COMMUNITY NEWS

SHELBYVILLE TIMES-GAZETTE

$1.00 | Thursday, February 13, 2025 | www.t-g.com

LOCAL COMMUNITY HAS A 'HEART' FOR THOSE IN NEED

Local volunteers help Tennessee neighbors suffering from flood aftermath

By Dawn Hankins

Who would have thought that banana pudding and muck boots could do so much good for people in need. But it's all part of the mission to assist flood victims of East Tennessee and Western North Carolina.

The banana pudding was made by local Red Cross Volunteer Joyce Jones and other baked goods were made and donated by friends and neighbors last weekend as part of a fundraiser for the Hurricane Helene flood victims. About $1,500 was raised to help those in desperate need.



Jones of Unionville and husband, Charles, visited the area last week. She realized the muck boots are in great need, given the flooded terrain there.

Joyce said the whole picture will bring a person to tears. But there's much work still to be done.

She's all about raising funds so people there can buy tires and other things they so desperately need. There seems to be enough clothing donations at this time.

Joyce said volunteers are still greatly needed in both East Tennessee and Western North Carolina. Sadly, for that part of the country, there are more forecasts for flooding this week.

"I want to thank this community for its generosity and golden hearts," Jones said this week. "Your donations, encouragement, prayers and genuine concern about a group of people that has, for the past 4 months, been through pure hell is amazing."

She said there are many places that are still inaccessible by emergency and regular vehicles. (A group of Duck River Electric linemen set out earlier this week to assist.)

Anyone wishing to make a donation or purchase specific clothing items may call 931-607-0976 or direct message Joyce Jones on Facebook Messenger.

"We are working with Heartland Fellowship in Elizabethton, Elk Mills Volunteer FD who lost all assets and Burnsville based Chainsaws for Christ Distribution facility . . . very hard-hit area of Little Creek, N.C., who lost 19 people from their county."

Team Community Clinic, Meharry Dental, celebrate with spring Gala

Goal is to bring 'healthy smiles to Bedford County'

By Dawn Hankins

A man and his 7-year-old daughter-both with poor dental hygiene-have an appointment at the Community Clinic on Dover Street with the Meharry Dental School team. It's a typical scenario each month.

In a short time, the clinic and the dental school provide the man and child with brighter smiles and possibly a brighter outlook on life. That is the goal of their team work.

There are more like the man and daughter-TennCare adults and their children-seeking medical and dental health treatment at the clinic. In fact, a report from the Community Clinic shows that over 1,000 people had dental work completed by the Meharry team in 2024 (that's an increase of 700 dental encounters.)

To celebrate the work that's being done by the Community Clinic and that of Meharry, a Gala fundraiser is being organized for April 12 from 6 to 10 p.m. at the Humble Baron at Nearest Green Distillery off Highway 231 North.

It just might be the social event of the season.

More importantly, there's a mission attached to the fundraiser- to continue to provide many local residents health and dental care-those who might fall through the cracks in the system without Meharry and the Community Clinic.

The Gala reception is from 6 to 7 p.m. There will be a 4-course meal at 7, dancing and more! The dress is a semi-formal black tie. Cocktails and dancing will follow the meal.

Special guests making remarks will include State Sen. Shane Reeves and State Rep. Pat Marsh.

Tickets are $250, with table sponsorships of various categories available. Email Shelbyville-Clinic@att.net for more information.

The partnership between the clinic and Meharry goes back to 2019. That commitment has not changed over the last 5 years. The clinic provides a needed service especially for adults age 65 and older and to children ages 3-17.

Fredia Lusk, clinic executive director, said the goal of the April fundraiser is to raise $200,000, which will be divided 50/50 between the dental school and the clinic.

Wastewater Authority Resolution sent back to County Committee for further review

By Dawn Hankins
dawn@richardsonmediagroup.net

From public comments to the final vote, the decision on whether to ask the state permission for the County to establish a wastewater authority became tedious and a long, drawn-out process Tuesday night. In the end, the Commission voted unanimously to defer.

What was discussed Tuesday night is Resolution 25-14, which was aimed at seeking the passage of a private act by the Tennessee General Assembly to create a Bedford County Wastewater Authority. Essentially, the County is asking permission to be its own authority but through a separate board.

The private act had to pass by a two-thirds majority by Commission before it could be sent on to State Rep. Pat Marsh. Some commissioners still did not think the current document, attached to a private act, was solid enough to approve. Discussions indicated that wasn't going to happen and the resolution could have been defeated all together.

Words like "acquiring" and "system" were pulled out of the resolution and discussed. Commissioner Eric Maddox, who said he was representing constituents, read through the resolution and gave concerns.

'I'll tell you that from a business world perspective, if we were to walk into a board room with this paperwork, and ask the CEO to approve what we have and just say 'hey you just need to approve and we'll work out all the details later,' we would be laughed out of the room. So why do we disrespect the people of this County when we have pieces of legislation like

See RESOLUTION, 3A



Several members of the community participated in the public comments portion of the County Commission meeting Tuesday night. The language of the proposed wastewater resolution just doesn't sound right to many in the community, speakers said.



HELPING THOSE WITH HEALTH NEEDS

Submitted Photos

The Battle of the Badge Blood Drive was held last week with Blood Assurance drawing 291 units of blood for those in need. Team Medical EMS won and Captain Brian Bruce shows off his support for the event. A blood drive was also held by Cascade School, honoring student Kaemey Young.



CCsBc
Community Clinic of Shelbyville & Bedford County, Inc.

On January 27, Bedford Opioid Board met to allow grantees to make oral reports for their grants from July 1, 2024 to December 31, 2024. The following entities received grants totaling $69,939.62: Bedford EMS, Community Clinic of Shelbyville and Bedford County, Inc., Drug Rescue, Inc., LifeSource, Inc.

ON THE INSIDE

SPORTS ..... PAGES 10-11A
OBITUARIES ..... PAGE 8A
PUBLIC NOTICES ..... PAGE 7A
COMMUNITY EVENTS ..... PAGE 2A
PROPERTY TRANSFERS ... PAGE 7A



Shelbyville man charged and arrested
TBI's Cybercrime& Digital Evidence Unit's ongoing child exploitation case.
See Page 5A



Sophie Ray hits 1,000 career-point helping the Lady Champions clinch the 2-seed for Tournament
See Page 10A

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VETERANS HONORED WITH QUILTS OF VALOR

T-G Photos by Meridith Miller







A Quilts of Valor ceremony was held Tuesday at First United Methodist Church in Shelbyville.

Quilts of Valor are given to service members and living veterans of the U.S. Armed Forces. The quilt itself is a quality, handmade quilt put together by several members of the quilting community.

The QOV says unequivocally, "Thank you for your service and the sacrifice in serving our nation."

The following Veterans received Quilts of Valor from presenters Amy Martin and Gloria Crick:

Robert Venton Bellenfant U.S Air Force 1950-1951

David Louis Sherrill U. S Army 1966-1969

Thomas George Assel U. S Army 1973-1986

Blair A, Ross, Jr. U. S. Army 1978-2006

David Feliciano DeCosta U.S Airforce 1952-1973

Walter Franklin Taylor U.S Air Force 1956-1962

National Eating Disorders Awareness Week

Special guest column

As National Eating Disorders Awareness Week approaches, from Feb. 24 to March 2, it provides a vital opportunity to raise awareness about these serious, life-threatening conditions. The week will focus on educating the public about eating disorders, including their symptoms, warning signs, and the profound impact they have on both physical and mental health. Since eating disorders are closely linked to suicidal behavior, recognizing the warning signs is crucial. While malnutrition is the leading cause of life-threatening medical conditions, suicide is the second leading cause of death among those affected.

Eating disorders are persistent eating behaviors that negatively impact health, mental well-being, and daily functioning. They are often driven by a fixation on body weight and shape, leading to an unhealthy relationship with food. The most common types are anorexia nervosa, bulimia nervosa, and binge-eating disorder. Anorexia involves extreme weight loss, a fear of gaining weight and a distorted body image. Up to 20% of people with anorexia attempt suicide, and as many as 43% report suicidal thoughts. Those with anorexia are two to nine times more likely to attempt suicide. Bulimia, defined by cycles of bingeing and purging, results in 45.2% of individuals experiencing suicidal ideation, with an eight to nine-times higher suicide risk. Similarly, binge-eating disorder, marked by overeating and a loss of control, shows that 21% to 23% of individuals have suicidal thoughts and are five times more likely to attempt suicide. (The Jason Foundation)

These disorders harm physical health and significantly increase the risk of suicidal thoughts and behavior, emphasizing the need for awareness and intervention. Free resources are available for those struggling with eating disorders, including helplines, support services and educational materials. One such resource is The Jason Foundation, a nonprofit devoted to youth suicide awareness and prevention through educational programs. For more information about the dangers of eating disorders, their signs, symptoms, and connection to suicide, as well as available resources, visit https://jasonfoundation.com/eating-disorders. The National Eating Disorders Association (NEDA) can be reached at 1-800-931-2237 or by texting "NEDA" to 741741. The National Association of Anorexia (ANAD) is available at 1-888-375-7767 and offers free support, treatment referrals and educational materials. These organizations provide urgent, no-cost support and guidance during difficult times.

Just like suicide, eating disorders have warning signs that should never be ignored. Both require immediate attention, compassion and care. If you or someone you know is struggling with an eating disorder, seeking help right away is imperative. Recognizing the signs and knowing how to offer support can make all the difference and potentially save a life. For more information, visit the Jason Foundation to learn about eating disorders, find a nearby Jason Foundation Affiliate Office and discover ways you can help make an impact. Remember, seeking help is not just about preventing a crisis but improving overall health and well-being.

Joanna Sanders
Communications Coordinator
The Jason Foundation, Inc.

Community Calendar



VFW MUSIC

Come out and enjoy a (day after) Valentines Day potluck dinner at the VFW Post 5019, 1320 Wartrace Pike (Depot Street.) The VFW holds its monthly third-Saturday music night on Feb. 15. Doors open at 5:30 p.m., with the event from 6-9:30 p.m. James Smotherman & Friends will be featured but other acoustic musicians and singers are welcome. Admission is $3, and there will be a potluck meal. No alcohol or outside beverages are permitted. For more information, call 931-607-3149 or 931-684-2523.

CHURCH SERVICE

This Sunday, Pastor Abe Zimmerman of **First United Methodist Church** will preach on Matthew 12:1-15, as a continuation of the series "Hard to Love." Valentine's Day reminds us to cherish those who are easy to love, but what about the people who challenge our capacity for love? By examining how Jesus interacted with difficult individuals, we can learn how to follow his example. 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 98.7 FM and AM 1580.

