held at the First United Methodist Church of Eaton Rapids on Saturday, December 21, 2024, at 10:30 am with visitation from 9:00-10:30 am. Interment followed the service in Rosehill Cemetery.

For those desiring, memorial contributions may be made to Crossroads of the Nations, 7116 Crossroads Blvd, Brentwood TN 37027 in loving memory of Frederick Neal Hicks. Arrangements were entrusted to the Mills Funeral Home, Shelly-Odell in Eaton Rapids. To leave condolences for the family, visit our website www.mills-funeral.com.

Diane Alford Wikert



Diane Alford Wikert, 69, of Shelbyville, died December 18, 2024.

Funeral services were held 2:00 P.M. Monday, December 23rd, at Hillcrest Funeral Home with the Rev. John Russell officiating. Burial followed at Hillcrest Memorial Gardens. Visitation began at 12:00 P.M.

She was preceded in death by her parents, John William Alford and Rosie Mai Gregory Smith; brothers, Terry Alford, Perry Alford, Jerry Wayne Alford and sister, Margie Martin.

Diane is survived by her husband, Robert Alan Wikert; a sister, Shirley Rodriguez; a brother, Gerry Alford and several nieces and nephews.

Leroy Johnson



Leroy Johnson was born on December 19, 1938, in Bedford County, to the late Edmond D and Mattie Lou Johnson. He transitioned from this earthly home to his heavenly home surrounded by family on December 20, 2024.

He was preceded in death by his parents—Edmond and Mattie Johnson of Normandy,; his son, William Harding of Chapel Hill; five brothers, Thomas and Charles Johnson of Shelbyville, Terry and Gene Johnson of Normandy and Author Johnson of Manchester; and one sister, Luella Johnson Payne, of Murfreesboro.

He leaves to cherish his memory a devoted friend—Stella Louise Brown of Shelbyville; three sons: Roy Brown (Janice), John Brown (Teresa) and Joseph Bump Brown (La Fonda) of Shelbyville; two daughters, Rochelle and Beverly Hall of Shelbyville; four brothers—Sam Johnson of Dawson, GA, Frank and Danny Johnson of Shelbyville and Michael Johnson of Lewisburg; two sisters, Doris Johnson of Normandy and Onetta (Rickey) McGear of Shelbyville; his favorite great-granddaughter, Shilaya Tidwell aka (Pooh); four grandchildren and nine other great-grandchildren; and a host of nieces, nephews, other relatives, and friends.

Visitation was Saturday, December 28, 2024, at 10:00 am at Mt. Zion Haley with funeral services following at 11:00 am with Rev. Dr. Sandra Avent officiating and Elder Paul Rippy as eulogist.

Interment followed at Haley Cemetery in Wartrace.

J.A. Welton & Son Funeral Home is in charge of the arrangements.

Senior Living
New Year health checkup



Superfoods *to the Rescue*

10 Foods *to Protect* Joint & Brain Health

1. **Berries**
2. **Avocados**
3. **Wild Salmon**
4. **Green Tea**
5. **Dark Chocolate**
6. **Nuts & Seeds**
7. **Dark Leafy Green Vegetables**
8. **Turmeric**
9. **Broccoli**
10. **Onions & Garlic**

Avocados are beloved by foodies, particularly those who enjoy guacamole. But flavor is not the only reason to love avocados, which the Cleveland Clinic notes are good sources of these nutrients and vitamins.

Folate: Folate promotes normal cell function and tissue growth. The nutrition database of the U.S. Department of Agriculture indicates that one-half of a raw avocado contains about one-fifth of the daily recommended amount of folate.

Vitamin K-1: Researchers believe vitamin K-1 helps to maintain bone mineral density, and the Harvard T.H. Chan School of Public Health reports that vitamin K helps to produce four of the 13 proteins needed for blood clotting. Livestrong.com reports that one cup of mashed avocado contains as much as 40 percent of the daily recommended value of vitamin K.

Potassium: Though bananas often are touted for their potassium, the Cleveland Clinic reports that avocados contain more of this heart-healthy essential mineral than bananas. Potassium helps to control blood pressure and promotes a healthy heart.

Vitamin C: The health care experts at Cedars Sinai note that avocados are a great source of vitamin C. What's more, Cedars Sinai reports that avocados help the body absorb nutrients, allowing it to utilize them more effectively.

Fiber: High fiber diets provide a host of benefits, as fiber helps to lower blood sugar and reduce bad cholesterol. Cedars Sinai estimates that one avocado contains around 10 grams of fiber, which is roughly half the recommended daily fiber intake for women and nearly one-third the recommended intake for men.

Despite their high nutrient content, avocados should be consumed in moderation. That's because the Cleveland Clinic notes that a single avocado can contain upward of 400 calories.

Avocado Milkshake (California Avocado Commission)

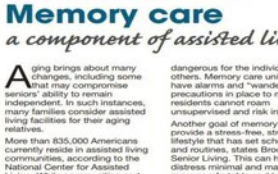
Serves: 4

2 ripe, Fresh California Avocados
2 cups vanilla ice cream
2 cups milk
2 tsp. pure vanilla extract
2 tsp. lemon extract

Instructions-In a blender, puree the ingredients. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.



HEALTH & Aging



Memory care
a component of assisted living

Aging brings about many changes, including some that may compromise seniors' ability to remain independent. In such instances, many families consider assisted living facilities for their aging relatives.

