COMMUNITY NEWS

SHELBYVILLE TIMES-GAZETTE

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Five Council members agree to defer Partnership talks

Council approves new supplementary regs for transfer stations

By Dawn Hankins
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Shelbyville City Council voted 5 to 1 last Thursday to defer its decision on re-joining Bedford Partnership until March.

The motion to defer was made by Councilman Henry Feldhaus and seconded by Council person Betsy Noel. Feldhaus said he'd like to have a presentation by the Partnership next month, specifically so that new Council persons, Noel, and Josh Blevins, are able to hear the successes thus far of the group, which now oversees the Chamber of Commerce.

Feldhaus alluded to the success of the Christmas venture last December between the City and County.

Councilman Bobby Turnbow was the lone Council member casting a strong no. Turnbow spoke out against the Partnership last fall when then CEO Shane Hooper blasted the City from County Chambers in regard to the City's decision to leave the group. Hooper had accused the City of turning its back on local businesses.

Council unanimously approved on first reading an ordinance for new supplementary regulations for future transfer stations located in the City.

City Council removed itself from the Partnership (along with its $100,000 seed money) due to what some council persons have said was because of lack of inclusion in many economic development decisions regarding the industrial park.



T-G Photo by Dawn Hankins
Council member Betsy Noel and the City officer who opened the meeting put hand over heart during the Pledge of Allegiance at Thursday's Shelbyville City Council meeting.

Also on Thursday, City Council approved:

• A resolution adopting a greenways, trails and bike ways master plan as recommended by Shelbyville Parks and Recreation Department.

• For Fire Chief Matt Doak to hire three additional fire fighters for Shelbyville Fire Department. The impact on this year's budget will be about $77,000 and then thereafter about $230,000. As well, Council approved the $29,000 Firehouse Subs Foundation Public Safety Grant for the fire department. The dollars were approved to be used for purchase of a department ATV.

• A $5,000 contribution from the tourism budget for a spring GALA to be presented in recognition of Community Clinic and Meharry Dental College. This amount is coming from tourism due to special guests planned for this event. The event will be April 12 from 6 to 10 p.m.

See COUNCIL, 2A



SNOW BEAUTY OF NW BEDFORD

Photo by Elaine Butner

This Bedford County beauty seemed to enjoy a frolic in the blanket of snow that accumulated here Tuesday night. Roads were passable but residents were urged to travel with caution as some less traveled areas were a little slick. Schools were closed on Wednesday. The freezing temperatures were bone-chilling on Wednesday morning.

NOTICE

Due to construction at the Walmart Distribution Center on Frank Martin Road, Highway Superintendent Mark Clanton urges commuters who normally use Frank Martin Road to access it from Midland Road rather than U.S. 231 for the next six months. Heavy truck and construction traffic will make the section of Frank Martin Road near Walmart DC more congested and dangerous, said Clanton.



"I Give all the Glory to God… If not for Him, I wouldn't be here"

—Former Golden Eagle Kyler Trice Talks Journey, Recovery From Cardiac Arrest

SHELBYVILLE, Tenn. – When Kyler Trice woke up on Tuesday, February 13, 2024, he and his Shelbyville Central Golden Eagles teammates were scheduled to take a 90 minute bus ride later that evening to Lincoln County High School and take on the Falcons in a win-or-go-home District 9-AAAA Quarterfinal matchup.

Trice, a senior on the Golden Eagles basketball team, was coming off of a spirited 22-point performance on Senior Night just nine days prior in a 34-point win over district foe Spring Hill, 75-41, in his final game inside of Rick Insell Gymnasium. A loss at Columbia Central on the ensuing Friday night did little to damper the excitement of the upcoming district tournament, a competition that Trice and his teammates felt confident they would perform well despite their 6-20 (2-8) record on the season under first-year head coach, Shane Young, who also happened to be Trice's third coach in four years...**Continued on 11A**

Reading stimulates the brain, slows down cognitive decline: Neurology experts report

Time to visit your local library!

STAFF REPORT

It is what you read when you don't have to that determines what you will be when you can't help it.

—Oscar Wilde

The American Academy of Neurology says that reading stimulates the brain and has been shown to slow down cognitive decline in older age. Reading also may help slow down memory loss.

What better way to do that than to get over to your local library-Shelbyville Bedford County Public Library.

Aging and change go hand in hand. Although some may bemoan the gray hairs that start to arrive or stiffness in the knees that seems to sneak up on a person, such concerns are not necessarily enough to lose sleep over. However, many people 50 or older are nervous about the potential for cognitive issues like dementia.

The Alzheimer's Association estimates that 6.7 million people have Alzheimer's disease in the United States. And there are 733,040 people living with dementia in the country as of January 1, 2024. Alzheimer's disease and other dementias can rob people of their memories, personalities and abilities to live satisfying, independent lives. While it may not be impossible to prevent all cognitive issues completely, there is reason to believe that reading could be an ally in cognitive care.

The powers of reading were noticed more than 10 years ago when a 2013 study from researchers at Emory University measured readers' MRI scans as they read books. They found the deeper readers went into a story, the more areas of their brains were activated. This activity remained elevated for several days after participants finished their books. The more a person reads, the stronger complex networks in the brain become.

Additional evidence that reading can help the brain was noted by researchers at the Texas A&M School of Public Health. A 2024 study suggests that older people with mild cognitive impairment who engage in high levels of activities like reading, hobbies and word games have better memory, working memory, attention, and processing speed than those who do not take part in such endeavors.

A former 2021 study published in Neurology found that high levels of cognitive activity, like reading and writing letters, can delay the onset of Alzheimer's disease by 5 years among those age 80 and over.





VISITING WITH THE STATE REP

Submitted Photo

Dobee Mallard, Shelbyville Power Water and Sewerage Board Member and Jason Reese, SPWSS general manager, visited recently with State Rep. Pat Marsh during the Legislative Rally for the Tennessee Municipal Electric Power Association. According to Reese, this rally gives SPWSS the opportunity to advocate for the interests of municipal utilities and ratepayers. Marsh will speak at 6 p.m. Thursday night, along with Sen. Shane Reeves, during the school board meeting.

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Horticulture Therapy

The Moral Recreation Therapy program has changed many lives for the better

See Page 5A



Blue Raiders topple Lady Toppers

Ta'Mia Scott scored a team-high 24 points in MTSU's win over WKU

See Page 10A

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County planning may assume regulatory authority over mini-barns, RVs, used as permanent dwellings

By Dawn Hankins

If you live permanently in an RV or a mini barn purchased at a home center, perhaps down by the Duck River, you're likely in violation of Bedford County building codes.

Because there seems to be a lot of violations, the planning commission is requesting County regulatory authority over such structures converted for use as permanent dwellings.

The Rules and Legislative Committee moved on to the March Commission meeting agenda a Zoning Amendment Resolution which would amend Article II, Section 3.390-Temporary Use Regulations, and Article VII, Section 7.020-Definitions, of the Bedford County Zoning Resolution-version 11.32.

The resolution amendment received a favorable recommendation (unanimous) after a year of discussion, revisions, and amendments by the County planning commission.

The purpose, as explained by County Planning Director Chris White, is to provide clear definitions for "Disability," "Mini-Barn," and "Ready-Removable Structure," basically, all terms applied across various sections of the Zoning Resolution.

For example, this amended set of regulations would apply to a double-wide trailer that was formerly used at a school (usually with no bathrooms) and then bought by an individual for residence. White said such structures are not designed to be used as permanent dwellings.

While such dwellings as mentioned have never been legally allowed, the County building codes department currently has the only jurisdiction, according to White. And they have one remedy when residents are in violation and that is to cut off their electricity.

This is not ideal for the County, he said, especially if there are babies or people on medical equipment in the house. He and the planning commission therefore believe that such jurisdiction should rest within the planning department.

The resolution discussed is also meant to clarify and refine the scope of temporary medical permits. White discussed that under planning department authority, there would be certain exemptions for hardship cases.

In other words, the planning department isn't aiming to just approve this resolution and toss people out of their homes. Instead, White advised the planning department has more "flexibility," for residential matters and could take into consideration such situations as seniors needing to live on the property of their loved ones, or a family that's living in an RV while trying to sell their home.

White made it clear that his department is not in the business of finding people housing. But certain recommendations or considerations from planners might ease their transition.

The Rules and Legislative Committee moved the resolution on to the March Commission meeting as presented.

Other new business during the rules committee meeting included some favorable and unfavorable recommendations from the planning commission for potential rezonings.

Tyrone J. Rhodes is seeking to have 2601 Highway 64 West (Map 085; Parcel 032.00) rezoned from A-1 (Agriculture-Forestry) to C-1(Rural Center District). This was sent with a favorable recommendation (unanimous) of the Planning Commission.

Commissioners asked White to first explain about Rural Center Districts. White said this is what the County calls its C-1 district which is the light commercial district applicable to "cross road communities" like Wheel.

White said it is possible Rhodes will have a market on the property. When such rezonings are approved, differences in plans do occur in the process, he explained. This is always possible when approving, he advised.