FEBRUARY 17, 2025: PRESIDENTS' DAY

DEMOCRATIC MEETING

Bedford County Democratic Party will meet at 6:00 P.M. on Monday, Feb. 17, at the El Mexico Mexican Restaurant at 724 N. Main St. in Shelbyville.

COUNTY MEETINGS

- Feb. 17: Bedford County non-emergency government offices, and county convenience centers, closed for Presidents Day holiday
- Feb. 18: Rules and Legislative Committee, Public Safety Committee, and Courthouse and County Property Committee, 5 p.m., historic Bedford County Courthouse.
- Feb. 25: Financial Management Committee, 4:15 p.m., Bedford County Business Complex, 200 Dover Street, Suite 110.

HEAD START COUNCIL MEETING

South Central Human Resource Agency Head Start/Early Head Start Policy Council will meet at 10:30 a.m. Feb. 20, at the South Central Human Resource Agency Central Office in Fayetteville.

CHILD ABUSE AWARENESS DAY

Child Abuse Awareness Day will be held 9 a.m. Friday, March 21, on the historic Bedford County Courthouse lawn. The event is sponsored by Juniors House, Inc. The day is to create awareness and support advocates and survivors.

2025
Black History Month
Luncheon
Hosted by:
The Historical Rosenwald Recreation & Community Center
African Americans and Labor
THEME from: ASALH: Association for the Study of African American Life and History - asalh.org
Please join us at:
516 Tillman Street, Shelbyville, Tn. 37160
February 26, 2025, at 12:00pm.
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Ticket Donations $15.00
Spotlighting local Black History of Bedford County:
Cedar Bucket History • Ms. Minnie Dean • Rosenwald Center Registered as a National Historic Place
Tickets Available
Call – (931)575-9892 or (931)580-6725

RESOLUTION

From page 1A

this . . . we want to push it through and worry about it later. I'm absolutely embarrassed by that. I'm not for it."

Maddox claimed there's "a handful of politicians" who think they know more than the people of the County. And the people don't appreciate that fact, he said.

"I know we are going to grow and we need to manage that growth. But this resolution and the way it's pushed through is not the answer. If you all want to work together . . . let's hold workshops. Let's invite the public. So again, I found out about this 21 days ago. Don't you think we need time to discuss these types of things and get the feedback from the folks that we serve?"

Commissioner Bill Anderson said heartburn developed over the 231 industrial board. He said there was a lot of secrecy and constituents are concerned that can happen again with a board of unelected officials overseeing wastewater management.

Some discussions referred to potential Step Systems, which is an alternative system to regular sewers. That was confusing as well.

Commissioner Bill Anderson asked who is responsible for any issues that occur. He said the bigger issue is who would pay for problems with a Step System?

Commissioner Drew Hooker said he understands the resolution is to assist with local growth and development. However, he advised that pieces of the current resolution do not reflect what he heard in last month's Rules and Legislative Committee.

"What are we 'acquiring'?" he asked. "What are we operating? If it's an oversight, we don't have to operate anything. But it's in this document."

Hooker added, "The premise of what we're being told is one thing and this document is second. I understand we're asking permission to go to the legislature but the problem is this document gets attached to the private act."

Hooker said the Commission should be really careful since private acts can establish everything from voting lines to jurisdictions. He said this resolution isn't merely one of permission but an actual legal, legislative document.

"That's where I have concerns. It's not the premise of what this is or the thought process of this but the execution of the actual document," said Hooker.

He advised that likely the Commission has moved too fast with the resolution to the state. He said yes, words like "eminent domain" have established constituent concerns.

While he had the floor, Hooker further advised, "Just like Commissioner [Eric] Maddox said, If I had brought this document to my boss and said 'we'll figure it out later,' I wouldn't have made it very far."

County Planning Director Chris White advised that this resolution was established to benefit the County in cooperation with local development. That wording is stated at the top of the resolution, which is available for public review.

> *'I'll tell you that from a business world perspective, if we were to walk into a board room with this paperwork, and ask the CEO to approve what we have, and just say 'hey you just need to approve and we'll work out all the details later,' we would be laughed out of the room. So why do we disrespect the people of this County when we have pieces of legislation like this . . . we want to push it through and worry about it later. I'm absolutely embarrassed by that. I'm not for it.'*
>
> —County Commissioner Eric Maddox

"The other thing is that Bedford County has a history of creating unelected boards and allowing them to supersede what we do as a Commission."

Hooker was more concerned about how the Commission is often kept "in the dark." On the Commission for 2 years, he said this is the first time he's seen the document, which has apparently been a matter of discussion for 4 years. Hooker advised there should be more transparency and added that perhaps more such resolutions would pass without dissent should this be the process.

Backing up discussion of how this particular resolutin is only to get permission to have such an authority, not establish regulations, was Commissioner Greg Vick.

Commissioner Diane Neeley said there's a lot of discussion about having to get "permission" from the legislature to discuss wastewater systems further. She said that is incorrect and she's not for that even if it means that the Commission has to defer this resolution for a year.

Commissioner Scott Johnson asked if the language "eminent domain" could be removed from the resolution. Attorney John T. Bobo had said likely an act of "eminent domain" is improbable anyway.

The 18 to 0 vote deferred this document and part of the motion was that it would be sent over for further review to the Bedford County Courthouse and Property Committee-not the Rules and Legislative Committee-which originally approved and moved up the resolution for Tuesday's Commission agenda.

But some of the language within the resolution has been met with dissension-not just by the commission-but by the general public. While perhaps some people in the public haven't even read a lot of the resolutions approved by the Commission, some public comments Tuesday night indicated several have read this one.

Three members of the public spoke to the Commission about their reservations and concerns about the resolution. They believed there should be greater scrutiny in such documents before they're handed over to the legislature.

Words like condemnation and eminent domain kept being discussed. Another issue is the fact that the language states that a board of unelected officials, potentially filled with some board members with an agenda for local development, would "have jurisdiction over and have the exclusive right to provide wastewater service within all areas of the County that are not governed by any other utility district as of the effective date of this Act.

The Authority shall have the exclusive right to provide wastewater service as the County's municipal boundaries are expanded by annexation or other means." This would include any land, rights in land, easements, and/or rights-of-way.

That is a big concern, though most utility companies already have the rights-of-way authority. The discussion continued about the vague language included in this important resolution.

Commissioner Jason Boyette, a local educator, asked if perhaps a community meeting, similar to what the City is currently conducting with its utility representatives, would behoove the Commission. This was added as part of the motion to defer the resolution.

THE ISSUE

Should emergency moratoriums on community development be available to smaller counties struggling to keep up with growth?

Or do we continue to stress those who live here?



By DAWN HANKINS
dawn@richardsonmediagroup.net

There are so many elements these days that play into both City and County community development. We all want our hometown to grow. We want to have certain businesses, opportunities. But as I've asked before in this column, could we be moving too fast?

There is such a thing. It was not too long ago that Rutherford County started to grow. Think about that the next time you drive 231 North.

Last night's Commission meeting was evident that we may need to slow down and examine any resolutions that are going forth to the state. There were Commissioners who backed this up last night regarding the wastewater resolution.

This is just one element of the community's growth patterns.

But I decided this week to reach out to State Rep. Pat Marsh and get his take on whether the County and City are moving too fast with housing development.

Is there a possibility for a moratorium on that development for about a year? Rutherford County has filed its brief moratorium for apartment complex growth but then again, Murfreesboro is the largest growing county in the state (over 325,000.)

My point is that everyone should be entitled to regroup and make a better plan for the future, following great spurts of population growth. It seems the hands are tied.

It should be a moot point about population, if you ask me. No county should be unable to regroup and make a better plan.

Another point though, we do border Rutherford County. How does that affect us? If the county is successful in its bill for a moratorium, will that excess likely merge over into this county. Perhaps?

It's amazing what can happen in one year's time when it comes to development.

But here's the response from State Rep. Pat Marsh. "I believe the elected county government officials and the city officials are doing what they feel is correct in their deliberations on planning and growth in Shelbyville and Bedford County.

I am for controlled growth. For adding the right mix to our communities and for keeping our southern charm and friendship and small town feel to this growth."

Marsh continued that it is his understanding that TDEC has approved Shelbyville Power and Water's request for a water withdrawal permit. This will put the county back where we were earlier, that is, at 10 million gallons per day.

Marsh explained, "I was elated to see in Governor Lee's state of the state address that he is proposing to put $100 million dollars in a Duck River study to come up with strategies that hopefully will solve this water problem once and for all."

He stated that this is the sole source of water for more than 250,000 Tennesseans who live in one of the fastest growing regions in the country. Marsh said he's working with TDEC and TDOT to help get grants and projects done in this district that will help with our infrastructure.

"It is very exciting to live in Bedford County and see the many new things that are happening," said Marsh. "It seems that a lot of people believe this also—because many are moving here." End of Marsh.

My take is still that perhaps it is time for constituents to speak about a potential development moratorium for about a year? I'm not sure what's right, how this would happen. Isn't everything permissible within the law-that which is right and legal?

I know the people of this community are feeling the stress. Is that fair?



TENNESSEE PRESS ASSOCIATION
TELEGRAPH TIMES-GAZETTE
USPS PE 492660
Richardson Media Group, Inc
411 Elm St. • Shelbyville, Tenn. 37162
Copyright 2025. Shelbyville Times-Gazette (USPS 492-660) is published weekly on Thursday by Richardson Media Group, Inc., 411 Elm St., Shelbyville, TN 37162.
Periodical postage paid at Shelbyville, TN 37162. POSTMASTER: Send Address Changes to Shelbyville Time-Gazette, P.O. Box 380, 37162.

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Features from the Bible

Truth in Scripture

Abraham Tested
From Genesis 22

God: "Abraham!"
Abraham: "Here I am."
God: "Take your son, your only son, Isaac, whom you love, and go to the region of Moriah. Sacrifice him there as a burnt offering on one of the mountains I will tell you about."

Abraham traveled for 3 days with Isaac and two servants until he saw the place in the distance. Leaving the servants he took Isaac and continued on to the place he said they would worship and then come back. The wood for the burnt offering was placed on Isaac. Abraham carried the fire and the knife.

When Isaac asked about the lamb for the offering, Abraham told him that the Lord would provide. Reaching the place God told Abraham about, he built an altar and arranged the wood. He bound his son, placed him on the wood and raised his knife to slay Isaac.



Just then an angel of the Lord called out to Abraham from heaven and told him not to slay his son. Abraham had proved that he feared the Lord.

Looking up, Abraham saw a ram caught by his horns in a thicket. Abraham sacrificed the ram as a burnt offering instead of his son. Abraham called the place THE LORD WILL PROVIDE.