More than 835,000 Americans currently reside in assisted living communities, according to the National Center for Assisted Living. While communities and homes provide various services, one service in particular may be needed for seniors with Alzheimer's disease, other dementias or memory problems. Memory care units are separate facilities that cater to people with dementia or other memory issues.

According to the senior residence referral and resource guide A Place for Mom, memory care is a distinct form of long-term skilled nursing. Also called special care units, memory care facilities provide 24-hour supervised care for individuals. This care is often carried out in a separate wing or floor of a residential facility or community.

Memory care facilities aim to provide a safe and secure environment for residents. This means limiting entry or egress to other areas of the facility for those who may have trouble navigating and remembering where they started out. The Alzheimer's Association notes that six in 10 people with dementia will wander and become disoriented. This is dangerous for the individual and others. Memory care units often have alarms and "wander guard" precautions in place to make sure residents cannot roam unsupervised and risk injury.

Another goal of memory care is to provide a stress-free, structured lifestyle that has set schedules and routines, states Brookdale Senior Living. This can help keep distress minimal and make for more comfortable and happy residents.

In addition, memory care units offer programs that help slow the progression of dementias and cultivate cognitive skills. Fitness exercises, games, specialty food programs, activities, and much more may be offered to make residents more comfortable. Memory care facilities include common spaces for socialization, meals and activities.

"Alzheimer's patients must maintain their activity, walking, interacting with music, and art," says Lory Bright-Long, MD, CMD, of the American Medical Directors Association. "We have to awaken the senses so that the memory can have a hook. This is accomplished in the memory care setting."

It is important for those considering assisted living and nursing home facilities to inquire about specific memory care units if a loved one requires this environment. Start the search at APlaceForMom.com.

Bedford County property transfers

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

File date: December 17

Location: Sim Rd; Seller, Curt M Cobb Clerk and Master, Martha Elizabeth Moore; Buyer, Wayne Neese; Price, $17,500 (Deed).

Location: 140 Holly Ct Unionville; Seller, Darryl E Davis, Amanda Davis; Buyer, Jake Owens Garrette, Lauren Garrette; Price, $645,050 (Deed).

File date: December 18

Seller, Black Diamond Construction LLC; Buyer, Brooke Way; Price, $549,000 (Deed).

Location: Old Columbia Rd; Seller, Colette Bales; Buyer, Kenneth Richard Klootwyk, Frankie Jene Klootwyk; Price, $95,725.30 (Deed).

Location: 105 Andrew Dr Wartrace; Seller, Jack G Heffington; Buyer, Kevin Overcast, Ashley Overcast; Price, $489,000 (Deed).

File date: December 19

Location: 888 Haskins Chapel Rd; Seller, Lawbsholdings LLC; Buyer, Deanna Walton, Lucas Myers; Price, $250,000 (Deed).

Location: 119 Elizabeth St; Seller, David Bradford, Greg Curl, Joey Curl; Buyer, Landon Gillow; Price, $233,000 (Deed).

Location: 118 South Branch Court; Seller, Robinson Home Buyers LLC, William Russell Robinson, Lesley Anne Robinson; Buyer, Mark Walling, Sara Louise Joslyn; Price, $419,000 (Deed).

Location: 114 Maupin Circle; Seller, David A Brown; Buyer, David A Brown, Ranea A Brown, David and Ranea Brown Living Trust; Price, $0 (QD).

Location: Bryant Rd; Seller, Randy F Perryman; Buyer, Ryan Forrest Perryman; Price, $0 (QD).

File date: December 20

Seller, Sherry W Lawell, Martha Dean Gilbert Winnette Estate, Dean G Winnette, Sherry Lawell; Buyer, Christopher Wayne Harris; Price, $0 (Deed).

Location: 2605 Mullinswood Rd; Seller, Nancy C Holman; Buyer, Charles F Holman; Price, $10 (QD).

Location: 262 Henderson Rd; Seller, Perry J Walchshauser; Buyer, Justin Theodos, Courtney Theodos; Price, $511,800 (Deed).

Location: 901 Old Nashville Dirt Rd; Seller, Laketia Elaine Haley; Buyer, Wallace Lee Chambers III, Melanie Alice Lechner, Julian Ahler Chambers; Price, $0 (QD).

Location: Hwy 231; Seller, David T Craig II, Carissa Davis, Carissa Craig; Buyer, David T Craig II, Carissa Craig; Price, $0 (QD).

Location: 582 Sinking Creek Rd; Seller, Dusty Ray Hedstrom, Rebecca Faye Morris, Trina Laureen Pierce; Buyer, Coleman Svadbik; Price, $256,000 (Deed).

Location: 215 Coney island Rd; Seller, Gary Boyce Construction LLC; Buyer, Phillip Gass; Price, $279,000 (Deed).

Location: 480 Kingdom Rd Unionville; Seller, Ronald Nelson Wix, Susan Elizabeth Wix; Buyer, Ryan Harrison Keller; Price, $520,000 (Deed).

Location: 226 Sims Spring Rd; Seller, Kerry D Yoes, Whitney G Yoes; Buyer, Jacie A Neeley, Jacob H King; Price, $80,000 (Deed).

Location: Coffee Rd; Seller, Chris Holloway, Melanie Holloway; Buyer, Phillip White, Kimberly White; Price, $1,020,000 (Deed).

Location: 141 Cleveland Road; Seller, Katherine C York Estate, Bobby Ray Dixon, Tammy Lynette Larson, Teresa Lee Wise; Buyer, Nancy Jane Roberts; Price, $365,000 (Deed).