White said the request does include less than an acre and it appears to be one of those non-conforming lots that has always been used as a commercial market. (The former Wheel Market actually closed several years ago.)

The planning commission had no objections to a market on that particular piece of property. The committee approved unanimously to move this rezoning request on to the full Commission agenda.

The other rezoning request is by James and Christy Warner who are seeking to have Montgomery Road (Map 085; Parcel 001.03) rezoned from A-1 (Agriculture-Forestry) to R-1 (Suburban Residential District.) This request was sent on to the Commission with its unfavorable recommendation (8 in favor, 0 opposed, 1 abstention) by the Planning Commission.

White explained that this request met with an unfavorable recommendation by the planning commission because it is considered a higher density residential zoning district-much higher density than A-1. The R-1 classification would allow for the lot size to be reduced to 30,000 square feet.

White explained this rezoning request, right past the previously mentioned Wheel Market, includes a pretty sizable amount of land. In the end, the density of the proposed Suburban Residential District was what caused this request to get an unfavorable recommendation from the planning commission (potentially several homes which are not allowed.)

Residential densities refer to the number of housing units within a defined area, usually expressed as a number of units per acre. Densities are typically low in suburban settings, where there are more single-family houses, and high in urban settings, where there are more apartments.

Density ranges are established through a municipality or county zoning ordinance and determine where certain types of housing are appropriate, which has a direct impact on perceived neighborhood character.

More specific details regarding this resolution has been given to the Commission to review before the March meeting.

Ryan Winters named to Roane State Dean's List

HARRIMAN-- Ryan Winters of Rockvale made the Dean's List at Roane State Community College for the Fall 2024 semester.

The Dean's List recognizes full-time students (those completing 12 or more semester hours of college-level courses) who attain a quality point average of 3.50-3.99.

The President's List and Dean's List are the official mediums for the institution to recognize outstanding academic achievement by students. The lists are compiled at the end of each academic semester by the Registrar's Office and are noted on the student's academic transcript.

Roane State is a two-year college providing transfer programs, career-preparation programs and continuing education. Founded in 1971, the college has locations in Roane, Campbell, Cumberland, Fentress, Knox, Loudon, Morgan, and Scott counties as well as a branch campus in Oak Ridge.

Austin Peay State University congratulates scholarship awardees

CLARKSVILLE -- Austin Peay State University congratulates students on being offered a scholarship for Fall of the 2025-2026 academic year. Their hard work and commitment to academic excellence has paid off, and APSU is excited to award them a scholarship!

Jasmine Baucom of Wartrace, TN
Caroline Burrahm of Shelbyville, TN
Joanna Chen of Shelbyville, TN
Anastasia Coonan of Bell Buckle, TN
Aiden Eastman of Chapel Hill, TN
Adeline Edmiston of Bell Buckle, TN
Conner Foote of Bell Buckle, TN
Chanazia Hix of Bell Buckle, TN
Macy Howell of Bell Buckle, TN
Lora Kelly of Normandy, TN
Tayzon Love of Bell Buckle, TN
Ella Miller of Wartrace, TN
James Short of Shelbyville, TN
Kylie Travis of Rockvale, TN



BEDFORD COUNTY'S 2ND SNOWFALL

Photo by Elaine Butner

There might not have been as much snow Tuesday night, as we thought originally, but it was beautiful to look at. This is the second snowfall accumulation of 2025.

COUNCIL

From page 1A

at the Humble Baron at Nearest Green Distillery off Highway 231 North. The Gala reception is from 6 to 7 p.m. There will be a 4-course meal at 7, dancing and more! Dress is semi-formal black tie. Cocktails and dancing will follow the meal.

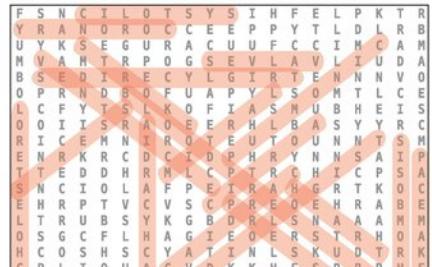
Special guests making remarks will include State Sen. Shane Reeves and State Rep. Pat Marsh. Tickets are $250, with table sponsorships of various categories available. Email ShelbyvilleClinic@att.net for more information on table sponsorships.

• The lease agreement with MTSU for adding an additional 4.8 acres of adjacent property to the Flight School project and adjusting the rent schedule to reflect that addition.

PUZZLE SOLUTION

HIVE GOT IT By Carlin Dewars

1 A	2 P	3 A	4 C	5 E		6 G	7 O	8 G	9 O	10 S		11 G	12 O	13 V
14 B	O	L	A	S		15 A	W	A	I	T		16 I	R	E
17 C	L	I	C	K	18 B	E	E	T	L	E		19 N	I	L
			20 T	I	L	L	S		21 C	A	22 D	G	E	D
23 R	E	24 S	U	M	E			25 B	A	R	R	E	L	S
26 E	D	I	S	O	N		27 D	I	N	N	E	R		
28 A	D	D		29 S	C	R	I	P		30 S	A	B	31 R	A
32 L	I	E	N		33 H	A	V	O	C		34 D	E	A	R
35 M	E	S	A	S		36 P	A	D	R	E		37 E	N	D
			38 O	S	I	R	I	S		39 E	N	40 T	R	E	E
41 U	N	42 F	A	Z	E	D			43 C	H	O	S	E	N
44 T	A	B	L	A	S		45 P	S	H	A	W			
46 T	I	E		47 B	E	E	A	T	E	N	A	48 W	49 A	50 Y
51 E	V	E		52 L	A	R	R	Y		53 C	R	A	P	E
54 R	E	F		55 E	L	A	T	E		56 E	D	G	E	S





ANSWER: Level: Advanced

ANSWER: Level: Intermediate

ANSWER: Level: Beginner

THE ISSUE

IS TENNESSEE BUILDING ENOUGH HOUSING TO SUPPORT THE STATE'S GROWTH?

Think tank's brief finds that Tennessee communities face a critical housing shortage, proposes policy solutions to increase supply and improve affordability



By DAWN HANKINS
dawn@richardsonmediagroup.net

Last week I addressed the need for rural community development moratoriums. I appreciate those readers who responded to the editorial.

I thought this information I received this week was also interesting and seemed to further instill there are a myriad of issues of why we need to stop and think before we pack this state to the brim. Hence, a break is needed this year.

NASHVILLE – After a decade of rapid growth, Tennessee is facing an increase in housing demand that communities are struggling to meet, finds a new policy brief released today from nonpartisan think tank ThinkTennessee. This shortage contributes to rising housing costs that are becoming increasingly unaffordable for Tennessee families, leading communities to look for new tools to construct more homes and the infrastructure needed to support them. The brief gives an overview of the state's current housing challenges and provides policy recommendations to increase housing supply and fund infrastructure needs to support housing.

"From 2020 to 2023, Tennessee only added 7 houses for every 10 jobs," said Erin Hafkenschiel, president of ThinkTennessee. "While this level of growth is exciting, it also has put the squeeze on our local communities' housing supply and infrastructure. But this challenge is not insurmountable. As our brief shows, a modification of existing tools can allow Tennessee to address both needs, from identifying sources of revenue that can be directed towards attainable housing, to programs that encourage the production of more affordable homes, including low-income tax credits and land banks."

From 2020-2023, Tennessee added more than 216,000 jobs but only 153,975 new homes. In part due to our lack of housing supply, costs have increased significantly for Tennessee families, especially for lower-income households. Since 2013, median monthly housing costs increased 32%, and more than a quarter (26.5%) of Tennessee households are cost-burdened. To keep up with Tennessee's growth, local communities will need to construct more homes and increase spending on critical infrastructure – such as roads, parks, schools, and community services – to support new jobs and residents.

The brief highlights four policy options to improve housing supply and affordability and fund new infrastructure, specifically by expanding and modifying existing programs:

- Leverage the state and federal Low-Income Housing Tax Credits (LIHTCs) to increase housing that is affordable to all Tennesseans,
- Expand land banking authorization to more communities,
- Expand eligibility for local governments to raise funds for infrastructure, and
- Use a portion of the Real Estate Transfer Tax to support housing and infrastructure.

To read the full policy brief, Breaking Ground: Local Tools for Housing and Infrastructure, visit thinktennessee.org.

ThinkTennessee is a nonpartisan, results-oriented think tank that uses research and advocacy to build a state where all Tennesseans are civically engaged and economically secure. Working in partnership with state and local leaders, ThinkTennessee drives evidence-based policies that strengthen the voice of voters, better support working families and move Tennessee forward. For more about ThinkTennessee, visit www.thinktennessee.org.

Letter to the Editor

Should Bedford County Enter the Wastewater Business?

Dear Editor,

On the agenda for the February 11, 2025 meeting of the County Commission was consideration of Resolution No, 25-14, seeking a private act from the Tennessee General Assembly to create a Bedford County Wastewater Authority. While some described this private act as asking for permission to discuss the topic, the language of the resolution clearly states that the purpose is to create a wastewater authority.