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GRACE BAPTIST CHURCH
1019 Madison St., Shelbyville
931-492-5037

HURRICANE CREEK BAPTIST
689 Elbethel Rd., 931-684-4754

LONGVIEW BAPTIST
101 Cooper Rd., Unionville
931-294-2281

MIDLAND HEIGHTS BAPTIST
2706 Midland Rd., 931-680-0507

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

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931-389-6248

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111 Church St., 931-684-4900

LIVING STONES COMMUNITY
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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
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VICTORY CELEBRATION REVIVAL
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WHITE TO SERVE ON STATE'S DUCK RIVER WATERSHED PLANNING BODY



(February 12, 2025) – Bedford County Director of Planning and Zoning Chris White has been appointed by Gov. Bill Lee to serve as a member of the Duck River Watershed Planning Partnership, representing local government.

"In the thorough, aggressive search for candidates, your individual characteristics and professional qualifications were exceptional among the number of nominees who expressed interest. This appointment is effective immediately and runs through December 31, 2026," wrote Lee in a letter confirming the appointment.

The Duck River spans more than 280 miles through seven Middle Tennessee counties, including 90 miles in Bedford County. It's considered one of the most biodiverse waterways in the world and has been spotlighted as such by National Geographic magazine.

"The Duck River is not only a scenic treasure, but it is also North America's most biologically diverse freshwater river and the sole water source for thousands of Tennesseans," said Gov. Lee in November.

An estimated 250,000 people in fast-growing Middle Tennessee get their water from the Duck River.

Last year, the Harpeth Conservancy called the river "threatened," prompting Gov. Bill Lee to sign an executive order creating the Duck River Watershed Planning Partnership, a task force which will develop water management recommendations and drought mitigation strategies and work with the Duck River Agency.

Since White became planning and zoning director, Bedford County's Planning Department developed a 200-foot riparian buffer and overlay zone along both sides of the Duck River outside municipal boundaries, which was passed by the Board of Commissioners in 2020. This initiative was a critical first step in mitigating erosion and controlling sediment runoff from construction sites, thereby reducing pollutant loads and turbidity levels that degrade water quality. By protecting the riverbank from destabilization and excessive sedimentation, this measure helps preserve aquatic ecosystems by maintaining plant life essential for oxygenation and overall river health.

The Duck River Watershed Planning Partnership is intended to balance economic growth, water resource management, and environmental and habitat conservation to ensure the long-term sustainability of Tennessee's watersheds.

"As we continue our work to balance Tennessee's economic growth with a plan to protect our environment, preserving waters like the Duck River and enhancing water resource management statewide will be a cornerstone of our long-term conservation strategy," said Lee in November.

The Duck River Watershed Planning Partnership will support the Duck River Development Agency's mission of facilitating collaboration among stakeholders and developing strategies for the sustainable management of the Duck River.

TBI arrests, charges Shelbyville man in ongoing child exploitation case



BEDFORD COUNTY – Special agents assigned to the Tennessee Bureau of Investigation's Cybercrime & Digital Evidence Unit have arrested and charged a Shelbyville man accused of soliciting a sexual relationship with a juvenile and distributing child sexual abuse material (CSAM).

Agents began investigating the case after receiving information from the San Bernardino (CA) Police Department concerning a juvenile who reported a man solicited her for an online sexual relationship through the online games Roblox and Call of Duty. Authorities soon identified the man as Ricky Lee Bonifant, Jr. (DOB 10/8/1984). As the investigation progressed, agents additionally determined Bonifant possessed and distributed CSAM on several online platforms.

On Wednesday, agents arrested the Shelbyville man and charged him with two counts of Sexual Exploitation of a Minor, one count of Aggravated Sexual Exploitation of a Minor, one count of Solicitation of a Minor, and two counts of Solicitation of a Minor by Electronic Means. Agents subsequently booked Bonifant into the Bedford County Jail, where, at the time of this release, he remained in custody with a bond set at $100,000.

The charges and allegations referenced in this release are merely accusations of criminal conduct and not evidence. The defendant is presumed innocent unless and until proven guilty beyond a reasonable doubt and convicted through due process of law.

The Tennessee Bureau of Investigation is an ICAC affiliate of the Tennessee ICAC Task Force. Anyone with information about these cases or other cases of online child exploitation should contact the Tennessee Bureau of Investigation Tipline at 1-800-TBI-FIND, TipsToTBI@tbi.tn.gov, or report via the National Center for Missing and Exploited Children (NCMEC) CyberTipline at CyberTipline.org.

Parents seeking additional information about cybercrime, child exploitation, and how best to safeguard their loved ones can visit www.NetSmartz.org for a variety of topical, age-appropriate resources. (TBI report by Josh Devine.)







COMMUNITY CJSO ATTENDS EAST TN COMPETITION

Submitted Photos

Community High's School Criminal Justice Student Organization recently competed in one of the largest competitions in the country. Students spent the weekend in Gatlinburg where they put their career skills to work! Competitions included repelling, unknown call response, "law enforcement officer down response," fugitive apprehension and arrest to much more. Destiny Bradley tries her hand at a little repelling. Bridgette Haynes trains on the proper procedures for making an arrest. Noah Land and Logan Reed participate in the "two officers proving medical support" category.





SPD PARTICIPATES IN BATTLE OF THE BADGE BLOOD DRIVE

Submitted Photo

The Battle of the Badge Blood Drive was held last week with Blood Assurance drawing 291 units of blood for those in need. Shelbyville Police Department was represented.

Crossword

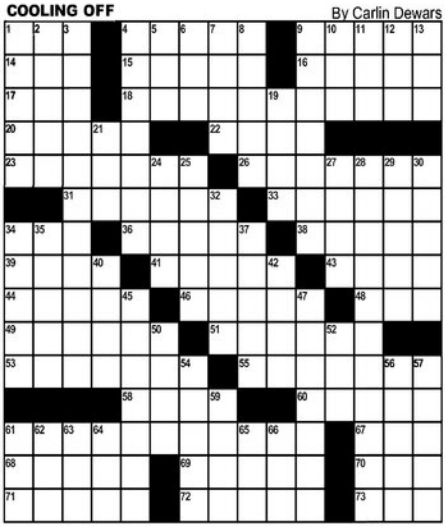
CLUES ACROSS

1) Company title letters, sometimes
4) Frosh followers
9) Mrs. Cliff Huxtable
14) Jack of "Barney Miller"
15) Dimwit
16) Bird on a U.S. coin
17) B'nai B'rith watchdog org.
18) Learn perfectly
20) After-market purchase
22) It precedes kissing and making up
23) Mythical one-eyed giant
26) Fewer and farther between
31) Skilled
33) Jim Palmer was one
34) Piercing tool
36) Mexicali Mr.
38) ___ Island (immigration landmark)
39) Kunis of TV and film
41) Lubbock native
43) Edible root of taro plants
44) Type of whiskey
46) Black___ spider
48) Work as a tailor
49) Cheerful and pleasant
51) Frolic
53) Health-food store adjective
55) Loud and rowdy
58) "Ditat___" (Arizona's motto)
60) Humongous
61) Suddenly faint
67) Each and every
68) French farewell
69) Cedar Rapids native
70) LeSage's "___ Blas"
71) Choral composition
72) Won every game
73) It pluralizes

CLUES DOWN

1) "Love Boat" bartender
2) Simpleton
3) Doing a difficult sales job
4) Italian gentlemen
5) Verse on a vase
6) Cherry center
7) Coal carriers
8) Brings to a halt
9) Square meter
10) Lancelot du___
11) "Long___ and far away ..."
12) Sick
13) Like many apples
19) Baylor U.'s locale
21) Like an antique
24) Master rhymer
25) Muscle connector
27) Tick off
28) Place for furs
29) Omit from pronunciation
30) Plant again

COOLING OFF By Carlin Dewars



32) Like carbon monoxide
34) Spanish friend
35) Electrician, sometimes
37) Air-traffic control device
40) "Heat of the Moment" group
42) Exploding star
45) Food given to a beggar
47) "___ It Be Nice" (Beach Boys hit)
50) In___ of (rather than)
52) Old electronics company
54) "The first___ the deepest"
56) Wrinkly fruits
57) Unloads
59) Flat-bottomed boat
61) Tennis' Shriver
62) Annie of "Oklahoma!"
63) Watch the neighbors' kids
64) Take in visually
65) Need to make payments
66) ___ of luxury

FreeDailyCrosswords.com

VALENTINE'S DAY WORD SEARCH

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

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

WORDS

ADORE
AFFECTION
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE
CUPID
DATE
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
KISS
LOVE
MOVIE
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE

SUDOKU

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

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

Level: Beginner

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

Level: Intermediate

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

Level: Advanced

Horoscopes

ARIES - Mar 21/Apr 20

Aries, impulsiveness may cause friction with loved ones this week, so avoid rushing into decisions. Keep an open mind when others come to you with their thoughts.

TAURUS - Apr 21/May 21

Taurus, expect some clarity regarding a recent financial decision this week. You'll get the answers you need about budgeting and other investments you've been mulling over.

GEMINI - May 22/Jun 21

This week you may be tempted to overcommit to social endeavors, Gemini. Keep your boundaries in check, especially if you are having difficulty telling other people, "no."

CANCER - Jun 22/Jul 22

Cancer, much of your to-do list this week will focus on your home life. Take a break from the hustle and spend time bringing order and balance to spaces in your home.

LEO - Jul 23/Aug 23

Your words carry a lot of weight right now, Leo. Be very careful about the opinions you offer and the stories you share. By the weekend you may be called upon for some advice.

VIRGO - Aug 24/Sept 22

Virgo, if you have been thinking about making some sweeping financial decisions, now is the time to take action. Putting things off for another day can wreck long-term plans.

LIBRA - Sept 23/Oct 23

Sometimes you have to give yourself a pat on the back when others are not offering the feedback you need, Libra. You are doing a great job and learning along the way.

SCORPIO - Oct 24/Nov 22

You often keep your cards close to the vest, Scorpio. Others may be surprised to learn a project you have been working on for some time has come to fruition.

SAGITTARIUS - Nov 23/Dec 21

Personal ambitions are at the forefront of your mind, Sagittarius. However, you may be placing too much importance on financial matters rather than the other rewards from hard work.

CAPRICORN - Dec 22/Jan 20

You are doing quite well in your professional life right now, Capricorn. But in terms of home life, there are definitely some areas that can use improvement. Focus on those things.

AQUARIUS - Jan 21/Feb 18

Aquarius, you could be feeling a strong urge to declutter personal spaces, such as the garage, closets or even your home office. Find the time to start sorting through belongings.

PISCES - Feb 19/Mar 20

All it may take is a simple conversation to clear up some persistent misconceptions, Pisces. Figure out when to schedule that talk and afterwards you will feel better.