Healthy ways to cope with stress



Stressful experiences are a part of life, and the physiological responses that occur in response to these challenges are natural tools humans developed as survival mechanisms. People learn and grow as they deal with positive stressful occurrences, such as when speaking in public or taking a test. But when stressors cannot be avoided or prove chronic, the body's response to stress can take a toll on a person's mental and physical well-being.

Illnesses and tragedies, inflation, an uptick in strong storms and subsequent weather-related disasters, and global conflicts have proven stressful for people around the world. According to a report from the American Psychological Association titled "Stress in America 2023: A Nation Recovering from Collective Trauma," the long-term stress sustained since early 2020 has had a significant impact on well-being, as evidenced by an increase in chronic illnesses. The report found people between the ages of 35 and 44 have been particularly affected.

Long-term stress poses many health risks, including wear and tear on the immune system and an increase in worry, anxiety and irritability. Some people turn to drugs or alcohol to combat stress, but there are healthy options. The following are better ways to cope with stress.

· Reduce the number of stressors. It is not possible to remove all of the stress of life, but people can try to reduce some forms of stress. Think about sharing some responsibilities or asking for help. If a person is causing you stress, then distance yourself from this person as much as possible. Work is a major source of stress for many people. Finding a new job or cutting back on tasks could help.

· Get quality sleep. Prioritize sleeping better and longer. Fatigue can exacerbate the ability to deal with even minor stressors, leaving you more irritable and edgy. Most adults require between seven and nine hours of sleep per night, so adjust your schedule to achieve this.

· Plan for daily exercise. The APA says brisk movement improves sleep and can combat stress. In one study titled "Relationships between Leisure Time Physical Activity and Perceived Stress," first published in 1996, researchers found that working adults who engaged in moderate physical activity had half the perceived stress when compared to working adults who did not participate. A 30-minute session each day can work wonders.

· Engage in pleasurable activities. It's easy to drop fun things from the schedule when stress is high. But the Cleveland Clinic advises making time for pleasurable things as a means to combatting stress. Laughter and humor can go a long way towards reducing stressful feelings, so a night out at a comedy show or watching a funny movie can help.

· Improve your diet. Well-nourished bodies can handle stressors, illnesses and life in general much easier. Aim for a well-balanced diet that is low in processed foods and sugar. Avoid alcohol, caffeine and nicotine, as each can worsen stress in the long run, according to Sutter Health.

Stress is a natural part of life. When stress becomes too much to take, individuals can cope in various healthy ways.

A beginner's guide to figure skating



Figure skating is both an athletic and artistic pursuit. Figure skaters often begin training at very young ages and undergo intense sessions if they have goals to skate competitively. However, the majority of people who take to the ice during the holiday season or when local rinks have open skate sessions probably do not aspire to compete in national competitions or the Olympics. Such individuals enjoy the physical workout and want to learn to skate better.

It's never too late to learn how to skate. These guidelines can help the process for beginners.

· Start with realistic expectations. Your first time out on the ice might not be your finest hour of skating. Although some people are "naturals," learning to balance on two thin blades on a very slick surface takes practice. Go slowly and expect that you will fall several times. Increase your confidence in small increments.

· Build up your core. According to former professional figure skater Cleo McGee, ice skating is a sport that requires a lot of core strength. Enroll in a pilates or yoga class or another core-strengthening activity, which can help you once you're on the ice.

· Consider a figure skating club. Aspiring skaters in the United States can find places (and often coaches) with whom to train through the U.S. Figure Skating body. Search for a club near you online. Canadians are encouraged to learn through the CanSkate program.

· Get the right equipment. Beginner skaters may be tempted to rent skates, and that is fine for the first time out on the ice. However, if you commit to figure skating, it's best to purchase skates that fit you well. Used skate blades may be dull and not as well-maintained. Also, invest in hip pads, padded shorts and knee pads to protect areas of the body when falls inevitably happen.

· Avoid blisters and cold hands. Wear gloves and two pairs of socks to protect your extremities. It's cold on the ice, particularly when skating outdoors.

· Hit the rink at the right time. Learning to skate with dozens of harried skaters zooming around you can induce anxiety. If possible, try to visit the rink when it is relatively empty and the ice has been freshly prepped. Trying to glide when there is a lot of ice shavings and people can prove challenging.

· Take some lessons. Learning the right technique is key, and the U.S. Figure Skating Association recommends working with a trained coach. These early lessons will help you learn basics like skating on two feet, stopping, performing dips, getting up from falls, and eventually spins and jumps, if desired. Learning proper skills from the start can move progress along and help prevent injuries.

With a little patience, bravery and training, beginners can get started on their figure skating journeys.

Common exercise injuries and how to avoid them

Routine exercise is one of the pillars of a healthy lifestyle. Daily physical activity can help fend off a host of issues that can adversely affect quality of life and long-term health. But exercise carries the possibility of injury, and avoiding injuries involves both recognition of that risk and knowledge of what can be done to avoid issues that can sideline individuals looking to physical activity as a means to staying healthy.