The Mayor of Bedford County be authorized and directed to seek the passage of a Private Act by the Tennessee General Assembly that creates a wastewater authority to be known and designated as the Bedford County Wastewater Authority ("Authority").

Bedford County Resolution No. 25-14

Once passed, this resolution would be followed by a separate Private Chapter which would need a two-thirds vote to pass. And this is where the problems go from bad to worse.

I've heard that the purpose of this authority is to regulate wastewater in the county. With all the new building in the county, I can see the need to regulate wastewater. However, a quick read of the private chapter shows something quite different.

Purpose of Authority: The Bedford County Wastewater Authority shall be public and a governmental body and a political subdivision of the State of Tennessee. It is further declared that the planning, acquisition, operating, and financing of wastewater systems by said Authority is hereby declared to be a public and governmental purpose and a matter of public necessity.

Bedford County Proposed Private Chapter

I don't know which is worse, the fact that this proposed Authority would be planning, acquiring, operating, and financing wastewater systems in the county, or the fact that the word "regulate" appears nowhere in the authorities purpose.

Then there are the powers that would be given to this authority and its unelected board.

Jurisdiction or Service Area. The Authority shall 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.

Bedford County Proposed Private Chapter

First of all, this new authority would have exclusive right to provide wastewater within the county not already covered by another utility district. However, there is no limiting statement to that power. Nothing to allow a private entity to create their own wastewater system. It could even be construed to grant the authority the right to private septic systems. After all, "wastewater" is defined as water that has been used, as for washing, flushing, or in a manufacturing process, and so contains waste products; sewage.

If that were all, I would have serious reservations about this authority. But the problems are much, much worse.

As I mentioned before, this authority will be governed by a board appointed by the Bedford County Commission. This board will then be granted several powers, all without oversight, even from the County Commission.

The Board shall then create any necessary bylaws, appoint any officers, and conduct meetings as necessary to carry out the purpose of the Authority.

Bedford County Proposed Private Chapter

The board will be in charge of writing any necessary bylaws. The other powers vested in this board are quite vast.

No proceeding, notice, or approval shall be required with respect to the issuance of any bonds, refunding bonds, or notes of the Authority or any instrument as security therefor except as provided in this act, any law to the contrary notwithstanding;

Bedford County Proposed Private Chapter

This means that this board can borrow money for the authority without any approval from anyone. But far worse is the power of eminent domain.

The Authority may condemn in its own name any land, rights in land, easements, and/or rights-of-way, which in the judgment of the board are necessary for carrying out the purposes for which the Authority is created.

Bedford County Proposed Private Chapter

That's right ladies and gentlemen, this board would have the power to condemn and take any land, or right you have to land, in its own name. The power of eminent domain is not only one of the fiercest powers of government, it is also one of the easiest to abuse. Just look at the case Kelo v. City of New London.

All of this would be bad enough. But this resolution was brought to the Commission by unanimous vote of the Rules and Legislative Committee. I would have hoped the representatives of the people of Bedford County would have taken a closer look at this proposed legislation with a critical eye before passing it along to the Commission.

Which brings us to the logical question, what should the people of Bedford County do? The Private Act proposal was deferred until the March meeting and sent to the Courthouse and Property Committee. But what happens when it comes back to the Commission for the March meeting?

If you do not want the create yet another unelected and unaccountable board with the type of power I've described, what can you do. First, you should reach out to your commissioners. (If you're not sure who your commissioner is, you can find your district and commissioners on the county website. Next, you can come to the county commission meeting on March 11th, and sign up for public comment. At the very least, you can record your public comment on the county website.

—

Paul Engel of Shelbyville

Engel founded The Constitution Study in 2014 which is aimed to help everyday Americans read and study the Constitution. A notable author and speaker, Engel has spent more than 20 years studying and teaching about the Bible and the U.S. Constitution.

Postmaster General Louis DeJoy announces intention to leave USPS

National Newspaper Association reported this week that the United States Postal service has issued a press release announcing that Postmaster General Louis DeJoy has signaled that it is time for the USPS Board of Governors to identify a replacement. There is no set timeframe for a successor to be named nor a departure date.

It is unclear how long it may take for a candidate to be identified or who that might be, and the USPS is likely to forge ahead with the Delivering for America Plan in the near term, including seeking a large rate increase in July.

Further information on potential candidates and timing will be relayed as soon as it is confirmed, and NNA continues to stress the unacceptable service and punitive rate increases that the Delivering for America plan has imposed on community newspaper publishers. On behalf of NNA, Lynne Lance and NNA Chair Martha Aszkenazy have sent a letter to the USPS Board of Governors Chair urging that the Board select a Postmaster General who will recognize the historical importance and value of periodicals in the mail and restore customer confidence.



SNOW PLACE LIKE HOME

T-G Photos by Dawn Hankins

Tuesday night's snow was enough to cover the trees. Most area streets were passable with the exception of some back and side roads. Schools were closed so kids had a little snow to play in Wednesday morning. Many said this week they're now looking forward to spring.



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FEATURES FROM THE BIBLE

TRUTH IN SCRIPTURE

A Wife for Isaac
Genesis 24

Abraham sent his chief servant to the land from which Abraham and Sarah had come to find a wife for Isaac.

He journeyed to Nahor and was at the town well watering his camels at the time the women of the town came out to get water for home. He prayed that he would have success in finding a wife for Isaac.

He determined that he would know which girl was right for Isaac if, when he asked for a drink from a girl, she would give a drink to him and also give a drink to his camels.

While this servant was still praying the beautiful Rebekah came and filled her jar with water. The servant asked her for a drink for himself.



She gave him a drink and offered to draw water for his camels. Bingo. Success.

Isaac's servant had found Isaac a wife.

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READING PAUL'S LETTERS *FASCINATING!!*



PENCIL SHAVINGS
By DAWN HANKINS
dawn@richardsonmediagroup.net

As someone who still enjoys writing letters the old-fashioned way, of course I'm naturally drawn to Paul's letters in the Bible. I particularly like "The Collection for the Saints" (1 Corinthians 16:1.)

Paul was a very intelligent man-strong-willed, independent. What's not to like?

---

16 Now concerning the collection for the saints: as I directed the churches of Galatia, so you also are to do. 2On the first day of every week, each of you is to put something aside and store it up, as he may prosper, so that there will be no collecting when I come. 3And when I arrive, I will send those whom you accredit by letter to carry your gift to Jerusalem. 4If it seems advisable that I should go also, they will accompany me.

Plans for Travel

5I will visit you after passing through Macedonia, for I intend to pass through Macedonia, 6and perhaps I will stay with you or even spend the winter, so that you may help me on my journey, wherever I go. 7For I do not want to see you now just in passing. I hope to spend some time with you, if the Lord permits. 8But I will stay in Ephesus until Pentecost, 9for a wide door for effective work has opened to me, and there are many adversaries.

10When Timothy comes, see that you put him at ease among you, for he is doing the work of the Lord, as I am. 11So let no one despise him. Help him on his way in peace, that he may return to me, for I am expecting him with the brothers.

Final Instructions

12Now concerning our brother Apollos, I strongly urged him to visit you with the other brothers, but it was not at all his will to come now. He will come when he has opportunity.

13Be watchful, stand firm in the faith, act like men, be strong. 14Let all that you do be done in love.

15Now I urge you, brothers—you know that the household of Stephanas were the first converts in Achaia, and that they have devoted themselves to the service of the saints— 16be subject to such as these, and to every fellow worker and laborer. 17I rejoice at the coming of Stephanas and Fortunatus and Achaicus, because they have made up for your absence, 18for they refreshed my spirit as well as yours. Give recognition to such people.

Greetings

19The churches of Asia send you greetings. Aquila and Prisca, together with the church in their house, send you hearty greetings in the Lord. 20All the brothers send you greetings. Greet one another with a holy kiss.

21I, Paul, write this greeting with my own hand. 22If anyone has no love for the Lord, let him be accursed. Our Lord, come! 23The grace of the Lord Jesus be with you. 24My love be with you all in Christ Jesus. Amen.

We should all pray that this world begins to show more love and respect for one another. All you can really do is pray for people when they try to run your over in the Starbucks parking lot. Or, get behind you in the grocery store and stare at your transactions. Or, push you out of the way for the last carton of milk. (Likely that happened to someone this week!)

Take Paul's instructions still to heart and out of greatest love for the Lord, strive to be kind (or kinder at least) to one another.

Have a blessed week.

Horticulture therapy helping incarcerated see new light

By DAWN HANKINS



Chris Cook of the MRT program in Bedford County Corrections told the County public safety committee (former law enforcement committee) Tuesday night that the men are about to start planting some trees. He said this is a way they can give back to the community.

The local MRT or Moral Reconation Therapy program has been going strong now for a few years. And the recidivism rate (that is return to criminal activity) is at 3.7% which is rare, he explained.

The class is led by Lt. Chris Cook, who serves as programs director at the jail. In addition to teaching the female classes, Cook also piloted an MRT program for the male inmates.