FAMOUS BIRTHDAYS

FEBRUARY 16
Elizabeth Olsen, Actress (36)
FEBRUARY 17
Ed Sheeran, Singer (34)
FEBRUARY 18
John Travolta, Actor (71)
FEBRUARY 19
Chappell Roan, Singer (27)
FEBRUARY 20
Olivia Rodrigo, Singer (22)
FEBRUARY 21
Elliot Page, Actor (38)
FEBRUARY 22
Drew Barrymore, Actress (50)

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NOTICE

BONARD SINSEL:

The State of Tennessee, Department of Children's Services, has filed a **petition against you for dependent and neglect and for change of legal custody of Gavin Sinsel, DOB: 04/24/2023. It appears that ordinary process of law cannot be served upon because your whereabouts are unknown**. You are hereby **ORDERED** to appear in Bedford County Juvenile Court on the 3 rd day of March, 2025, to answer this. If you fail to do so, a default judgment will be taken against you pursuant to Rule 55 of the Tenn. R. of Civ. P. for the relief demanded in the Petition. You may view and obtain a copy of the Petition and any other subsequently filed legal documents at the Bedford County Juvenile Court Clerk, Shelbyville, Tennessee. Further questions may be directed to: Elizabeth G. Spurbeck, Associate Counsel, State of Tennessee, Department of Children's Services, 1106 Madison Street, Shelbyville, TN 37160, 931-309-5947.

Honorable Charles Rich
Bedford County Juvenile Court



Pick the perfect Valentine's Day flowers

Valentine's Day is steeped in tradition. Giving flowers is a popular tradition each February 14, and the National Retail Federation estimates that people spend around $2.6 billion on flowers for Valentine's Day, when an estimated 250 million stems of flowers are sold globally. Valentine's Day is the most lucrative day for florists, with the red rose the most popular flower given on this day for lovebirds.

Just because millions of roses are prepared in advance of Valentine's Day sales doesn't mean this is the type of flower that one has to choose for a bouquet or arrangement. A surprise bouquet can feature unique blooms. Here are tips to give the perfect bouquet to the person who claims your heart.

- *Identify your loved one's favorite colors and flowers.* Understanding your partner's floral preferences is the first step in choosing a Valentine's Day arrangement. Many have a favorite flower type or color, and everyone's isn't necessarily a red rose. Some people love bright daffodils, while others like exotic lilies. Pay attention to these likes to select flowers that will delight your partner.
- *Select fresh flowers.* When buying flowers in person, make sure they are fresh by gently feeling the part of the petal that meets the stem. If this part is firm, then the flower is fresh.
- *Opt for neutral tones.* If you're unsure of which flowers to buy, stick with varietals in white and soft, neutral tones. This will lend a more romantic vibe to the bouquet. Bright, high-contrast florals may come off as tacky unless you can guarantee that the person prefers them.
- *Keep allergies in mind.* Valentine's Day should be about offering love, not a case of the sniffles. If the person in your life suffers from floral allergies, avoid certain blooms, like sunflowers, chrysanthemums and hyacinths, suggests Funny How Flowers Do That, a United Kingdom-based flower company. Tulips, irises and hydrangea are less likely to cause an allergic reaction.
- *Order early.* Time is of the essence when getting flowers for Valentine's Day. Florists may rush or have fewer flowers to work with as Valentine's Day draws closer. Ordering well in advance means you'll get your desired arrangement.

Choosing flowers comes down to a few simple steps to offer a gift of love on Valentine's Day.

Bedford County property transfers

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

File date: February 4

Location: Thompson Creek Rd; Seller, Timothy Neal, Crystal Sheplor; Buyer, MSQD Holdings LLC; Price, $135,000 (Deed).

Location: 870 Old Columbia Rd; Seller, Peter L Howell Jr, Krystal Mary Howell; Buyer, Ronald Couey, Patricia Couey; Price, $575,000 (Deed).

Location: 870 Old Columbia Rd; Seller, Ronald Couey, Patricia Couey; Buyer, Ronald Couey, Patricia Couey, Michael Couey; Price, $0 (QD).

Seller, Coey Tanning Company Inc; Buyer, Uribe Real Estate LLC; Price, $1,200,000 (Deed).

File date: February 5

Location: Unionville Highway; Seller, James Farrar III; Buyer, Blue Jays Rentals and Investments LLC; Price, $0 (QD).

Location: Whiteside Rd; Seller, James Farrar III; Buyer, Blue Jays Rentals and Investments LLC; Price, $0 (QD).

Location: Tollgate Rd; Seller, James Farrar III; Buyer, Blue Jays Rentals and Investments LLC; Price, $0 (QD).

Location: Sims Rd; Seller, James Farrar III; Buyer, Blue Jays Rentals and Investments LLC; Price, $0 (QD).

Location: Tollgate Rd; Seller, James Farrar III; Buyer, Blue Jays Rentals and Investments LLC; Price, $0 (QD).

Seller, Joseph Walter Stovall Jr, James L Patterson Estate; Buyer, Brandy N Graves; Price, $0 (Deed).

Location: Davis Lane; Seller, Colton Arnold; Buyer, Caleb Arnold, Travis Arnold; Price, $0 (QD).

Location: 123 Butler St; Seller, Nashville Metro Holdings LLC; Buyer, Lever Realty LLC; Price, $142,500 (Deed).

Location: 716 Whitthorne St; Seller, Phil Phillips, Oksana Phillips; Buyer, Phil Phillips, Oksana Phillips; Price, $0 (Deed).

File date: February 6

Location: 300 Kayden St; Seller, Lori D Clanton; Buyer, Roger Walls, Florence Walls; Price, $210,000 (Deed).

Location: 350 Highway 82 E; Seller, Jeremy Ray Abshire, Kristine J Abshire; Buyer, Kyle Justin Burr, Callie Elizabeth Mills; Price, $645,000 (Deed).

Seller, George Marvin Whitaker; Buyer, Heather Whitaker Mitchell; Price, $0 (QD).

Location: Hwy 41 A; Seller, George Marvin Whitaker; Buyer, Heather Whitaker Mitchell; Price, $0 (QD).

Seller, Laura J Hastings Limited Partnership; Buyer, Laura J Hastings Limited Partnership Number 4; Price, $0 (QD).

Location: 106 Methvin Dr; Seller, Phil Phillips; Buyer, Soudakov Vladislav; Price, $201,000 (Deed).

File date: February 7

Location: Smith St; Seller, Benjamin Cataldo, Matthew Evans; Buyer, James Isaac Beddingfield; Price, $220,500 (Deed).

Location: Earnhart St; Seller, Greg Curl, Lisa Curl; Buyer, Lisa Curl, Emily Curl; Price, $0 (QD).

Location: Bottle Hollow Rd; Seller, Brian E Nicholson, Doris Jean H Nicholson Revocable Trust; Buyer, Brian E Nicholson; Price, $0 (Deed).

Location: Central Ave; Seller, Troy May Homes LLC; Buyer, Darwin Scott Reed, Molly Alyssa Reed; Price, $280,000 (Deed).

Location: 330 Durum St; Seller, Ole South Properties Inc; Buyer, Laurie Davis; Price, $339,990 (Deed).

Location: Cloverdale Rd; Seller, Tiffany Ann Smith, Tiffany A Smith; Buyer, Tyler Landon Smith, Tyler L Smith; Price, $0 (QD).

File date: February 10

Location: Taylor Rd; Seller, Whitlea Mamie Claire Morgan; Buyer, Matthew Blake Hodge; Price, $0 (QD).

Location: Highway 130; Seller, Kelly Davis, Stephanie K Davis; Buyer, Davis Joint Revocable Living Trust, Kelly Davis, Stephanie K Davis; Price, $0 (QD).



MTSU Photo

The two recent articulation agreements signed by Nashville State President Shanna L. Jackson and MTSU President Sidney A. McPhee at the MTSU campus stipulate:

- Nashville State graduates with an associate in aerospace technology can transfer to pursue a bachelor's in aerospace technology concentration.
- Nashville State graduates with an associate in computer information technology, cyber defense concentration can transfer to MTSU to pursue a bachelor's in cybersecurity management.

McPhee noted that these newest agreements provide Nashville State graduates an opportunity to enter two of MTSU's most prominent programs: its highly respected aerospace program with eight decades of training new generations of aviation experts; and the new cybersecurity management degree launched in early 2024 to train professionals in an exploding career field.

Shelbyville City Council to talk trails and partnerships on Thursday evening

Shelbyville City Council meets 6 p.m. Thursday at the Codes building on South Cannon Boulevard. Some new business agenda items of interest, which will be on first reading, are as follows:

NEW BUSINESS:

X. Ordinances - First Reading:

A. An Ordinance of the Shelbyville City Council to Amend Article II Definitions, Article VI Supplementary Regulations, Exceptions and Modifications, and Appendix 1 Table of Uses of the Shelbyville Municipal Zoning Ordinance By Updating Section 2.2 Definitions, Adding Section 6.4(Y) Supplementary Regulations for Transfer Stations. and Appendix 1 Table of Uses and to Repeal any Ordinance, Resolutions, or Part of an Ordinance or Resolution in Conflict Herewith.

XI. Resolutions:

A. A Resolution Adopting an Inventory and Ownership of Assets Policy for the City of Shelbyville, Tennessee.

B. A Resolution Adopting Greenway, Bikeways', and Trails Master Plan for the City of Shelbyville, Tennessee.

C. A Resolution of the Mayor and City Council of the City of Shelbyville, Tennessee Accepting an Invitation to Rejoin the Membership of the Shelbyville-Bedford Partnership.

We will update this meeting at T-G.com this weekend.

Obituaries

Betty Ann Pope



Betty Ann Pope was born January 17, 1942, at the POPE homestead, on Haunt Hollow Road, in Rover, TN., where she lived for 71 years, then later with her niece Donna, then brother, Alton, and most recently, at Carriage House Assisted Living and lovingly cared for by her niece Joy for many years.

Visitation will be Friday, February 14th, at Edgemont Baptist Church (Family 9am-10am and Friends 10am-1pm)

Service 1pm with burial to follow in the Cothran Cemetery in Rover. In honor of Betty Ann and the LOVE she had for everyone, if you have something red, we would love for you to wear it. Doak-Howell will be serving the family

Betty Ann was the seventh child born to Clarence Eugene and Ruby Gladys Russell Pope. Proceeded in death by Parents: Clarence Eugene "DOC" and Ruby Gladys Russell Pope; her sister, Mary Russell Pope; her brothers, Reverend Willis Pope, Charles, Jack, and Prentice; her sisters in law, Mary Ann (wife of Jack) Diane (second wife of Jack) Johnie Ruth (wife of Haywood), Marie (wife of Thomas Dewey), Marjorie (wife of Willis) Juanita (wife of Prentice); her nephews Randy, David, Michael, niece Diana, great nephew Jeremy, great niece Chloe.