Shoulder injuries

The National Institute of Arthritis and Musculoskeletal and Skin Diseases notes that exercises and sports that involve repetitive motion can contribute to various shoulder injuries. For example, an impingement can occur when the top of the shoulder blade applies pressure to the soft tissue beneath as the arm is lifted. Swimming is a highly effective and beneficial exercise, but the NIAMS notes it can increase the risk for impingement. The Cleveland Clinic notes that shoulder impingements may be classified as rotator cuff tendinitis, shoulder bursitis or acromion deformity, while adding that impingements are estimated to be responsible for around half of all instances of shoulder pain. Shoulder impingement prevention strategies include warming up and cooling down prior to exercising. Such an approach can loosen muscles and prepare them for exercise. In addition, the Cleveland Clinic advises wearing the right attire for exercise and urges individuals to stop exercising the moment they feel pain. If pain persists, visit a health care provider before exercising again.

Elbow injuries

Elbow injuries also are common among individuals who engage in activities that require repetitive use. Such injuries may include tennis elbow, which is caused by the development of small tears in the tendons of the elbow that can wear them down and result in painful inflammation, and golfer's elbow, which begins with pain in the inner part of the elbow but can spread to the forearm and wrist. The names of such injuries suggest tennis players and golfers are particularly vulnerable to them, but various physical therapy experts note that repetitive activities such as weightlifting can contribute to these conditions as well. Orthopedic professionals emphasize the importance of stretching arm and hand muscles regularly to reduce the risk of elbow injuries. In addition, avoiding overuse, which can happen when physically active individuals do not incorporate off days into their workout regimens, can help to reduce risk for elbow injuries.

Knee injuries

The NIAMS notes that the joints are particularly susceptible to injury since so much is asked of them, particularly during physical activities. So, it's no surprise that knee injuries join issues affecting the shoulders and elbows among the concerns physically active individuals must be aware of. According to the NIAMS, a torn anterior cruciate ligament (ACL) can occur when the knee is overextended or twisted, while runner's knee affects runners, hikers and cyclists and causes pain or tenderness under the kneecap or at the front of the knee. Torn ACLs might be most associated with physically active individuals who play sports like soccer and basketball, but improper form while lifting weights also can put stress on the knee, potentially leading to a tear in the ligament. Johns Hopkins Medicine recommends various strategies to individuals hoping to reduce their risk for runner's knee, including stretching before and after physical activity and running leaning forward with knees bent.

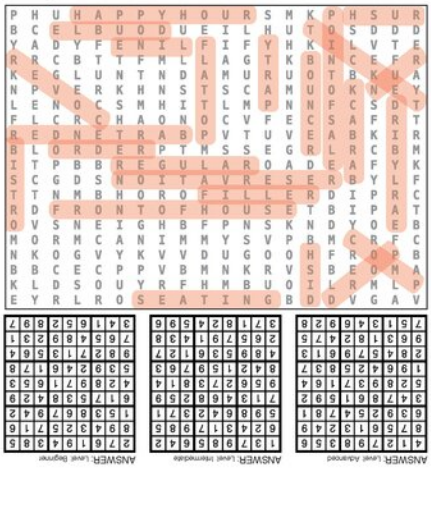
Physical activity is vital to long-term health, but individuals must be aware of injuries that can arise during physical activity and what can be done to prevent them.

PUZZLE SOLUTION

CR-ASH COURSE

By Kenneth Holt

1 A	2 P	3 E	4 R	5 S		6 B	7 A	8 S	9 R	10 A		11 C	12 H	13 A
14 R	A	T	I	O		15 A	D	I	E	U		R	E	F
16 C	R	A	D	L	E	S	O	N	G	S		17 O	R	R
			18 E	O	N			19 C	A	T		20 W	O	O
21 A	22 S	23 C	R	I	B	E		24 E	R	R	A	N	D	S
25 C	A	R		26 S	L	A	P		27 D	A	M	P		
28 E	M	U		29 T	O	G	A	S		30 L	O	R	I	S
31 R	O	C	S		32 C	R	E	A	M		33 K	I	L	L
34 B	A	I	T	S		35 E	A	V	E	S		36 N	E	E
		37 F	E	T	A		38 N	O	D	E		39 C	U	E
40 S	L	I	P	U	P	S		41 R	I	C	H	E	S	T
42 P	I	X		43 C	E	L		44 A	T	E				
45 L	E	I		46 C	R	I	M	I	N	O	L	O	G	Y
47 A	G	O		48 O	C	C	U	R		49 R	O	U	S	E
50 Y	E	N		51 S	U	E	D	E		52 S	T	R	A	W



How to design a fitness room at home

People exercise for many different reasons. Exercise can improve one's appearance, reduce the risk for illness or alleviate stress.

Building a home fitness room has never been timelier and such a project can continue to provide rewards even when life is a bit stressful.

Find a dedicated space. Possible fitness locations include a spare bedroom, a garage and a patio. Leave plenty of floor space for movement exercises or mat activities.

Keep the space bright. Darkness can zap energy levels.

Consider the flooring. Make sure footing is good or use a good exercise mat.

Use space-saving equipment. Bigger machines are not necessarily better if you're in cramped quarters.

Put a TV with beautiful scenery and music or a computer with music in the room. A little ambiance goes a long way in exercise motivation.

Middle Tennessee's Upset Bid Falls Short Against No. 1 Tennessee, 82-64

MT ATHLETICS

KNOXVILLE, Tenn. — Middle Tennessee's historic upset bid came up just short on the road on Rocky Top, falling 82-64 to No. 1 Tennessee to close non-conference play and wrap up the 2024 calendar year.

Both teams started hot, combining for 18 points in the first five minutes. The Volunteers held early control, leading 11-7 at the first media timeout. The Blue Raiders then limited Tennessee's high-powered offense to just three points in the next few minutes, heading into the under-12-minute timeout down 14-12.