Cook said the garden, which is operated by the women of the facility, has proven itself to be highly productive in many ways. He said people must see it for themselves to believe it really works this well.

With a smile, Cook said humbly that the MRT program has changed many lives for the better.

But he said the men and women are not allowed to work together in the garden so he discovered the forestry project for the guys.

The reason behind such programs, he said, is because work ethic is really hard taught in a correction facility classroom. But outside, that's totally different.

"The rest of their lives they can show the trees [in the community] that they grew," advised Cook. "This will be something you can see for the next 100 years."

What he would like to see in Bedford now is more of what he refers to as "sober living communities." Basically, people willing to help those who've been incarcerated start a new life here. He advised many are having to get jobs, etc., in other areas.



Chris Cook, BC jail program director

COMMUNITY CALENDAR

February is Heart Month

COUNTY MEETINGS

• Feb. 25: Financial Management Committee, 4:15 p.m., Bedford County Business Complex, 200 Dover Street, Suite 110. Bedford County Financial Management Committee will hold a study session on the new Juvenile Detention facility, Feb. 25 @ 3:45PM before the regular monthly meeting.

Bedford county Board of Commission courthouse and property committee will hold a study session on a wastewater authority – Friday, Feb. 28, 5:15 p.m., 2nd floor community room in the historic courthouse.

SCV CAMP 72 FEBRUARY 27 MEETING

Maj. Gen. Benjamin F. Cheatham Camp 72 will have its regular dinner meeting at 6:00 P.M., Thursday, February 27, at the Oak Restaurant in Manchester. The meeting will start at 7:00 P.M.

Program : Dr. Steve Murphree will present his program on our very own namesake, "Maj. Gen. BF Cheatham, an Extraordinary Life". Meetings are open to the general public and all War Between the States buffs have a special invitation for the program. Membership in the Sons of Confederate Veterans is open to all males 12 years of age and above who had an ancestor that served honorably in the

Confederate Armed Forces or the Confederate Congress and can prove kinship either lineal or collaterally. Help is available to anyone interested in finding and proving kinship.

FLAT CREEK CC EVENT

Flat Creek Community Center (115 New Herman Rd) will have its monthly potluck on Saturday, March 1st, at 6:00, followed by live entertainment at 7:00 p.m. This coming month, the Flat Creek Dancers will be performing historic English Country dances.

CHURCH ANNOUNCEMENTS

This Sunday at First United Methodist Shelbyville, Pastor Abe Zimmerman will preach on John 13:31-35, as a conclusion to 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-S offers a livestream on Facebook and a broadcast on WLIJ 98.7 FM and AM 1580.

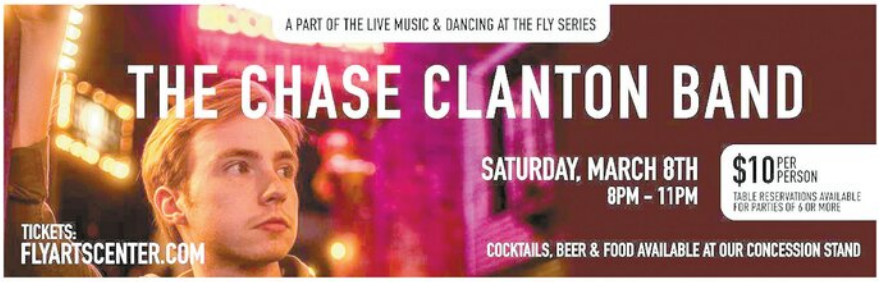
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SHELBYVILLE TIMES-GAZETTE



Crossword

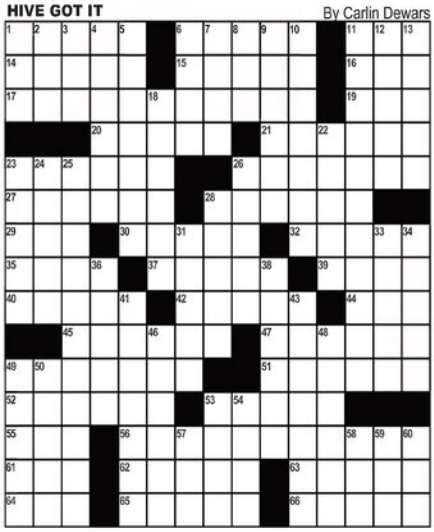
CLUES ACROSS

1) At a good clip, poetically
6) Belinda Carlisle's all-girl group
11) White House URL suffix
14) Hurled entangling weapons
15) Apt rhyme for "anticipate"
16) Feeling of rage
17) Noisemaking bug
19) Common soccer score
20) Works the soil
21) Mooched
23) Job hunter's handout
26) Some large wine containers
27) "The Wizard of Menlo Park"
28) Sit-down affair
29) Put two and two together
30) Emergency paper money
32) Native of Israel
35) Mortgage, for instance
37) It's wreaked
39) Sweetheart
40) Butte relatives
42) San Diego athlete
44) Conclude
45) Husband and brother of Isis
47) Main course in a restaurant
49) Not upset
51) Selected
52) Small hand-drums
53) "Balderdash!"
55) Make a sheepshank
56) Give in to decay
61) The first to hear "Madam, I'm Adam"
62) Fine with the Stooges
63) Mourning band
64) Make calls on the court, briefly
65) Bring joy to
66) Flanges

CLUES DOWN

1) Major broadcaster
2) Campaign pro
3) Ryan's "Love Story" co-star
4) Desert growth
5) Mukluk wearers
6) Highlander
7) Has a payment booklet
8) B-movie shooter
9) Container with a spout
10) The "S" in T.S. Eliot
11) Some spicy drinks
12) Corbeled bay window
13) South African grassland
18) Flinch or cringe
22) View with anxiety
23) The sea, to Poseidon
24) The youngest Munster
25) What Rocky sparred with
26) Certain rifle stand
28) Many opera headliners
31) Like rushing white water
33) One spelling for a Hindu princess
34) Beauty expert Elizabeth
36) Like some voices
38) Nativity representation
41) Pretty big
43) Add some pizazz to
46) Cap again
48) Not away from
49) Complete and total
50) Green, so to speak
53) Role
54) Eyelid problem
57) Part of history
58) Move one's tail, as a dog
59) Orangutan, for one
60) Positive answer

HIVE GOT IT By Carlin Dewars



FreeDailyCrosswords.com

HEART HEALTH WORD SEARCH

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

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

WORDS

AORTIC
BLOOD PRESSURE
CARDIAC
CARDIOLOGIST
CHOLESTEROL
CORONARY
FAILURE
HEART
MITRAL
PACEMAKER
PRESSURE
PULMONIC
PULSE
STRESS
STROKE
SYSTOLIC
TACHYCARDIA
THROMBOSIS
TRIGLYCERIDES
VALVES
VENTRICLE

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!

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

Level: Beginner

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

Level: Intermediate

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

Level: Advanced

Horoscopes

ARIES - Mar 21/Apr 20
People are not mind readers, Aries. If you want others to know how you are feeling, you are going to have to give them some sort of indication this week.

TAURUS - Apr 21/May 21
You may discover that you enjoy a great deal of support from other people right now, Taurus. This includes those who you didn't realize are on your side.

GEMINI - May 22/Jun 21
Even though it can be challenging at certain times, try to see the positives in every situation, Gemini. This may make it easier to overlook some of their faults.

CANCER - Jun 22/Jul 22
Try to stretch beyond your comfort zone and limits this week, Cancer. This likely will involve meeting new people and asking a lot of questions along the way. You will develop and grow.

LEO - Jul 23/Aug 23
Leo, this is a great time to communicate with friends and socialize. Put aside any worries and engage in lighthearted activities that will enable you to laugh and smile.

VIRGO - Aug 24/Sept 22
The more peaceful and understanding you are this week, Virgo, the more you will get along with the other people in your life. Be the diplomat instead of a warrior this time around.

LIBRA - Sept 23/Oct 23
Libra, this is a good week for cleaning up your space and devising a better organizational system at work. You might be so good at cleaning up that you forget where you put things.

SCORPIO - Oct 24/Nov 22
Scorpio, do not feel like you have to change your personality to fit certain situations this week. Just be yourself. Those who want to be around you will naturally gravitate to you.

SAGITTARIUS - Nov 23/Dec 21
A great deal of information is available if you simply request it, Sagittarius. Word your request in a way that guarantees cooperation from others.

CAPRICORN - Dec 22/Jan 20
Capricorn, you are so focused on a personal project that you may completely forget about the needs of others. Make a change this week to be more receptive to others' needs.

AQUARIUS - Jan 21/Feb 18
Aquarius, take a look at the bigger picture to identify what you will need for the next few months. Then discuss your ideas with others to see if what you have planned is plausible.

PISCES - Feb 19/Mar 20
Your good mood will be elevated for much of the week, Pisces. Don't fret about a little hiccup along the way. You will bounce back quickly with a smile on your face.