Survived by brothers: Haywood, twin brothers Alton and Allen, and baby brother Thomas Dewey.

Blessed with First Generation nieces and nephews: Gay, Marilyn, Betty Carol, Randy, David, Melissa, Donna, Diana, Deborah, Christopher, Susie, Candy, Michael, Angela, Joy, Joshua, Sharon, Shelly, Rusty, Darryl, Johnny, Karen, Rebecca and to these nieces and nephews many Great and Great-Great nieces and nephews.

Betty Ann IS a child of GOD that loved studying GOD'S word and sharing it with others. She was born in a time when people worked the land, took care of each other and worked hard, born into a Christian family of hard workers, a generation of people like there will be no other, a time gone by.

Upon graduating from Community High School in Unionville, she started her professional career as the office manager for Fly's Manufacturing in Shelbyville, beginning in the late sixties, early seventies, until the company closed. She then worked in the same building under the Woodway name. Where she was a loved boss, friend and co-worker.

When Woodway closed, Betty went to work for Goggin Truck Line as a trucking dispatcher and was loved by the many truck drivers at Goggin. She eventually returned to the building where she spent most of her career working as the office manager for Fly's, this time managing and operating the Over, Short and Damaged retail store for Goggin / Big G Express. She was where she loved to be, with people, talking and sharing that BIG BEAUTIFUL SMILE OF HERS and cutting up with folks.

Our Aunt Betty was quite the professional, she was fast as lightning on a typewriter and a ten key calculator. Smart, quick witted, outgoing, a friend to everyone she met and boy did she meet a lot of people. She had a passion for CHRIST, her Church family at Longview Baptist and Edgemont Baptist in her later years and a love for her family.

Betty loved to travel. She traveled to the Holy Land with her oldest Brother Willis and wife Marjorie, to Arizona to see family, taking her mother, her Aunt Johnie and her nephew, David, she traveled to Hawaii, the Bahamas and Florida on cruises and even attended a few concerts; her favorite Elvis Presley.

Betty Ann's impact on the lives of those she touched is immeasurable. She leaves behind a legacy of love for those who will forever love her, and cherish her. There are many memorable stories that brothers, nieces, nephews and friends can recall.

We all THANK OUR LORD for this precious woman we call Sister, Aunt, and mentor.

Most of all we thank Our Savior, Jesus Christ for taking our Aunt Betty home, so that she did not have to suffer the pains of this old world any longer. We all know Jesus reached out his hand for her on Tuesday and took her home where HE blessed her with a perfect healing of a new body and mind.

Aubrey Nathan Vincion



Aubrey Nathan Vincion, age 83, of Rockvale, passed away Wednesday, February 5, 2025. Mr. Aubrey was born September 8, 1941, in Eagleville to Aubrey C. Vincion and Esther Morris Vincion. In addition to his parents, Mr. Vincion was preceded in death by his siblings, Glen Vincion, Faye Vincion, and Ellen Vincion.

Mr. Aubrey loved being outdoors. You could often find him in the woods enjoying nature and farming. He enjoyed working and spending time with his family. Over the years, he has taken an interest in reading history books and researching history. After his retirement, he took on the role of growing and maintaining some beautiful flowers. He also made a fence out of rock where he would take the sledgehammer and bust the rock up.

Mr. Aubrey is survived by his daughter, Rita Young of Murfreesboro; a son, Ronald Vincion of Chapel Hill; 5 grandchildren, Paige Johnson, Preston Vincion, Jessica Alsup, Chelsea Cooper, and Dalton Young; 4 great grandchildren; nieces and nephews, Glenda Rigby, Howard, Duke, Mary Esther, Cindy, Beth, Andra, and Jackie; special family friend, Alf Taylor; and his grand dog, Twinky.

Visitation was held with the Vincion family from 11AM to 1PM, Tuesday, February 11, 2025 at Lawrence Funeral Home, Chapel Hill. The funeral service was conducted at 1PM, Tuesday, February 11, 2025 in the Chapel of Lawrence Funeral Home with Ward Jones officiating. Interment followed at Rocky Glade Cemetery in Eagleville, Tennessee. Family and friends served as pallbearers.

Donations may be made to a charity of your choice.

Clarence Stanley Smotherman



Clarence Stanley Smotherman, age 71, of Shelbyville, passed from this life on February 6, 2025, at Alive Hospice, Murfreesboro.

Stanley was a lifelong resident of Bedford County, born on December 8, 1953, to the late Clarence and Louise Lamb Smotherman.

Stanley graduated from Shelbyville Central High School in 1972, and Motlow Community College before earning his teaching degree from Middle Tennessee State University in 1978. He soon realized his true passion, followed the path of his ancestors and had a fulfilling career in road construction for 40 years, most notably serving as Bedford County Highway Superintendent for twenty of those years.

Stanley was known for his strong will, unwavering determination and love and support for his family, church and community. He was a devout member of Calvary Baptist Church where he served as Sunday School Teacher for over 40 years.

After graduation, he married the love of his life, Darlene, just recently celebrating their 45th wedding anniversary. They had a full and rewarding life raising their two daughters. Since Stanley's retirement, they enjoyed their time together with family and cruising down the back roads of Bedford County, along with their companion, Charlie.

More than anything, Stanley was the best girl dad! Their biggest cheerleader, he coached their softball teams, attended every dance recital and was the most loving and supportive dad a girl could ever dream of. Once a grandfather, he continued to show love and affection, and each one became "the apple of his eye."

Stanley was preceded in death by his sister, Judy Parsons Agee and brother-in-law, John Agee.

He is survived by his loving, caring and devoted wife of 45 years, Darlene Cook Smotherman; children, Brooke (Brian) Coker of Oxford, Mississippi and Blair (Thomas) Coop of Shelbyville; grandchildren, Ramsay and Reese Coker, Oxford, Mississippi, and Weston and Berkley Coop of Shelbyville; Niece Lisa (Harvey) Martin and nephew Ryan Parsons of Shelbyville, along with numerous great and great-great nieces and nephews.

A Celebration of Life Service was held Sunday, February 9, 2:00 p.m. at Calvary Baptist Church with Pastors Tyler Shoemaker, Jim Gray, and Jeff Faulk officiating. Burial followed at Smotherman Cemetery. Visitation was Saturday from 4:00 p.m. until 7:00 p.m. at the Church.

Pallbearers were Michael Sudberry, Harvey Martin, Danny Robertson, Donnie Robertson, Randall Boyce, Chase Martin, Shane Sudberry and Wyatt Burk. Honorary Pallbearers were Billy Cook, Frank Bobo, Danny Ray Davis, Bo Davis, Donald Davis, Horace Ward, Jeff Boyce, and John Reedy.

Donations may be made in Stanley's memory to Gideon International, PO Box 140800, Nashville, Tennessee, 37214 or Alive Hospice, 1718 Patterson Street, Nashville, Tennessee, 37214.

Doak-Howell Funeral Home is serving the family.

Brigitte Koch Harden



Brigitte Waltraud Koch Harden, age 78, of Shelbyville, passed away February 5, 2025.

Visitation will be from 4 PM until 7 PM, Thursday, February 13, 2025, at Feldhaus Memorial Chapel.

Brigitte was born March 19, 1946, in Germany, to the late Heinrick Koch and Frieda Barthelmes Koch. She enjoyed gardening and reading, but mostly enjoyed spending time with her family. She worked at Jensen's in Shelbyville for over 50 years.

In addition to her parents, she is preceded in death by her husband, Howard Harden, and a step-son Keith Harden.

She is survived by her daughter, Tiffany Harden, of Shelbyville; one son, Mike (Demetriss) Rhodes, of Lynchburg; sister, Erika Dallach, of Germany; step-children, Gary Harden, Shannon Harden, and Tyrone Rippy, all of Shelbyville; grandchildren, Hope Rhodes Carroll, of Lynchburg, Michael Rhodes, of Maine, Terriana Phillips of Shelbyville, Christopher Gross, Jr., of Shelbyville; and great grandchildren, Micah H. Brown, Maddox L. Brown and Madilynn Walls, all of Lynchburg.

Feldhaus Memorial Chapel is assisting the family with the arrangements.

Arthur C. "A.C." Sudberry



Arthur C. "A.C" Sudberry passed away at his home on Feb. 3, 2025. A.C. was born on June 23, 1950 in Rutherford County. He was preceded in death by his wife of 53 years, Deborah Louise Sudberry, his parents Lecil and Mary Ruth Sudberry and his grandparents, Cecil and Naomi Sudberry. A.C. was a 1968 graduate of Community High School in Unionville. After graduation, he went into the Army where he served in Vietnam, he then finished his career in the National Guard until June of 1997. He is retired from Samsonite Furniture and worked at American Can and worked at Agees Sporting Goods in Murfreesboro.

A.C. was an avid baseball fan. He loved coaching baseball when Brian was growing up and later in life he helped coach football at Webb School in Bell Buckle.

Survived by 2 children; Brian (Beverly) Sudberry and Christy (Chris) Gliori; 3 grandchildren, Caden Gliori, Chase Gliori and Sydney Gliori; a step-grandson, Zach Roden.

The family received visitors, Monday, February 10, 2025 at Lawrence Funeral Home in Chapel Hill from 12pm – 1:00pm. The memorial service followed visitation at 1pm. with Bro. Dan Reed officiating.

Lawrence Funeral Home & Cremation Services is in charge of arrangements.

Shelbyville Recreation Center offers seniors much in the way of healthy exercise

Find an exercise regimen that's right for you

Losing interest in an exercise regimen is a situation many fitness enthusiasts have confronted at one point or another. Overcoming a stale workout routine can be simple for young athletes, whose bodies can typically handle a wide range of physical activities. That flexibility allows younger athletes the chance to pursue any number of physical activities when their existing fitness regimens grow stale. But what about seniors who have grown tired of their workouts?

Even seniors who have lived active lifestyles since they were youngsters are likely to encounter certain physical limitations associated with aging. According to the Centers for Disease Control and Prevention, the likelihood of dealing with one or more physical limitations increases with age. CDC data indicates that 8 percent of adults between the ages of 50 and 59 have three or more physical limitations. That figure rises to 27 percent among adults age 80 and over.

Physical limitations may be a part of aging for many people, but such obstacles need not limit seniors looking to banish boredom from their workout routines. In fact, many seniors can successfully engage in a variety of exercises that benefit their bodies and are unlikely to grow stale.

· **Water aerobics:** Sometimes referred to as "aqua aerobics," water aerobics may involve jogging in the water, leg lifts, arm curls, and other activities that can safely be performed in a pool. The YMCA notes that water aerobics exercises are low impact, which can make them ideal for seniors with bone and joint issues like arthritis.