After the break, UT went on a 7-0 run over the next minute and a half, but MTSU was not going down without a fight. The Blue Raiders forced five turnovers in two minutes, capping a 7-0 run of their own. Camryn Weston scored six straight points, accompanied by Justin Bufford and Jestin Porter long-range shots, giving MTSU a 32-30 lead. It was the first time all season the Vols trailed at the half.

The teams traded baskets before Tre Green, Torey Alston, and Weston hit key shots to give MTSU a 40-34 advantage at the break. The score marked the first time all season that the Vols had trailed at half and given up 36-plus points in the first 20 minutes. Weston led all scorers with 17 points, followed by Porter (8) and Lands (7).

Tennessee came out strong in the second half, scoring eight points in the first three minutes to pull within one. Both teams tightened up defensively but traded three-pointers — one from UT and another deep shot from Weston — making it a 49-46 game.

The Blue Raiders began getting into foul trouble, putting Tennessee in the bonus with 14 minutes remaining. The Vols regained control, taking the lead for the first time in over 12 minutes. After trading scores and fouls, Tennessee held a 61-58 lead heading into the under-8 media timeout.

The Vols then went on an 11-1 run over five minutes, putting the game out of reach. Tennessee finished strong, winning 82-64 and ending MTSU's historic upset bid.



Camryn Weston (24) guarded by Jordan Gainey (11) during his game-high 24-point night in Knoxville on Monday.

Photo courtesy of MT Athletics.

By the Numbers:

6: MTSU held a 40-34 lead at halftime, marking the first time this season Tennessee trailed at the break.

24: Cam Weston led MTSU with 24 points, his second-highest career total.

1: Monday marked the first time MTSU faced the No. 1 team in the nation in its history.

6: The Blue Raiders made six three-pointers in the first half.

9: Weston shot 9-12 in the first 26 minutes of the contest, setting a new top mark for the most made field goals in a full game by a single player against Tennessee in 2024-25.

17: Weston's 17 first-half points tied for the most in a frame by a Tennessee foe this season, matching the mark by Baylor's Norchad Omier.

McDevitt's Mic

"They are the number one team in the country for a reason, but I was proud of our team," said head coach Nick McDevitt. "There were a couple of breaks that didn't go our way, but they challenge you in a good way with being super physical. You don't have to play perfect, but you need a ton of things to go your way and they didn't. We wanted to play fast and score through transition, because I feel we had the advantage with speed and did not want them to get set up in their defense."

What's Next?

The Blue Raiders are on the road to Miami, Fla., January 2 to start Conference USA play against the FIU Panthers. The Panthers are 5-7 on the season and will play one final non-conference matchup before beginning league play.

Eaglettes Finish 2-0 at Marshall County Christmas Classic

BY NOAH MADDOX
noah@t-g.com

LEWISBURG, Tenn. — The Shelbyville Central Golden Eaglettes took home a pair of victories before the Christmas holiday, taking down both Culleoka and Centennial at the Marshall County Christmas Classic.

Shelbyville first handled Culleoka with ease, 54-30, behind Janiya Leslie's team-high 13 points. Lanaya Young also reached double-figures, finishing with 10 points of her own. In all, 10 different Eaglettes put their names in the scoresheet en route to the 24-point win.

Culleoka struggled offensively to get anything going, scoring just 11 points at halftime after Shelbyville raced out to a 25-11 lead at the break. From there, the Eaglettes held Culleoka to just 19 second-half points, never allowing more than 10 points scored in any quarter as Shelbyville pulled away for the easy victory. Kendall Reischman finished with a team-high 13 points for Culleoka, but finished just 7/17 from the free throw line on the night.

In the second game the following day, Shelbyville took the defensive intensity to another level, defeating Centinnial, 64-24. The Eaglettes forced 25 Lady Cougars' turnovers and scored 63 of their 65 total points in the first three quarters.

Lanaya Young led the way with a game-high 14 points for Shelbyville. She was joined by three teammates in double-figures as well with Janiya Leslie, Morgan Pridemore, and Jada Berry all contributing with 12 points, 12 points, and 10 points, respectively. Eight of Berry's points came in the third quarter as part of a 27-point team effort.

For Centennial, Mabry Simmons scored a team-high nine points while Addison Pauley chipped in with eight points of her own.

Shelbyville Central held a slim early advantage, 12-9, after the opening period, but turned things up a few notches starting in the second quarter, outscoring the Lady Cougars, 24-4, to take a commanding 36-13 lead into the halftime locker room.



Lanaya Young (24) scored 24 points over the two games at Marshall County. *T-G Staff photo.*

The Eaglettes came out of the locker room with the same intensity they closed the first half with, outscoring Centennial, 27-6, to take a 63-19 lead into the final frame, leading to the 65-24 final score.

Shelbyville Central finds themselves at 8-5 heading into 2025. They are scheduled to travel to Clarksville NE on Monday, January 6 with tip-off slated for 6:00 p.m.

Foul Trouble Dooms Champs In Loss Against Kirkwood

BY NOAH MADDOX
noah@t-g.com

MURFREESBORO, Tenn. — The Cascade Champions saw four of their five starters reach disqualification in a 60-55 loss to the Kirkwood Cobras in their penultimate game before the Christmas holiday in the Outback Classic.