FAMOUS BIRTHDAYS

FEBRUARY 23
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FEBRUARY 24
O'Shea Jackson, Jr, Actor (34)
FEBRUARY 25
Sean Astin, Actor (54)
FEBRUARY 26
Teresa Palmer, Actress (39)
FEBRUARY 27
Rozonda Thomas, Singer (54)
FEBRUARY 28
Luka Doncic, Athlete (26)
MARCH 1
Jensen Ackles, Actor (47)

NOTICE OF SUBSTITUTE TRUSTEE'S SALE

WHEREAS, default has occurred in the performance of the covenants, terms and conditions of a Deed of Trust dated May 5, 2021, executed by JOSHUA E STEWART conveying certain real property therein described to MEGAN K. TROTT, as Trustee, as same appears of record in the Register's Office of Bedford County, Tennessee recorded May 5, 2021, in Deed Book TD1005, Page 783; and

WHEREAS, the beneficial interest of said Deed of Trust was last transferred and assigned to PennyMac Loan Services, LLC who is now the owner of said debt; and

WHEREAS, the undersigned, Rubin Lublin TN, PLLC, having been appointed as Substitute Trustee by instrument to be filed for record in the Register's Office of Bedford County, Tennessee.

NOW, THEREFORE, notice is hereby given that the entire indebtedness has been declared due and payable, and that the undersigned, Rubin Lublin TN, PLLC, as Substitute Trustee or his duly appointed agent, by virtue of the power, duty and authority vested and imposed upon said Substitute Trustee will, on March 18, 2025 at 11:00 AM at the main entrance to the Bedford County Courthouse, 1 Public Square, Shelbyville, TN 37160, proceed to sell at public outcry to the highest and best bidder for cash or certified funds ONLY, the following described property situated in Bedford County, Tennessee, to wit:

BEING ALL OF LOT NO. 2 OF FLOYDS SUNSET BOULEVARD SUBDIVISION NO. 1, AS SHOWN ON PLAT OF RECORD IN PLAT CABINET D, ENVELOPE 78, REGISTER'S OFFICE OF BEDFORD COUNTY, TENNESSEE, TO WHICH PLAT REFERENCE IS HEREBY MADE FOR A MORE COMPLETE AND ACCURATE DESCRIPTION.

Parcel ID: 071E-B-013.00

PROPERTY ADDRESS: The street address of the property is believed to be 200 SUNSET BLVD, WARTRACE, TN 37183. In the event of any discrepancy between this street address and the legal description of the property, the legal description shall control.

CURRENT OWNER(S): JOSHUA E STEWART

OTHER INTERESTED PARTIES:

CROWN ASSET MANAGEMENT LLC

The sale of the above-described property shall be subject to all matters shown on any recorded plat; any unpaid taxes; any restrictive covenants, easements or set-back lines that may be applicable; any prior liens or encumbrances as well as any priority created by a fixture filing; and to any matter that an accurate survey of the premises might disclose. This property is being sold with the express reservation that it is subject to confirmation by the lender or Substitute Trustee. This sale may be rescinded at any time. The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above. All right and equity of redemption, statutory or otherwise, homestead, and dower are expressly waived in said Deed of Trust, and the title is believed to be good, but the undersigned will sell and convey only as Substitute Trustee. The Property is sold as is, where is, without representations or warranties of any kind, including fitness for a particular use or purpose.

THIS LAW FIRM IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Rubin Lublin TN, PLLC, Substitute Trustee
3145 Avalon Ridge Place, Suite 100
Peachtree Corners, GA 30071
rlsalaw.com/property-listing
Tel: (877) 813-0992
Fax: (470) 508-9401 (#246370) (2203tc)

SUBSTITUTE TRUSTEE'S SALE

Sale at public auction will be on April 29, 2025 on or about 12:00PM local time, at the South door of the Bedford County Courthouse, Shelbyville, Tennessee, conducted by the Substitute Trustee as identified and set forth herein below, pursuant to Deed of Trust executed by LESLIE DUKES, to Megan K. Trott, Trustee, on August 19, 2021, at Record Book TD1020, Page 283-295 as Instrument No. 21007442 in the real property records of Bedford County Register's Office, Tennessee.

Owner of Debt: NewRez LLC d/b/a Shellpoint Mortgage Servicing

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

Lying and being in the Seventh (7th) Civil District of Bedford County, Tennessee, and being more particularly described as follows:

Being all of Lot No. 30, Block C, Belmont Heights, Addition No. 2, as shown by plat and survey of record in Plat Book 57, page 192, of the Register's Office of Bedford County, Tennessee, to which plat reference is hereby made for a more complete and accurate description of said lot.

Being the same property conveyed to Leslie Dukes, unmarried woman, by Warranty Deed from Theresa Irene Sharp, Individually and as Administratrix of the Estate of Merry Carol Root, Deceased, Lauretta A. Jernigan, and Valorie L. Marshall, dated August 19, 2021, of record in Deed Book 367, page 425, Register's Office of Bedford County, Tennessee.

Tax ID: 089O-J-018.00-000

Current Owner(s) of Property: LESLIE DUKES

The street address of the above described property is believed to be 207 Cliffside Avenue, Shelbyville, TN 37160, but such address is not part of the legal description of the property sold herein and in the event of any discrepancy, the legal description referenced herein shall control.

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

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

OTHER INTERESTED PARTIES: None

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

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

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

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

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

MWZM File No. 25-000031-505-2
Mackie Wolf Zientz & Mann, P.C., Substitute Trustee(s)
Cool Springs III
725 Cool Springs Blvd, Suite 140
Franklin, TN 37067
TN INVESTORS PAGE: HTTP://MWZMLAW.COM/TN_INVESTORS.PHP (#246981) (2203tc)

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

Bedford County property transfers

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

File date: February 11

Location: 810 Grand Station Blvd; Seller, SDH Nashville LLC; Buyer, Joyce Marie Rossi; Price, $305,000 (Deed).

Location: 3104 Highway 130 E; Seller, Chase Daniel Walls, Taylor M Walls; Buyer, Tracy Lee Ogle, Robbie Renee Ogle; Price, $750,000 (Deed).

Location: Warners Bridge Rd; Seller, Charles Griffy, Debbie Griffy; Buyer, Brian W Griffy, Beverly D Griffy; Price, $190,000 (Deed).

Location: 311 Cottonwood Dr; Seller, Elizabeth Ashely Bryant; Buyer, David M Bryant; Price, $0 (QD).

Location: Hwy 82 E; Seller, Eddie R Brown; Buyer, Linda Sue Brown, Linda S Hackel, Linda S Hackel Brown; Price, $0 (QD).

Location: North Main St; Seller, Michael Simmons Matusek, Anthony Christopher Matusek; Buyer, Anthony M Matusek Jr; Price, $0 (QD).

Seller, Pamela Hosse; Buyer, Dib Driver Jr; Price, $0 (Deed).

File date: February 12

Location: Hwy 82 E; Seller, Linda Sue Brown, Linda S Hackel, Linda S Hackel Brown; Buyer, Eddie R Brown; Price, $0 (QD).

Location: 204 Taylor Creek Lane; Seller, Roy E Proffitt; Buyer, Daniel Paul Bridges, Alyssa Renea Kendrick; Price, $290,000 (Deed).

Seller, Greely Smotherman; Buyer, Greely Smotherman, James Timothy Smotherman; Price, $0 (QD).

Location: Overlook Lane; Seller, Wesley Josue Hernandez, Rosa Colin Colin; Buyer, Brent Cothern, Nicole Cothern; Price, $90,000 (Deed).

File date: February 13

Location: Whiteside Hill Road; Seller, James E Farrar Sr; Buyer, James E Farrar jr, James E Farrar III; Price, $0 (QD).

Location: 514 Madison St; Seller, James E Farrar Sr, James E Farrar; Buyer, James E Farrar Sr, James E Farrar Jr; Price, $0 (QD).

File date: February 14

Seller, Shirley Vasser; Buyer, Ray Brown, Stacy Brown; Price, $239,750 (Deed).

Location: Oak St; Seller, David J Menjivar; Buyer, HP Realty Co LLC; Price, $40,000 (Deed).

Location: Longview Rd; Seller, Josefina Martinez Nava; Buyer, Vincente Rodriguez Toledo; Price, $0 (QD).

Location: Coffee Rd; Seller, Philip White, Kimberly White; Buyer, Lavory W White, Kayla J White; Price, $0 (QD).

Seller, Robin L Howard; Buyer, Bedford Builds Habitat for Humanity Inc; Price, $125,000 (Deed).

Location: 380 Puncheon Camp Rd; Seller, Jeffrey Michael Lyons, Lindsay Lyons; Buyer, Michael G Cournoyer, Jennifer Yannucci; Price, $550,000 (Deed).

Location: Cessna lane; Seller, Dewjaun Henderson; Buyer, Latisha Hardric; Price, $0 (QD).

PUBLIC NOTICE

The Bedford County Financial Management Committee will hold a Study Session on Juvenile Detention Facility, February 25 @ 3:45 PM before their regular monthly meeting. Meetings are held at the Bedford County Business Complex, 200 Dover Street, Suite 110, Shelbyville, TN 37160.