· **Resistance band workouts:** Resistance band workouts can be especially useful for seniors who spend a lot of time at home. Resistance bands are inexpensive and don't take up a lot of space, making them ideal for people who like to exercise at home but don't have much space. Resistance bands can be used to strengthen muscles in various parts of the body, including the legs, arms and back. Resistance bands can be pulled or pushed in any direction, which allows for more versatility in a workout than weight machines and dumbbells. That versatility allows seniors to spice up their workout regimens when things get a little stale.

· **Pilates:** Pilates is another low-impact exercise that can be ideal for seniors with bone and joint issues. According to SilverSneakers®, a community fitness program for seniors that promotes living through physical and social engagement, Pilates can help seniors build overall strength, stability and coordination. SilverSneakers® even notes that seniors can experience improvements in strength and stability by committing to as little as 10 to 15 minutes of daily Pilates exercises.

· **Strength training:** Seniors on the lookout for something more challenging than a daily walk around the neighborhood should not overlook the benefits of strength training. The CDC notes that seniors who participate in strength training can stimulate the growth of muscle and bone, thereby reducing their risk for osteoporosis and frailty. In fact, the CDC notes that people with health concerns like arthritis or heart disease often benefit the most from exercise regimens that include lifting weights a few times each week.



A blast from the past!

By Dawn Hankins

A fun part of this week was when my Nonagenarian friend and Shelbyville native Lytle Hoover sent me this historic photo of local flooding in Shelbyville. I thought it was most appropriate for this week.

Mr. Hoover, in his 90s now, sends the T-G some great photos taken during the 1930s and 40s when the Hoover Family was in local business here (grocery stores, a funeral home, etc.) I'll be sharing more photos in the future from Mr. Hoover.

While doing some research, I found the information below interesting (OK., I'm a reporter.) This flood information is included in the Shelbyville 2040 Comprehensive Plan.

"Shelbyville has a long history of flooding associated with the Duck River. Regional and local efforts at floodplain and stormwater management, most notably the Normandy Dam and the Big Springs Flume, have lessened the more destructive flooding events experienced by the community dating right to the founding of the community.

The plan also highlights that as recently as early 2019, the Duck River exceeded flood stage, causing the flood gates at the Holland Street/ Canon Boulevard levee to be raised. This flooding highlighted the need to keep initiative-taking floodplain and stormwater management as a central focus of all future planning efforts.

To ensure quality growth, new developments should be designed with as little disruption of the natural drainageways as possible. By allowing the natural drainageways and floodplains within the City to remain intact, the impact of all new developments will be lowered, resulting in less flooding hazards for residents and less damage for property owners. All new development and redevelopment in the City should be reviewed with a stricter scrutiny and understanding of the linkage of increasing impervious surfaces, disruption of natural drainageways, and flooding problems in the area. 17 As long as a floodplain remains in a natural state, with native vegetation, open fields, or marshes, flooding is, generally, not problematic to life or property.

However, when human activities and structures occupy and disrupt a floodplain, hazards inevitably develop. It is, therefore, only prudent that, in order to reduce the risk of flood hazards, development of floodplains should be limited and done only in conjunction with proper engineering reviews and practices. Floodplain hazard mitigation can also be accomplished in Shelbyville through a combination of the enforcement of floodplain management and progressive land use controls. Shelbyville Planning Commission should consider a complete review of the floodplain policies in response to the flooding events within the Middle Tennessee region."

Just a little food for thought. Have a blessed week!

Real estate mogul Dana Frank, Quincy Jones' niece, to headline MTSU Black History

MURFREESBORO, Tenn. — Seattle real estate mogul Dana Frank, niece of music giant Quincy Jones, will serve as the 2025 Middle Tennessee State University Black History Month keynote speaker on Feb. 18.

To highlight the 2025 Black History Month theme, "African Americans and Labor," Frank will speak about her career successes and challenges at 1 p.m. Tuesday, Feb. 18, in Keathley University Center Theater, 1524 Military Memorial.

"This year's theme celebrates the significant contributions of African Americans in all occupations and public service while acknowledging an unjust past," said Danielle Rochelle, director of MTSU Intercultural and Diversity Affairs, who coordinates a monthlong observance that features a variety of activities for the campus and community. "We're excited to have Dana Frank share her story with us."

She may be a famous R&B music mogul's niece, but Frank has paved her own road to success. She has spent her career helping other underrepresented families secure housing and build generational wealth.

Though an award-winning author and entrepreneur, Frank's Road to success was paved with struggles. After her parents 32-year marriage ended in divorce, Frank and her mother became partners and pulled the family business out of bankruptcy. The single mom also juggled building career with parenting, but the challenges gave her purpose.

Frank is also an author, compiling her practical advice in her book, "Get Up and Get on It: A Black Entrepreneur's Lessons on Creating Legacy and Wealth," which won the International Impact Award and Pinnacle Award in 2024.



"Her story is one of perseverance and I know she will inspire us all," Rochelle said.

The event is hosted by the Office of Intercultural and Diversity Affairs, College of Media and Entertainment and the Urban Entertainment Society.



HANDS-ON CAREER EXPLORATION

School System photo

Bedford County middle school students are getting unique opportunities to dive into their futures with Career Exploration Labs. This hands-on experience allows students to explore a variety of careers through interactive activities, real world projects and skill-building exercises.

Did You Know?

We ALL have that one friend who works from home and has time to go to Costco, pick up their kids, take a nap, and clean their house.... All during the work day and between their company's tasks.

Fullstack Academy analyzed the U.S. Census Bureau's 2023 American Community Survey to determine the industries (& places) where people most work from home.

Key Takeaways

- 13% of Tennessee residents work from home (24th highest in the U.S.)
- 18% of Nashville's workforce is remote (20th highest in the U.S.)
- Web developers, writers and authors, and travel agents are the top three occupations for remote workers.
- On average, remote workers make $27,000 more per year than non-remote workers.

More Than 1,400 Daily Real Id Appointments

May 7 Implementation Deadline Approaches

With the REAL ID Act of 2005 taking effect in 3 months, the Tennessee Department of Safety and Homeland Security, TDOSHS, is expanding access by adding 1,432 additional REAL ID-specific appointment slots per day at Driver Services Centers across the state.

The REAL ID Act requires anyone 18 or older to have a REAL ID or another federally issued photo ID to board commercial flights within the United States or to enter certain federal buildings, military bases, and nuclear power plants.

"The REAL ID appointment expansion helps ensure that Tennesseans have the opportunity to obtain a REAL ID ahead of the federal deadline," said TDOSHS Commissioner Jeff Long. "Our goal is to make the process as convenient as possible and to help travelers avoid last-minute delays. The added appointments reflect our commitment to both security and customer service."

More than 2.7 million Tennesseans have already received REAL ID-compliant credentials, while nearly 1.2 million have not yet made a decision about getting a REAL ID. Another 1.9 million Tennesseans have chosen not to get a REAL ID-compliant credential. TDOSHS began issuing REAL IDs on July 1, 2019.

"We encourage Tennesseans to take advantage of the increased appointment availability now, rather than waiting until the last minute," said Commissioner Long. "By planning ahead, you can avoid longer lines and ensure you have the credentials needed for travel and federal access."

To apply for a REAL ID, customers must bring proof of U.S. citizenship or legal presence, proof of their Social Security Number, and two proofs of Tennessee residency. If your name has changed, you must also bring certified legal documents supporting the name change(s). All documents must be original or certified. Photocopies are not accepted. To ensure you're bringing the correct documents, TDOSHS encourages you to have your REAL ID required documents pre-approved online. A complete list of accepted documents and the pre-approval portal are available at tnrealid.gov.

Federal law requires REAL ID applications to be made in person. If you have a Tennessee Driver License or ID, you can apply for a REAL ID at a Driver Services Center or a participating County Clerk. If you do not have a Tennessee Driver License or ID, you must apply for a REAL ID at a Driver Services Center. Tennesseans can save time at the Driver Services Center by scheduling an appointment to get a REAL ID. Find a Driver Services Center or participating County Clerk near you and schedule an appointment at tnrealid.gov.

Obtaining a REAL ID is optional. Non-REAL ID licenses will continue to be accepted for general identification purposes such as driving, purchasing alcohol or tobacco products, applying for federal benefits, voting or accessing hospitals, post offices, banks, federal courts, etc.

After the REAL ID implementation, Tennesseans may also use a valid passport or other federally issued photo ID to fly domestically. For the complete list of acceptable ID, visit the Transportation Security Administration, TSA, website, tsa.gov/travel/security-screening/identification.

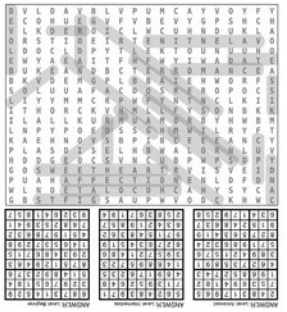
If you are getting a Tennessee license for the first time or it is time to renew your license, the cost to get a REAL ID is $28.00. If you get a REAL ID outside of your renewal period, there is an additional duplication fee of either $8 or $12 depending on your license classification.

For more information about Tennessee REAL ID, visit tnrealid.gov.

PUZZLE SOLUTION

COOLING OFF — By Carlin Devaris

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Golden Eagles Secure Season Sweep at Spring Hill

BY NOAH MADDOX
noah@t-g.com

COLUMBIA, Tenn. – The Shelbyville Central Golden Eagles (11-14, 6-3) used a 22-point second quarter to separate themselves from the Spring Hill Raiders (2-18, 0-9) and take home a 14-point win, 65-51, on Tuesday night.

With the win, Shelbyville locks up the 2-seed in the upcoming District 9-AAAA Tournament due to their tiebreaker advantage over Coffee County, who is the only other team that could potentially end the regular season with the same district record with the Golden Eagles.

Shelbyville forced 19 Spring Hill turnovers overall while just committing seven turnovers themselves. This allowed the Golden Eagles to have three players reach double-figures despite missing Jordan Taylor. Tae'Shawn Shelton led the way with a team-high 19 points, including a trio of triples. Jevon Lee got back on track with 15 of his 17 points coming in the first half while Jack Conditt continued his recent scoring surge with 14 points and a pair of three-pointers.

For Spring Hill, Elijah Carter led all scorers with a game-high 28 points, but he was the only Raider to score in double-figures. Jonathan Knight chipped in with eight points for the hosts.

From the opening tip, Lee came out aggressive, finishing the opening period with eight of Shelbyville's 16 points. He was matched only by Carter, who went 4-6 from the charity stripe in the quarter and scored eight of his team's 12 points in the first quarter. Shelton also scored six points for the Golden Eagles.