Jason Cullum, Kaleb Kelso, and Tyler Rodgers each scored 10 points apiece, but it wasn't enough to overcome the 33 free throw attempts by the Cobras. Kirkwood only shot 14/33 from the charity stripe overall, but they were able to come away with the victory thanks to the Cobras' defense holding Cascade to just eight points in the third quarter.

Cascade got as close as one point, 49-48, but thanks to the foul trouble, Kirkwood was able to close on an 11-7 run to keep the Champs at arms length.

Cullum, Kelso, Rodgers, and Henry Stone all picked up their fifth foul in the second half. Stone finished with seven points while Kelso added seven rebounds and five assists to his 10-point night.

For Kirkwood, Anthony Goring finished second on the team with 13 points while Chance Austin led all scorers with 18 points on 7/13 shooting from the field. Austin finished 4/11 at the free throw line while Goring shot 5/10 from the charity stripe.

Cascade came out of the gates with some rhythm offensively, scoring 18 points in the opening frame while holding Kirkwood to just 10 points. The Champions continued their offensive output in the second quarter as well, but the Cobras actually outscored Cascade, 13-12, to send the game to the halftime locker room with the Champions in front by seven, 30-23. Cascade shot 3/5 from downtown in the first quarter, but missed their only outside shot they attempted in the second period of play.

In the third quarter, Cascade struggled to get going, committing five turnovers in the period to go along with shooting 3/11 from the field as Kirkwood scored 19 points to take a 42-38 lead into the final frame.

In the fourth quarter, Cascade shot 4/7 from downtown and cut it to as close as 49-48, but in the end could not overcome the foul trouble and fell to the Cobras, 60-55.

MTSU Baseball 2025 Season Tickets Are On Sale

MT ATHLETICS

MURFREESBORO, Tenn. — Season tickets for the 2025 Middle Tennessee baseball season are now available.

MTSU will host 35 games throughout the season, including 19 of the first 21 games the Blue Raiders will play. The season kicks off at Reese Smith Jr. Field in just 59 days on Feb. 14 against the Bowling Green Falcons.

The Blue Crew is scheduled to host Jacksonville State and Sam Houston in May for the first time since the teams joined Conference USA.

Reese Smith Jr. Field will also be busy from Feb. 28 to March 2 for a jamboree-style tournament with UT Martin, St. Bonaventure, and former CUSA foe Old Dominion. Each team will play one another that weekend, and your season ticket will be valid for all of those games.

Season tickets start as low as $50 for a single bleacher seat, $60 for a reserved chairback seat or our popular Family Pass, a four pack of season tickets for $72 (4 tickets at $18/seat) – which is less than $0.55/game, per seat.



Photo courtesy of MT Athletics.

Lady Champs Lose To Notre Dame, Beat Monterey and Barbourville at Smoky Mountain Christmas Classic

BY NOAH MADDOX
noah@t-g.com

GATLINBURG, Tenn. – The Cascade Lady Champions finished 2-1 in their now-annual trek to East Tennessee in the Smoky Mountain Christmas Classic, losing to Notre Dame, 40-29, before taking down Monterey and Barbourville (KY) in the final two games.

Kaydence Miller led Cascade with seven points against the Fighting Irish as Cascade struggled to find any offensive rhythm in their first game of the Classic. Meanwhile, Notre Dame found just enough scoring from Mimi Lee and Callie McCormick, who scored 12 points and 10 points, respectively.

Notre Dame took a 15-8 lead into the halftime locker room before both teams began to show some signs of life offensively in the second half. Lee scored 10 of her 12 points in the final two quarters to lead all scorers as the Fighting Irish kept just enough distance between themselves and Cascade to hold on to the 11-point win.

The next day, the Lady Champions responded with a resounding win, 63-40, over the Monterey Lady Wildcats that featured a 42-point second half from Cascade. 12 different Lady Champs found themselves on the scoresheet, led by a team-high 12 points from Kaydence Miller. Caroline Parker, Sopie Ray, and Lizzie Keele each contributed with nine points, eight points, and eight points, respectively, as Cascade pulled away from Monterey in the final two quarters.

For the Lady Wildcats, Mackenzie Vestor put in a game-high 17 points, including 14 of them in the first half to help tie the game up at 21 going into the halftime locker room.

In the third quarter, Cascade outscored Monterey, 18-14, to take a 39-35 lead going into the final frame. Impressively, the Lady Champions exploded for 24 points while holding the Lady Wildcats to just five points, pulling away for the emphatic 23-point win.

In the third and final game of the weekend, Cascade took on a Barbourville squad from Kentucky, about a two-and-a-half-hour-long drive from Rocky Mountain Sports World, sending the out-of-state squad home with a sour taste in their mouths after the Lady Champions took down the Lady Tigers, 62-32.

Lizzie Keelse led the way with a game-high 14 points while Kaydence Miller and Caroline Parker also reached double-figures in scoring with 12 points and 11 points, respectively. Parker and Miller did all their damage in the first half, helping spark Janie Demonbreum's squad to a 50-point first half, by far their highest all season for a first half. This was following their 42-point second half explosion the previous day against Monterey.

For Barbourville, Layla Brock led the way with a team-high seven points as the Lady Tigers struggled to find offense, scoring just 11 points in the first half and going into the halftime locker room trailing by 39 points, 50-11. Cascade outscored Barbourville 21-2 in the opening period before extending their lead at halftime thanks to a 29-9 second quarter. The Lady Champions scored just 12 total points in the second half as they emptied the bench early and often to close out their trek to the Smoky Mountain Classic with a 30-point victory.