PUBLIC NOTICE

Bedford County Board of Commissioner's Courthouse and Property Committee will hold a Study Session on a Wastewater Authority - Friday, February 28, 5:15 p.m., 2nd Floor Community Room in Historic Courthouse, 1 Public Square, Shelbyville 37160

Wanted

PAYING CASH For vintage sports, comics, antiques and card collections. Unopened boxes, cases and sets
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Free removal of scrap metal and appliances. Call Daniel at 931-409-6684.

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Opportunities

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Public Notice -
2024 City Property Taxes

The deadline to pay 2024 City Property Taxes without penalty/interest is Friday, February 28th.

City Hall is located on the Public Square at 201 N. Spring Street. We are open M-F, 8:00 a.m. to 4:00 p.m.

The Shelbyville City Hall drive-thru window will be open on Saturday, February 22nd from 8:00 a.m. until 12:00 noon in order to accept property tax payments only. The drive-thru is located on the W. Holland side of City Hall.

Kay Parker, City Treasurer

Shelbyville Times-Gazette

Obituaries

Susan Carol Greene



Mrs. Susan Carol Greene, age 67, of Shelbyville, passed away suddenly February 13, 2025, in Nashville.

A celebration of life will be held at a later date.

Susan was born June 27, 1957, in Merrick, New York, to the late J.C. Hillin and Madeline Pratt Hillin. She trained walking horses for many years and attained two master's degrees. She enjoyed gardening, spending time outdoors and attending her grandsons' sporting events.

In addition to her parents, Susan is preceded in death by her brothers: Johnny and Jimmy Hillin.

She is survived by her daughter, Jennifer Greene, her fiancé Terry Redd, of Nashville, one son, Craig (Kendra) Davis of Eagleville; two sisters Betsy (Jerry) Petty of Lewisburg and Janet Farrell, of Murfreesboro, a brother, Billy (Cathy) Hillin, of Wartrace; two grandsons, Gage Davis, of Eagleville and Javon Lawrence, of Nashville; and her beloved Pet, Jax.

Feldhaus Memorial Chapel is assisting the family with the arrangements.

Jerry Dewayne Parker



Mr. Jerry Dewayne Parker, age 54, of Shelbyville, passed from this life on February 15, 2025, surrounded by his family at Alive Hospice in Murfreesboro.

Per his request, he wished to be cremated and there are no services scheduled.

He was born, August 30, 1970, in Shelbyville, to Patricia Ferguson, and the late Danny Gene Parker of Shelbyville. He was a former employee of United Service Equipment Corporation and General Mills of Murfreesboro. He was an avid football enthusiast and a huge Dallas Cowboys fan.

In addition to his father, he is preceded in death by his grandparents, E. Wynns and Martha Parker, James Curtis and Mary Nola Hastings, and a nephew, Phillip Pierce, all of Shelbyville.

In addition to his mother, he is survived by his daughter, Kayla (Roberto) Leverette, of Shelbyville; sister, Trisha (Jeff) Miller, of Lynchburg; two granddaughters, Aliana and Addison Leverette, and a niece, Kristin Pierce, all of Shelbyville.

Feldhaus Memorial Chapel is assisting the family with the arrangements.

Melvin Claxton Adcock



Mr. Melvin Claxton Adcock, age 92, of Shelbyville passed away peacefully at home February 17, 2025.

Funeral services will be 2:00 PM Thursday, February 20, 2025, at Feldhaus Memorial Chapel. Rev. Jonathan Curry will be officiating. Burial will follow in Bernie Missouri at a later date.

Visitation will be 12 noon until service time Thursday at the funeral home.

Mr. Claxton was born February 11, 1933, to the late Robert Adcock and Virginia Elisabeth Adcock. He enjoyed fishing, camping and spending time with his family.

In addition to his parents, he is preceded in death by his two sisters; Kansas Spence and Marie Lou Shearin; four brothers; Robby Adcock, Odie Adcock, J.G. Adcock and Bill Haynes.

He is survived by his wife, Maxine, four children; Melba Joyce Pragus of Austin, TX, Jeffery M. Adcock (Stella) of Murfreesboro, Steven L. Adcock and Philip R. Adcock both of Shelbyville; also survived by eight grandchildren and numerous great-grandchildren.

Donations may be made to Shriners Hospital.

Eula Mae Kimmons-Smith



Eula Mae Kimmons-Smith, 88, of Shelbyville, passed away January 30, 2025, at her residence.

She was a member of Shelbyville Mills Baptist Church. She is preceded in death by her husband Joey Bruce Smith; parents, William Neil Kimmons and Violet Brewer Kimmons; sister, Delores Kimmons Curtis; two brothers, Edmond Kimmons and Ray Kimmons; and a daughter, Debra "Debbie" Rogers.

She is survived by daughter, Brenda Lovvorn (David) of Shelbyville; two sons, Dale Smith (Kim) of Knoxville and David Smith (Toni) of Manchester; as well as 9 grandchildren and several great-grandchildren and great-great-grandchildren.

A graveside service was held 3:00 PM Sunday, February 2, at Willow Mount Cemetery with Bro. Jimmy West and Joe Carpenter officiating. Visitation was from 1:00 PM until 2:45 PM at Gowen-Smith Chapel.

Frank White



Frank White passed away peacefully on February 4, 2025, at his home in Shelbyville. Born in Terry, Mississippi on November 9, 1940, Frank spent his early years in the cotton fields with his mother as she picked cotton. The eldest of 9 children, "Frankie" eventually stopped attending school so he could help his mother raise and provide for his 8 siblings. Having a childhood obsession with horses, Frank knew he would do great things someday.

Overcoming the racial obstacles, Frank White began his career with horses as a groom for several trainers in the 1950's. By the age of 18, Frank moved to California and started his own stable and riding in horse shows. Frank attended his first Tennessee Walking Horse Celebration in 1951 and showed horses in his first Groom's Class in 1953. By 1979, Frank founded the NW Walking Horse Trainer's Association and was President of the association for two years. In 1982, Frank earned his first blue ribbon in Tennessee as a trainer and became a member of the Walking Horse Trainers Association, Inc in 1988. By 1987, Frank invented his own bit and collar for horse training and showing in the Tennessee Walking Horse arena. By 1997, the Frank White Training Collar and the Frank White Training bit was manufactured for Mr. White and they both went on to be sold to other TWH trainers and customers. Frank carried his licensures in both horse training and judging. Frank White achieved one of his dreams: he was the first African American to win three World Championship classes in 1993 at the National Celebration in Shelbyville, TN. Mr. White received numerous awards throughout his career for showmanship, as well as being the first Tennessee Walking Horse Trainer inducted into the Cowboy of Color Hall of Fame in Fort Worth, Texas. Frank also spoke and taught others about horse training around the country. On the outside of the show rink, Frank also had a second dream: learning to read. At the age of 55, Frank not only learned to read but became the spokesman for the Oregon Literacy organization.

Frank White's knowledge and humility touched everyone who knew him. Frank's many friends and family remember him as a kindhearted and loving man. His love for life and being a positive impact on those around him is immeasurable.

Frank was preceded in death by his mother, Beatrice Nunley; brothers, Jim, George, David; also by his sisters, Mary and Dorothy.

Frank is survived by his loving wife of 22 years, Judy; his 3 sisters: Betty of Jackson, MS; Joanne of Jackson, MS; Verrine of Los Angeles, CA. Frank is also survived by his 5 children: Franklin of Federal Way, WA; Frankie of Tacoma, WA; George of Tacoma, WA; Frank of Murfreesboro, TN and James of Fort Lauderdale, FL; Stepchildren: Josh of Redmond, OR, and Michelle of Shelbyville. Frank had numerous grandchildren, great grandchildren, nieces and nephews, including grandsons Lamar and Isaiah of Washington, Chad and Ryker of Redmond, Oregon and granddaughters, Daisia and Jasmin of Washington State and Amelia of Shelbyville, TN.

A Celebration of Life service will be held on March 2, 2025, at the Blue Ribbon Circle Club at the Tennessee Walking Horse National Celebration grounds in Shelbyville. The Celebration of Life service will begin at 2pm and a Repass will follow the Celebration of Life services. In lieu of flowers, the family is asking for donations to assist with memorial service expenses, via Venmo: https://venmo.com/Judy-White-96 or PayPal: fwstables@aol.com.

County Speed Limit Changes

Last Tuesday night, Bedford County Board of Commission approved Highway Superintendent Mark Clanton's recommendations for a new, three-tiered plan for speed limits on county-maintained roads.

The changes were made in response to requests from residents. Previously, going back to the 1990s, the default speed limit on county roads was 45 miles per hour. That limit will remain for main feeder roads, but less-traveled side roads and subdivision roads will now have a 30-mph speed limit, while dead-end roads will have a 25-mph limit.

New speed limit signs will be produced by the highway department's own sign shop and posted over the next few months, according to Clanton.