In the second quarter, Shelbyville's offense took itself to another level, outscoring the Raiders, 22-10, to take a 38-22 lead into the halftime locker room. Shelton connected on a pair of three-pointers, Jaylin Robinson added another triple and a pair of free-throws, and Lee scored seven more points to lead Shelbyville. The Golden Eagles' defense was the biggest reason for the 22 points, holding Carter to just one made free-throw in the quarter.

Coming out of halftime, Spring Hill began to chip away at the 16-point deficit, outscoring Shelbyville by five, 16-11, to cut the lead to 49-38 entering the final frame. Carter scored 11 points in the quarter to lead the way for the Raiders, but Conditt connected on a pair of timely threes along with Shelton hitting a three to go with a two-point field goal to keep the double-digit lead intact.

In the final frame, Shelbyville made just enough free throws to hold the Raiders. Carter scored eight more points in the fourth quarter, but Spring Hill could only muster up five points combined from the rest of the team. The Golden Eagles saw six different players score in the period, outscoring the hosts by four, 15-11, to put the finishing touches on a 65-51 road win.

Spring Hill will enter the district tournament as the 6-seed.

Shelbyville Central improves to 11-14 (6-3).

Eaglettes Complete 2nd-Half Comeback At Spring Hill

BY NOAH MADDOX
noah@t-g.com

COLUMBIA, Tenn. – The Shelbyville Central Golden Eaglettes (13-9, 5-4) needed a fourth-quarter comeback to complete the season sweep over Spring Hill (6-18, 1-8) and clinch the 3-seed in the upcoming District 9-AAAA Tournament.

On a night when leading scorer Lanaya Young was held to just four points by the Raiderettes after she put in a game-high 16 in the first matchup on January 24, Yasmine McFarland and Janiya Leslie picked up their teammate, scoring 11 and 10 points, respectively. The Eaglettes also relied heavily on their defense, forcing 26 Spring Hill turnovers. Morgan Pridemore chipped in with eight points of her own

Alayzia Harrison and Emma Sharp led Spring Hill with 12 and 11 points respectively. After falling to Shelbyville three weeks ago by 23 points, the Raiderettes came out inspired, controlling the tempo for the first three quarters of play.

Shelbyville had plenty of chances to blow things open offensively, but the Eaglettes shot just 12-26 at the free-throw line for the game as a team.

To start off, Spring Hill's Harrison and Sharp combined for 10 of the Raiderettes 13 first-quarter points. Leslie scored five of Shelbyville's nine points in the opening period as Spring Hill took a 13-9 lead.

In the second quarter, the Eaglettes' McFarland scored seven of her 11 total points to match Harrison's seven points, mirroring the two teams as a whole. Both scored 13 points in the period, and Spring Hill took a 23-19 lead into the halftime locker room. Shelbyville went just 3-8 from the charity stripe in the second quarter.

Coming out of halftime, Shelbyville picked up the defensive intensity, holding Spring Hill to just five points in the third quarter. However, the Eaglettes could only muster up seven points themselves, shooting 5-9 from the FT line as a Leslie layup was the only made field goal in the period for the visitors. Sharp connected on a three-pointer to keep Shelbyville at bay, 31-29, going into the final frame.

In the fourth quarter, Pridemore led six different Eaglettes in scoring with four points. The other five Eaglettes scored two points apiece, including McFarland and Gray going a perfect 2-2 from the charity stripe. McFarland finished 5-6 overall at the line. For Spring Hill, Sharp connected on her third triple of the night, but the Raiderettes were only able to muster up four more points in the period to allow Shelbyville to escape Columbia with a 43-38 win.

Spring Hill falls to 6-18 (1-8).

Shelbyville locks up the 3-seed for the District 9-AAAA Tournament, but first returns home for Senior Night against Columbia Central on Thursday to wrap up the regular season, LIVE on WLIJ 98.7 and AM 1580 starting at 5:45 p.m.

Cascade's Sophie Ray Surpasses 1,000 Career-Points Milestone Against Chapel Hill

BY NOAH MADDOX
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Chapel Hill, Tenn. – Sophie Ray scored her 1,000th career point on a beautiful euro-step layup at the end of the third quarter of Cascade's massive five-point win in Chapel Hill on Friday night, helping the Lady Champions clinch the 2-seed in the upcoming District 9-AA Tournament in the process.

Ray, who needed just 10 points coming into the game, reached that mark with 8.1 seconds remaining in the third quarter. When her shot fell through the net, ear-splitting cheers from the traveling Cascade faithful reverberated throughout the gym, followed by three confetti guns going off in the stands that sent the away crowd into a frenzy.



Sophie Ray (5) surrounded by her jubilant teammates after scoring her 1,000th career point against Chapel Hill. *Photo courtesy of David Smith.*

"I didn't even know until they [teammates] all turned me around to look at the stands that I got a thousand points," an exuberant Ray told The Zinger 100.9 post-game. "I had no idea."

"What she told us in the locker room was, 'You know, I was thinking it was just a layup guys, like do we really have to be doing all this??'" said a smiling Lady Champs Head Coach, Janie Demonbreum.

"Nobody talked to her about it because we all just wanted it to come naturally," Demonbreum continued. "It was a bittersweet moment to sit there and see her realize 'I just hit a thousand points' and it made me teary-eyed because it's a huge accomplishment."

"This was the hardest secret to keep from her, but it was the best secret to keep."



Sophie Ray (pictured) after scoring 1,000 career points on Friday. *Photo courtesy of David Smith.*

Once the celebration finally died down just a tad, Cascade was able to hold on to a seven-point lead going into the fourth quarter and win by five, 49-44.

"After it went in, I just thought, I got a thousand points so I just have to keep going and help my team finish this game," Ray said. "Sometimes it's been hard for us to finish games, and so that was just running through my mind because it was a big game to win."

Afterwards, Ray kept her eye focused on the main goal Cascade has as a team: to make it as far as they can in the postseason while continuing to grow together as a team.

"I think we're all just coming together in practice, and then on the court we are sharing the ball a lot," Ray concluded. "We all know the main goal is to make it as far as we can in the District and Region."

Cascade will be the 2-seed in the upcoming District 9-AA Tournament, but will be playing the 3-seed, Grundy County, inside of Ricky Richards Gymnasium in Coalmont on Tuesday night due to Grundy County previously having been awarded the rights to host the tournament.

MTSU's 2025 Football Schedule Announced by CUSA

MT ATHLETICS

MURFREESBORO, Tenn. – MTSU's 2025 football schedule includes six home games, three mid-week contests ("Weekday CUSA"), and a non-con slate with two first-time opponents as Conference USA announced the league schedules on Thursday.

The Blue Raiders' 111th football season and second under Head Coach Derek Mason will open 2025 at home Aug. 30 against in-state rival Austin Peay in the first meeting between the two schools since 2010. MTSU owns a 39-12-2 record against the Governors in a series that began in 1936.

Middle Tennessee will hit the road on back-to-back weeks to face Big Ten opponent Wisconsin Sept. 6 then head to Reno to take on Nevada Sept. 13. It will mark the first time MTSU has played either opponent in its history.

The Blue Raiders will return home Sept. 20 to welcome a familiar foe to Floyd Stadium in the Marshall Thundering Herd. A member of the Sun Belt Conference, Marshall leads the series against MTSU 6-5, with the last contest taking place in 2021 that saw the Blue Raiders win, 34-28.

MTSU will then open conference play Sept. 27 with a road game against Kennesaw State. Last year, the Blue Raiders won the first-ever meeting against the Owls in Murfreesboro, 14-5.

Middle Tennessee will then enter October, where they will begin a stretch of three straight mid-week games at home on Oct. 8 against CUSA newcomer Missouri State. It will mark the first meeting between the two schools.

The Blue Raiders will hit the road to face league newcomer Delaware Wednesday, Oct. 22. It will be the first meeting against the Blue Hens since 1978.

Middle Tennessee will wrap up the mid-week portion of the schedule Oct 29 at home against Jacksonville State. The Blue Raiders lead the series against the Gamecocks, 14-4-2, but have lost the last three in a row.



The Blue Raiders hold the all-time series lead against the Panthers, 5-4, but have lost the last two meetings. MTSU will return to the road Nov. 15 against rival WKU and look to end a six-game losing streak versus the Hilltoppers. The game will also be the first November contest against WKU since 2021.

MTSU will then host Sam Houston for Senior Day Nov. 22. It will be the Bearkats first visit to Floyd Stadium as a CUSA member and their first since 1991.

MTSU will close out the regular season on the road against New Mexico State Nov. 29. MTSU trails the all-time series, 4-2, and have never won a game in Las Cruces.

Viqueens Blow Out Lady Champs to Split 'Battle of Bedford' Series

BY NOAH MADDOX
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BELL BUCKLE, Tenn. – After blowing an 11-point fourth-quarter lead at home to Cascade on January 21, the Community Viqueens (10-16, 2-5) came out on a mission, holding District 9-AA rival, the Lady Champions (11-12, 4-4), to their lowest point total this season in a 21-point win, 43-22, on Tuesday night.

Cascade shot a season-low 15% from the field and didn't reach double-digits on the scoreboard until Lizzie Keele banked in a three-pointer to cut Community's lead to 25-11 with 4:25 to go in the third quarter. The Viqueens held Cascade to just 4-25 shooting from downtown overall, but more importantly they were able to keep the Lady Champs out of the paint until late in the fourth quarter, forcing the hosts to settle from the outside.

Community's Mattie Maxey led all scorers with a game-high 13 points while Alyssa White chipped in with 13 points as well. Haskins was held to just five points on 2-7 shooting, but it didn't matter in the end because of the Viqueens' defensive activity all night long.

For Cascade, Lizzie Keele was the only Lady Champion to reach double-digits, scoring a team-high 10 points while also chasing down six offensive rebounds. Kaegan Young chipped in with seven points, but struggled from the field, shooting just 3-15 overall. The Viqueens held both Sophie Ray and Caroline Parker to a combined 0-19 shooting from the field with Parker splitting a pair of free throws for her only point.

To start, Cascade looked like they were going to have a hot shooting night from the outside. Kaydence Miller and Keele both connected on three-pointers on Cascade's first couple possessions, taking a two-point lead, 6-4, less than two minutes into the game. However, the Viqueens stayed resilient in their 2-3 zone, and eventually got Alyssa White going down low in the post. After holding Cascade scoreless for the rest of the first quarter, Community took an 8-6 lead as the opening period came to a close.

In the second quarter, the Lady Champs hit an incredible cold spell that would last for the majority of the game. A Kaegan Young free throw line pull-up jumper on the fastbreak with about two minutes left in the first half were Cascade's only points in the period as the Viqueens outscored the hosts, 14-2, to take a 22-8 lead into the halftime locker room. Cascade was held to just 3-24 shooting from the field in the first half, including 2-14 from downtown as the Lady Champs' halfcourt offense muddled into the halftime break.