Cascade finishes the weekend with a 5-6 record overall on the season. The Lady Champions are scheduled to host Murfreesboro Central Magnet in a rematch on Friday, January 3, LIVE on The Zinger 100.9 starting at 5:45 p.m.



The Cascade Lady Champions break the huddle during their trip to Gatlinburg for the Smoky Mountain Christmas Classic. Cascade went 2-1 in East Tennessee before the holidays. *Photo courtesy of David Smith.*



Kaydence Miller (14) scored in double-figures in all three games at the Smoky Mtn. Christmas Classic. *Photo courtesy of David Smith.*



Sophie Ray (5) puts in 2 of her 8 points against Monterey in Gatlinburg. *Photo courtesy of David Smith.*

MTSU Softball Announces Winter Camps Schedule

MT ATHLETICS

MURFREESBORO, Tenn. – The 2025 Middle Tennessee Softball winter camps have been announced by Head Coach Jeff Breeden.

This winter will feature two pitching/softball camps and six hitting camps. The pitching/catching camps will take place at the MTSU Rec Center and the hitting camps will take place at Blue Raider Softball Field.

The camps are limited to 9th-12th graders and there are limited spots available. All camps are $159. The dates and times for the camps are as follows:

Pitching/catching camps

January 11 5:30-7:30 pm – MTSU Rec Center

January 18 5:30-7:30 pm – MTSU Rec Center

Hitting camps

January 11 9:00-11:00 am – Blue Raider Softball Field

January 11 11:30 am - 1:30 pm – Blue Raider Softball Field

January 11 2:00-4:00 pm – Blue Raider Softball Field

January 18 9:00-11:00 am – Blue Raider Softball Field

January 18 11:30 am - 1:30 pm – Blue Raider Softball Field

January 18 2:00-4:00 pm – Blue Raider Softball Field



Photo courtesy of MT Athletics.

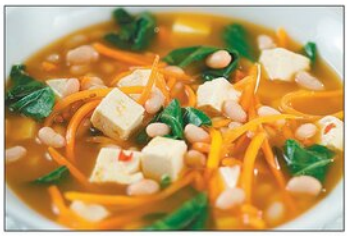


Get the Latest Healthy Lifestyle News



The Times-Gazette will continue to provide our community with information relating to health, fitness and nutritional eating throughout 2025. We would love to feature your business.
Contact Dawn at dawn@richardsonmediagroup.net

Food is a critical component of healthy living, helping people to reduce their risk for illnesses and even helping them to overcome colds and other ailments. The properties of soup, for example, can chase away chills and offer other benefits. Soup is hydrating, and the ingredients included in the recipe may be able to do everything from tame coughs to reduce mucus to boost the immune system.



This recipe for "Navy Bean and Collard Greens Soup" courtesy of John La Puma, M.D., Chef, includes collard greens. When one chops or chews collard greens, he or she gets the powerful, helpful chemicals isothiocyanates and indole-3-carbinol. They can help the liver produce enzymes that detoxify cancer-causing toxins in the body. In addition, the soup includes tofu, which will adopt the flavor of other ingredients and add a form of lean protein along with the beans.

Navy Bean and Collard Greens Soup

Serves 4

3 cups vegetable broth, such as Pacific Organic brand

4 cups coarsely chopped stemmed collard greens, preferably organic (1 bunch 10 to 12 ounces)

11/2 cup packaged julienned (matchstick) carrots

11/2 teaspoons chili garlic puree or chili paste with garlic

1 (12 ounce) package extra firm tofu, cubed in bite size pieces

1 (16 ounce) can unsalted navy beans, drained

1/4 cup grated Romano cheese

Combine broth, collard greens, carrots, and chili garlic puree in a large saucepan. Bring to a boil over high heat. Reduce heat; cover and simmer 10 to 12 minutes or until greens are nearly tender. Stir in tofu and beans; cover and simmer 5 minutes or until vegetables are tender. Ladle into shallow bowls; top with cheese.

Tips: Great northern or cannellini beans may replace the navy beans and Swiss chard may replace the collard greens if desired. Also, look for chili garlic puree or chili paste with garlic in the ethnic section of the supermarket. Because the beans are unsalted, there is no need to rinse them before adding to the soup.

Winter weather can be relentless and make it challenging to stay warm and dry. After a session of shoveling snow or braving the great outdoors, a meal that can quickly warm the core is fitting - especially if that meal can serve double-duty by evoking feelings of a warm climate.

Popular throughout the Caribbean, this recipe for "Fish and Sweet Potato Soup" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippelli, matches the subtle sweetness of sweet potato and the stronger infusion of flavors from fish and oregano to make for a warm and appetizing soup.

Fish and Sweet Potato Soup

Serves 4

6 ounces white fish fillet, skinned

1/2 onion, chopped

1 sweet potato, about 6 ounces, peeled and diced

1 small carrot, about 2 ounces, chopped

1 teaspoon chopped fresh oregano or 1/2 teaspoon dried

1/2 teaspoon cinnamon

51/2 cups fish stock

5 tablespoons light cream

Chopped fresh parsley, to garnish

Remove any bones from the fish and put it in a pot. Add the onion, sweet potato, carrot, oregano, cinnamon, and half of the stock. Bring to a boil, then simmer for 20 minutes or until the potatoes are cooked.

Leave to cool, then pour into a food processor, and blend until smooth. Return the soup to the pot, stir in the remaining fish stock, and gently bring to a boil. Reduce the heat.