Collector roads--45 miles per hour

These are heavily-traveled roads that often-feed traffic onto a state highway or into a town or city. There are 26 of them:

- Warner's Bridge Road
- Normandy Road
- Sims Road
- Horse Mountain Road
- Nashville Dirt Road
- Railroad Avenue
- Midland Road
- Fairfield Pike
- Unionville-Deason Road
- Hilltop Road
- Coopertown Road
- New Herman Road
- Longview Road
- New Center Church Road
- Kingdom Road
- Snell Road
- Beasley Road
- Pickle Road
- Halls Mill Road
- Knight Campground Road
- Unionville-Chapel Hill Road
- Dixon Road
- Coop Road
- Knob Creek Road
- Edd Joyce Road
- Bethlehem Church Road

Local roads / subdivision roads--30 miles per hour

These are less-traveled side roads or streets within a subdivision.

Dead-end roads--25 miles per hour

These are roads that connect to another road on one end but not the other. County government does not set speed limits on state highways or city/town-maintained streets. Contact the city, town, or Tennessee Department of Transportation for more information about speed limits on those routes.

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LIFETIME

Total of $26,000 contributed to support Project HELP in DREMC-served counties



Submitted Photo
Presenting the matching-fund contribution to Jane, Rosemary and Cathy of Good Samaritan Association of Bedford County (center) are DREMC Office Manager Tara Groce, DREMC President and CEO James Wright and Senior Director Shelbyville Operations Drew Lane.

Duck River Electric is donating $13,000, which will be matched by the Tennessee Valley Authority through its Community Care Fund, making a total of $26,000 in additional funding to assist charity organizations that partner with the cooperative's Project HELP program in Bedford, Coffee, Franklin and Moore counties.

"The number of applications for Project HELP assistance outweighs the level of funding the program receives in these four counties," said DREMC's President and CEO James Wright. "In addition to this concern, community size, fewer donations, and the number of applicants can stretch available resources to assist all DREMC members who apply for emergency assistance through Project HELP to pay part or all of their electric bills."

Last month, the area recorded the coldest temperatures so far this winter. On Jan. 22, TVA's generation system met the highest peak demand in the agency's over 91-year history. At 8 a.m. CT, TVA had recorded a record peak of 35,319 megawatts when the temperature fell to 11 degrees.

Wright explains that in extremely cold temperatures such as this, the additional energy used to heat members' homes and businesses increases electric bills.

"Some members may find themselves needing assistance with paying the electric bill for the first time," Wright said, "and the additional resources will enable these organizations to help more qualifying families impacted by the extreme weather."

Project HELP is DREMC's emergency residential energy assistance program overseen by local charity organizations in seven counties served by Duck River Electric – Bedford, Coffee, Franklin, Giles, Marshall, Maury, and Moore.

Project HELP is supported by generous donations from DREMC members, employees and others who contribute to the program. All contributions are sent directly to the organizations that partner with DREMC to offer the program.

Project HELP assistance is available year-round because financial hardships can occur at any time.

"Duck River Electric's commitment to the communities we serve reaches hundreds annually through the Project HELP program," adds Wright.

In 2024, DREMC's Project HELP program assisted 734 families and individuals with more than $100,200 toward their electric bills.

To apply for energy bill assistance through Project HELP, call or visit the charity organization where you live. A list of partnering agencies offering Project HELP can be found at www.dremc.com.

To make a difference for those in your community who need assistance with paying their electric bill, please join us in contributing to Project HELP. DREMC members can sign up to donate monthly using the form on our website or by checking the appropriate box at the bottom of their next electric bill.

Please contact any DREMC office with questions about Project HELP.

COUNTY JAIL INTAKE

Brenda Carol Freeman, driving on suspended license
Chasity Dawn Gattis, Lynchburg, failure to appear
Jessica Jade Henderson, violation of protection
James Oman Hicks, hold extradition another state
Joseph Dakota Johnson, Murfreesboro, driving on suspended, light law
Flo De Marie Lopez, light law, no driver's license exhibited on demand
Samuel David McCullough, violation of probation
Areli Moreno Perez, failure to maintain lane, no driver's license
Kenneth Layne Napper, domestic assault, false imprisonment
Samuel Padilla Nava, no driver's license
Esteban Perez, burglary, evading arrest, theft property
Barbara Ray Smith, failure to appear
Anthony Marquis Thornton, Nashville, violation of probation
Charles Krieg, vandalism

Office of the Sheriff
Bedford County Tennessee

Activity Report for the month of January, 2025

Total Miles: 79,735
Total Citations: 26
Total Warrants Served: 843
Total Arrests Made: 180
Total Inmates Currently in Holding: Jail: 312
Total Persons Processed Through: Jail: 388
10-27 (Burglary): 1
10-42 (Alarms): 30
10-43 (Investigations, etc): 267
10-44 (Stolen Vehicle): 2
10-45 (Auto Acc. No Injury): 52
10-46 (Auto Acc. W/Injury): 12
10-49 (Drunk Driver): 2
10-56 (Prowler): 7
(Child Abuse): 1
(Assault/Agg. Assault): 5
10-64 (Motorist Assist): 46
10-72 (Fire): 5
10-86 (Domestic): 5
10-14 (Escort - No Arrest): 19
10-15 (Transport In Custody): 49
10-81 (Traffic Stop): 285
911 (Hang-up & Other): 39
Other: 81
Total: 555

INMATE MEALS SERVED

FACILITY: JAIL
Month: JANUARY 2025

ADULT MEALS

BREAKFAST	8707
LUNCH	9265
DINNER	8643
SNACKS	357
TOTAL MEALS SERVED	26977

JUVENILE MEALS

BREAKFAST	175
LUNCH	175
DINNER	171
SNACKS	171
TOTAL MEALS SERVED	692

TOTAL FROM BOTH

FOOD COST	41771.76
NUMBER OF MEALS SERVED	27669
COST PER INMATE	1.5
JUVENILE TOTAL MEAL COST	811.88
ADULT TOTAL MEAL COST	40959.88
TOTAL EXPENDITURES	41771.76



Insufficient sleep and weight gain go hand in hand

Sleep is often an unsung hero of overall health. Diet and exercise get their fair share of glory, but without a good night's rest, even the most physically active, nutrition-conscious individuals are vulnerable to a host of ailments and illnesses. And, more prone to weight gain, say the experts.

Notice the word-sufficient. That doesn't mean overdoing sleep, like anything else in your health regime. So how much?

According to the U.S. Department of Health and Human Services, most adults need seven or more hours of sleep on a regular schedule each night. Athletes may even benefit from additional sleep.

In fact, a 2011 study published in the journal Sleep examined the effects of sleep extension on the athletic performance of collegiate basketball players. That study found that athletes asked to extend their normal sleep times exhibited faster sprint times and increased free-throw accuracy and a reduction in fatigue at the end of the sleep extension period.

Improved athletic performance is not the only way that sufficient sleep benefits the human body.

Sufficient sleep and the immune system are one in matters of health.

The Mayo Clinic notes that the immune system releases proteins called cytokines during sleep. The release of certain cytokines needs to increase when individuals are experiencing infections or inflammation, which is one reason why doctors often recommend extra sleep to sick patients. Without adequate sleep, the immune system may not produce enough cytokines, and that can increase the frequency with which individuals get sick.

Health reports indicate there is mounting evidence to suggest a link between insufficient sleep and weight gain and obesity. Studies exploring this potential link have been conducted for decades and have examined how sleep affects people of all ages and genders.

At the 2006 American Thoracic Society International Conference, researchers who had tracked women's sleep habits for 16 years found that those who slept just six hours per night were 12 percent more likely to experience major weight gain than women who slept seven hours per night. Experts aren't entirely sure why this relationship exists, but the results of various studies support the idea that insufficient sleep is a potential catalyst for gaining weight.

Sufficient sleep and chronic disease

The Centers for Disease Control and Prevention notes that insufficient sleep has been linked to the development and management of various chronic diseases. For example, the CDC indicates that insufficient sleep has been linked to an increased risk for type 2 diabetes. In addition, the CDC reports that instances of hypertension, stroke, coronary heart disease, and irregular heartbeat are more common among individuals with disordered sleep than they are among people without such sleep abnormalities.

Did You Know?

The Centers for Disease Control and Prevention (CDC), reports that the states hardest hit by drug overdose in 2021 are:

1. West Virginia: 90.9 fatal overdoses per 100,000 people
2. **Tennessee: 56.6 fatal overdoses per 100,000 people**
3. Louisiana: 55.9 fatal overdoses per 100,000 people
4. Kentucky: 55.6 fatal overdoses per 100,000 people
5. Delaware: 54 fatal overdoses per 100,000 people
6. New Mexico: 51.6 fatal overdoses per 100,000 people
7. Ohio: 48.1 fatal overdoses per 100,000 people
8. Maine: 47.1 fatal overdoses per 100,000 people
9. Pennsylvania: 43.2 fatal overdoses per 100,000 people
10. Indiana: 43 fatal overdoses per 100,000 people

Continued from 11A...

"The catcher was confused, like what's the big deal about me coming up to bat because he ain't played the whole game? He probably thought I was just some kid coming off the bench."