Coming out for the third quarter, both teams seemed to have a lid on the basket, but after Keele's three-pointer almost halfway through the period made it a 25-11 game, Community quickly responded with a White layup, sparking a 10-4 run over the final 4:20 to take a 35-15 lead into the final frame.

In the fourth quarter, the Lady Champs attempted to amp up their defensive pressure by getting into their full-court press, but in the end it was too little, too late. Community outscored Cascade, 8-7, in the final frame to run away with the 43-22 win.

After defeating Chapel Hill on Friday night, Cascade had nothing to play for in terms of the district standings, already having locked up the 2-seed in the upcoming District 9-AA Tournament. Community will play in Chapel Hill on Friday before playing the Lady Rockets again on Monday in the 4-5 play-in game at Grundy County.

Community improves to 10-16 (2-5).

Cascade falls to 11-12 (4-4) and will stay home for Senior Night on Thursday against Mt. Pleasant before traveling to Summertown on Friday.



Alyssa White (11) wins the opening tip against Sophie Ray (5). White scored 13 points in the 21-point Viqueens' win on Tuesday. *Photo courtesy of David Smith.*



Lizzie Keele (11) connects on three of her team-high 10 points on Tuesday. *Photo courtesy of David Smith.*

Champs Handily Complete Season Sweep Against Vikings Behind Kelso's 24 Points

BY NOAH MADDOX
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BELL BUCKLE, Tenn. – The Cascade Champions (15-10, 5-3) completed the season sweep in their final District 9-AA game of the regular season against the visiting Community Vikings (12-14, 1-6), on Tuesday night, 73-56.

Kaleb Kelso led all scorers with 24 points on a season-high eight made three-pointers to lead a peaking Cascade to their seventh win in the last 10 games. His backcourt mate, Jason Cullum, scored 19 points of his own while Henry Stone chipped in with 10 points down low.

For Community, Charlie Haskins and Jonathan Lawell tied for a team-high 10 points while Landon Lovvorn and Austin Stickler were held to just eight points apiece. The Vikings suffered their fourth consecutive defeat on the season and fourth consecutive loss to Cascade in the series dating back to last season.

To start, the Vikings were able to keep things close for about a quarter-and-a-half before Cascade's offensive onslaught became too much to handle. A pretty even opening period saw the Champions only ahead by four points, 13-9, despite Community missing multiple bunnies around the basket.

In the second quarter, Cascade outscored the Vikings, 21-13, to take a 34-22 lead into the halftime locker room. Community responded to an 11-0 Cascade run with a 9-1 run of their own to cut the lead to 25-20 with less than 90 seconds remaining in the half. However, Kelso responded with a top-of-the-key triple to spark a 9-2 run that took just over a minute to take the 12-point lead at the half. The Champions' opportunistic zone defense forced numerous turnovers, leading to runouts and easy shots from the perimeter. Kelso connected on five threes in the first half for 15 points while Cullum, who scored 16 of his 20 points in the second half of the first matchup back on January 21, put in 13 first-half points.

Coming out of halftime, Cascade's dynamic backcourt duo continued to cook as the Champions extended their lead to 19 by the end of the third quarter, 50-31. Cooper McElroy, who scored seven fourth-quarter points in Cascade's 10-point win in Chapel Hill on Friday, scored all seven of his points against Community in the second half while Stone put in eight of his 10 in the final two quarters.

Haskins, Stickler, and Lawell combined for 25 points in the second half, but it wasn't nearly enough to keep up with the high-flying Cascade attack. Haskins, coming off an incredible 31-point outing in Community's three-point OT loss at Grundy County on Friday, 68-65, never quite looked comfortable against the Champs' zone all night despite reaching double-figures late.

In the final frame, the Vikings actually outscored Cascade by two, 25-23, despite the Champs holding nearly a 20-point lead for the majority of the fourth quarter. In the end, it was not enough to overcome the damage done in the first three periods, and Cascade won by 17 for the second consecutive meeting, 73-56.

Community falls to 12-14 (1-6) while Cascade improves to 15-10 (5-3).



Kaleb Kelso (5) connects on one of his season-high 8 made three-pointers against Community on Tuesday night. He finished with a game-high 24 points to lead all scorers. *Photo by David Smith.*



Jason Cullum (3) scored 19 points in Cascade's win on Tuesday. *Photo courtesy of David Smith.*

Start Valentine's Day/Weekend by sharing a heartwarming brunch

Make these great recipes ahead of time, so that you may spend less time, cooking, and more time being 'sweet' on Valentine's Day.

Champagne Chicken

Family Features

Servings: 2-4

Mushroom Sauce:

- 1 can (14 ounces) mushrooms
- 1 1/2 cups chicken broth
- 3 tablespoons butter
- 3 tablespoons flour
- 1 tablespoon garlic powder
- salt, to taste
- pepper, to taste
- 1/2 cup heavy cream

Chicken:

- 2 chicken breasts
- 2/3 cup flour
- 2 tablespoons lemon pepper seasoning
- 1/2 stick butter
- 1/2 cup chicken broth
- 3/4 cup champagne or sparkling wine
- mushroom sauce
- rice, for serving

To make mushroom sauce: In blender, blend mushrooms and chicken broth; set aside.

In skillet over medium heat, melt butter and mix in flour. Slowly add mushroom broth while stirring. It should start to thicken; if it doesn't, add 1 tablespoon flour and stir well.

Add garlic powder and salt and pepper, to taste. Mix in heavy cream while continuing to stir. Remove from heat and set aside. Reserve until ready to cook and keep refrigerated, if necessary.

To prepare chicken: Butterfly chicken breasts, making four thinner pieces.

In shallow dish, mix flour and lemon pepper seasoning. Coat chicken in flour mixture.

Melt butter over medium heat and add chicken broth. Pan fry coated chicken breasts then remove from pan and set aside.

Use champagne to deglaze frying pan and add mushroom sauce to heated champagne. Place chicken breasts back in pan in mushroom sauce and cook over medium heat about 5 minutes. Serve over rice.

Substitutions: Mushroom soup can be used in place of homemade mushroom sauce. Chicken broth can be used in place of champagne.

Chocolate Coated Strawberry Treats

Family Features

Servings: 5

- 1 ¼ baking chocolate chips
- ½ baking peanut butter chips
- 3 tablespoons coconut oil, divided
- 1 pound fresh strawberries
- shredded coconut
- crushed almonds

1. In saucepan, add baking chocolate chips and two tablespoons of coconut oil. Melt on low to medium heat and whisk until smooth.

2. In a small bowl, add baking peanut butter chips and 1 tablespoon of coconut oil. Microwave in 30 second intervals until melted. Whisk together until smooth.

3. Line a baking sheet with parchment paper.

4. Dip all strawberries into melted chocolate. Then, dip 1/3 in coconut, 1/3 in almonds and 1/3 just chocolate and lay on tray.

5. Drizzle the melted peanut butter over the plain chocolate strawberries.

6. Put in the fridge for at least 30 minutes or until strawberry treats are chilled.

White Hot Chocolate with Peppermint Sticks

- 3 cups Half & Half
- 2/3 cup white chocolate baking pieces
- 1 3-inch cinnamon stick
- Peppermint Candy Sticks for stirring
- 1/8 tsp ground nutmeg
- 1 tsp vanilla
- 1/4 tsp almond extract
- Ground Cinnamon (optional)
- Whipped Cream (optional)

1. In a medium saucepan combine 1/4 of the half & half, white chocolate baking pieces, cinnamon stick and nutmeg. Stir over low to medium heat until white chocolate is melted.



2. Add remaining half & half. Stir and cook until heated through. Remove from heat. Discard cinnamon stick.

3. Add in vanilla and almond extract. Stir until mixed through.

4. Pour into your favorite mug(s). Top with whipped cream and sprinkle with ground cinnamon. Stir with peppermint candy sticks.

Planning your Valentine's Day proposal



February 14 is a day dedicated to love. And for couples who are pondering their futures together, Valentine's Day may seem tailor-made for wedding proposals. According to a survey of 1,000 married adults by James Allen, an online diamond and bridal jewelry retailer, people really love getting engaged on Valentine's Day. Forty-three percent of Millennials report favoring Valentine's Day for proposals - whether they're doing the asking or being asked.

There are a few things to keep in mind when considering whether or not to pop the question on Valentine's Day. Here are some ideas for planning the proposal.

Make it your own

Even if the proposal is taking place on one of the most popular days of the year to get engaged, interject some personality into the occasion. Include important elements that are dear to the person to whom you are proposing, such as favorite flowers or a preferred restaurant. Restaurant reservations may be hard to come by on Valentine's Day, so you may want to select a more private meal at home or something catered unless you want to share your proposal with a crowd.

Visit possible locations in advance

Think about where you would like to propose and visit those areas at different times of the day. Timing a proposal during sunset with the rays creating a warm glow on a park bench or on the incoming tide can make it more magical. Adjust proposal area plans for busier crowds expected on Valentine's Day.

Have the ring at the ready

Jewelry shops are in demand around Valentine's Day, so be sure to choose and have the ring sized well in advance of the proposal. This ensures the ring will be ready in time. If the ring will be a surprise, get hints beforehand to understand your loved one's design tastes. Consider bringing a friend along when shopping to offer support and advice.

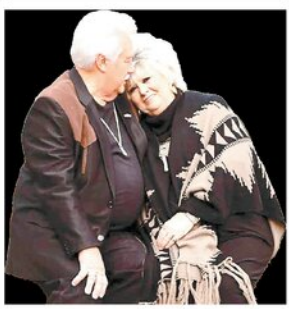
Use chocolate to your advantage

Boxes of chocolate are ubiquitous on Valentine's Day. Nestle the ring inside of a box of truffles or another favorite confection and have the question "Will you marry me?" attached to the inside of the box.

Hire a photographer

Work with a photographer to capture the moment, whether it's a professional photographer or a friend enlisted for the task. This way you can be fully immersed in the moment as it unfolds, and then look back on the experience from a different perspective when the photos are printed.

Valentine's Day is a popular time for wedding proposals. With a little planning, the occasion can be even more special.



HAPPY VALENTINE'S DAY GRACIE AND MARVIN SR.!

Family Photo

Marvin and Gracie Wilson of Unionville have celebrated over 50 Valentine days as a married couple. They've raised a family, ministered to those in need, served the church and inspired many, many communities with their music ministry. They even passed their gifts for music ministry on to their children and grandchildren. The couple have had recent health issues but other photos of their lives together demonstrate how they still hold hands and pray together every day for God's guidance and will for their lives. Happy Valentine's Day to one of Bedford County's special couples!







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