Stir the cream into the soup, then gently heat it through without boiling. If the soup boils, the cream will curdle. Serve hot, garnished with the chopped parsley.

Shellfish Stew with Kale and Pancetta

Serves 4

1/4-pound pancetta, cut into 1Û4-inch cubes

1 large yellow onion, halved and thinly sliced

3 large cloves garlic, finely chopped

1/4 to 1/2 teaspoon red pepper flakes, to taste

1 small (roughly 1Û2 pound) bunch kale, stemmed and sliced into 1Û4-inch thick ribbons

Salt and freshly ground black pepper

2 cups dry white wine

1 28-ounce can whole tomatoes, peeled

1 8-ounce bottle clam juice

3 cups chicken or fish stock

3/4-pound manila clams, scrubbed clean

3/4-pound mussels, scrubbed clean and debearded if necessary (discard any that are broken or won't close)

1 pound halibut fillet, cut into 1-inch cubes

3/4 pound (about 12) extra-large shrimp, deveined (optional)

1/4 cup finely chopped fresh flat-leaf parsley

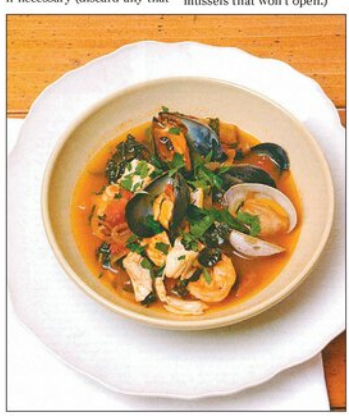
1. Heat a large, deep soup pot over medium heat. Add the pancetta, cover, and cook until browned, stirring frequently, about 10 minutes. Using a slotted spoon, transfer the pancetta to a paper towel-lined plate, leaving the fat in the pot.

2. Add the onion to the pot and cook until soft, about 10 minutes, stirring occasionally. Add the garlic, red pepper and kale, season to taste with salt and pepper, and cook for another 10 minutes, stirring and turning as the kale on the bottom cooks down.

3. Increase the heat to high, add the wine and simmer for 2 minutes.

4. Use your hands to break the tomatoes into small pieces and add them, along with their juices, and the clam juice, stock and pancetta to the pot. Lower the heat to medium and simmer the stew, partially covered, until the kale is soft and the tomatoes begin to break down, about 30 minutes. (You can add a little water, if too much evaporates.) Season to taste with salt and pepper.

5. Add the clams and mussels to the pot and cook, tightly covered, for 5 minutes. Add the fish and shrimp, if using, stirring them into the broth, and simmer, covered, until the fish is cooked and all the shellfish have opened, another 5 minutes or so. Serve piping hot in bowls, sprinkled with the parsley. (Discard any clams or mussels that won't open.)



Get started making fresh bread in 2025

This Christmas, I received a great gift from my niece visiting with her sweet family from Iowa-a bread starter.

This is something I look forward to using. I learned a lot from this registered nurse about how to nurture and use this old-fashioned way of making delicious breads.

I learned about discard portions and "feeding" the starter. I had to wrap my head around this one.

I have never had time to do such. But my niece who works long hours as a registered nurse and is a wife and mother of 2 little ones finds the time.

I guess my New Year resolution is to find more time in the kitchen, again. Bread can be intimidating but I'm jumping in now.

Enjoy this great bread recipe using a starter. It will be a great accompaniment to our soup recipes featured today.

Happy New Year!

Dawn Hankins

- ½ cup active sourdough starter
- 1 ¼ cup lukewarm water
- 3 cups all-purpose flour
- 1 ½ teaspoons fine sea salt

1. In a large bowl, combine the starter and water.
2. Stir in the flour, and then add the salt.
3. Use a fork to mix everything together until it becomes stiff– then switch to your hands to bring the dough together in a rough ball (Don't overmix! This is supposed to be a no-knead-style wet dough.)
4. Keep the rough dough in the bowl, cover it, and let sit for 30 minutes.
5. After this resting time, stretch and fold the dough a few times to form it into a ball.
6. Cover the dough with a clean dish towel and let it rise in a warm place overnight or until doubled in size (or about 8 hours).
7. The next morning (or after 8 hours), turn the dough out on your counter. Fold it over a couple of times to tighten it into a ball, then let sit for 15 minutes.
8. After this resting period is complete, gently shape the dough into a ball once more place into a well-floured proofing basket or a bowl lined with a well-floured dish towel. Remember: don't add too much flour and do not knead the dough!
9. Cover and rise for 2-3 hours, or until doubled.
10. Preheat the oven to 450°F.
11. Sprinkle a thin layer of cornmeal in the bottom of a Dutch oven (optional, but this helps the bottom not to scorch).
12. Tip the loaf out of the proofing basket onto a sheet of parchment. Lower the parchment into the Dutch oven.
13. Place the lid on the pot and bake for 20 minutes.
14. Remove the lid and bake for an additional 30 minutes, or until the loaf is deeply browned and crispy on top. (For a less crusty finish, bake for the entire time with the lid on.)
15. Move to a cooling rack and allow the loaf to cool completely before slicing it.

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SHELBYVILLE TIMES-GAZETTE
411 Elm St. • Shelbyville, Tenn. 37162
NEWSROOM: dawn@richardsonmediagroup.net
ADVERTISING DEPT.: advertising@t-g.com
(931) 684-1200