Trice did not collect a hit, but it would not be the last time he stepped into the batter's box. Of course, the next step in the progression would be to get back in the outfield.

"A week later we had a tournament at South Pittsburg, and Coach Jones said, 'I'll let you go out there and try it out and we'll take little steps from there since it's not a district game and there's nothing really to risk except for your safety,'" Trice recalled.

"To start out, he said he'd let me play half of the game and then we'll see how you look, like a rehab assignment basically. But when I went out there, it just felt normal like I didn't miss a beat, so when I first touched the field, I didn't come off the field until the end of the season."

"I didn't feel like I was held back anymore."

After Trice returned, Shelbyville started on an 8-game winning streak, and looked poised to make noise in district play. The Golden Eagles closed the regular season winning 11 of their final 13 games, and entered the District Tournament expecting to see similar results to the 2023 season.

"It [returning to the outfield] was great. It felt like a joy was brought back to me. Like that joy that was ripped away from me, it was put right back in my hands."

Despite the torrid end to the regular season, Shelbyville was stunned in the opening round of the District Tournament by Warren County, 7-6. The Golden Eagles staved off elimination in the rematch, 12-2, but the damage was already done. Now faced with having to run through the losers bracket and already down two starters from the first two games, Shelbyville was shut out, 9-0, coincidentally at Lincoln County, and just like that their season, and Trice's career, was over.

"More or less, in that moment, I wasn't as sad as I was a week later. In the moment, I was more or less just happy that I was out there just even to be playing. It more so kicked in that it was over after I graduated because even after it was over I was just happy to be a part of stuff still. I wasn't sad as much as I was happy to be back out there being with them."

After staring death in the face and still coming back to play sports again, Trice's newfound perspective was priceless. To this day, he still expresses the sincerest gratitude towards everyone who supported him through what has been one of the toughest years of his life, especially his baseball family, his immediate family, and God.

"Coach Jones and my whole baseball family meant a lot to me," Trice said. "If it wasn't for them, I don't know if I would have been strong enough to even play again because when I had surgery, in my head I was like I don't know if I even want to go try. Then I got home, and maybe like two days later they had a scrimmage, and the amount of love I got from everyone when I walked out there, I was like I gotta do it for them. Like if it were one of them in this situation, they'd do it for me, yanno?"

In the end, Trice did make it back out on the field, inspiring everyone around him and his team. However, his story didn't end with graduation, it merely just began.

"I can't lie, the past year has been a rough year," Trice said cautiously. "Mentally, obviously I've been fighting with what I've gone through, it's hard to take in that I don't remember. But this year has also helped me with my faith because I've had to really trust in God this past year and put it in His hands.

"That's one of my go-to things to say now, that I'm in God's hands because if it wasn't for Him, I wouldn't be here. He did all of this for a reason, that's how I look at it now. My family has been my base as well. Alongside God, my family has been right there with me. If ever I need to talk to them, they're right there. They've been there through thick and thin. If I ever need to talk or cope, just being in the presence of my family instead of being alone helps so much," he continued.

"I probably think about it every day. I can't say I don't. I probably think about it five times a day just because I want to understand it," Trice continued. I'm the type of person who wants to understand everything, like how stuff works, so I want to understand why this happened, but at the same time, I don't."

Trice also expressed an unexpected frustration that came from his situation. He appreciates every ounce of support shared, that is a given. However, in his mind, there is a fine line between supporting and prying for information to satisfy one's own curiosity.

"I don't think people notice the fact that you'd never know. Like people don't know that I don't know. It's like asking somebody about a dead person. It doesn't sit right with me because most of the time people aren't coming from a place where they want to help me. They're coming from a place of just wanting to know what happened or how I felt just for yourself," he explained.

"'Wasn't that you on February 13th?' like I hate that. I hate it with a passion because I'm more of a person than that, you know?"

Fortunately, things haven't all been negative. Trice is currently attending Motlow, and he hopes to transfer to either MTSU or UT-Chattanooga after he gets his Associates degree to pursue a Bachelors in the Sports Medicine field. Also, he has noticed an improvement in his physical health, even from before his surgery.

"Since surgery, I'd say my physical health has been way better. I don't want to say that the surgery was like the cure for everything that happened to me sickness-wise because I don't know for sure yet, but I would say that I haven't been getting sick nearly as much," he explained. "I don't want to say that was the cause for all the physical problems in my life because I don't know for sure, but I do want to say that my physical health has been way better since. I've been going to the gym way more consistently just trying to make sure I'm up to par. I don't want to slack off and then I got the surgery for no reason because the whole reason I didn't want the surgery was because I was already in good shape, so I don't want my not being in shape to cause something else."

Physical health, mental health, and spiritual health for Trice have all fluctuated in the months since, but as the one-year anniversary comes and goes, one focus has risen above everything else.

"I give all the glory to God, that's the last thing I'll say," he concluded.

"Everything I do is in his name."



Kyler Trice (4) drives to the basket during his senior season in 2023-24. *T-G Archive Photo*

Blue Raiders topple Lady Toppers 73-63

MT ATHLETICS

MURFREESBORO, Tenn. – Thanks to a pair of stellar performances by senior Anastasiia Boldyreva and junior Ta'Mia Scott, Middle Tennessee defeated WKU 73-63 on Saturday afternoon at the Murphy Center.

The Blue Raiders (19-6, 11-1 CUSA) jumped out to an early lead over the Lady Toppers (17-7, 8-4 CUSA) but trailed 20-24 after the opening frame after WKU went 6-of-7 from beyond the arc in the first 10 minutes; however, MTSU rallied back in the second quarter, using a 9-0 run to take a 36-35 lead into the half.

Coming out of the locker room, the Blue Raiders continued to feed Boldyreva down low and Scott continued to have the hot hand and MTSU extended its lead to seven entering the fourth quarter. In the final frame, MTSU continued to attack WKU leading to a pair of Lady Toppers picking up their fifth fouls. Down the stretch, senior Courtney Blakely, Boldyreva and Scott proved to be too much for WKU to handle as Middle Tennessee would go on to win 73-63.

Scott led all scorers with 24 points, five rebounds, four steals, three assists and a pair of blocks. She was followed by Boldyreva, who tallied a 21-point, 12-rebound double-double. She also added five blocks, while Blakely posted 15 points, five assists, four boards and three steals and senior Jalynn Gregory notched 10 points.

By the Numbers

35: With the win, the Blue Raiders are riding a 35-game home win streak in CUSA play and improve to 53-2 at home over the previous three seasons.

32: Middle Tennessee outscored WKU 32-18 on points in the paint.

3: Coming into the game, WKU averaged 11.8 steals per game – second-best in the league. However, the Lady Topper only forced three steal on the day and turned the ball over 17 times, resulting in 17 points for MTSU.

Blue Raider Notes

• Ta'Mia Scott logged her fourth consecutive game with 20 or more points.

• Anastasiia Boldyreva tallied her 20th double-figure outing of the season, her eighth double-double, and her 10th game with five or more blocks.

• Courtney Blakely recorded her 12th double-figure performance and her 12th game, dishing out five or more assists.

• With Jalynn Gregory posting 10 points, four Blue Raiders scored in double figures in back-to-back games.

Thoughts from Head Coach Rick Insell

"Heck of a game, guys... If you paid your money to get in today, you saw a heck of a game. They played hard. We played hard. That is what it's all about. I'm really proud of our girls. We had to make some adjustments, but I'm very proud of what went on today."

Up Next

The Blue Raiders head Ruston, Louisiana to face LA Tech on Thursday, Feb. 20. Tipoff is slated for 6:30 p.m. CT.



Ta'Mia Scott (15) scored a team-high 24 points in MTSU's win over WKU on Saturday. *Photo courtesy of MT Athletics.*

McDevitt secures 100th win at MTSU with 87-77 victory at WKU

MT ATHLETICS

BOWLING GREEN, Ky. – "Go ahead and break out those brooms," said redshirt freshman Torey Alston at the final buzzer Saturday night, putting an exclamation point on an astounding night for the Middle Tennessee men's basketball team. Traveling north to play Western Kentucky is no easy task, but the Blue Raiders ensured that head coach Nick McDevitt would earn his 100th win at Middle Tennessee in the home of their rivals, defeating the Hilltoppers 87-77.

Jlynn Counter started off hot for the Blue Raiders, knocking down the team's first 10 points in the opening five minutes, including two threes. Both teams exchanged blows throughout the first half of the opening frame, with neither squad pulling more than five points in front. Though the Hilltoppers cleaned up on the offensive glass better than MTSU, scoring 13 second-chance points in the first half, the Blue Raiders refused to go away.

Exchanging buckets, just one point separated the teams at the under-4 media timeout, with WKU leading 36-35. Middle Tennessee kicked it into gear coming out of that break and didn't look back. A couple of offensive boards on a cluster of missed baskets gave Camryn Weston a wide-open look at the hoop for his first triple of the evening, before he pickpocketed a Hilltopper for a floater just seconds later, sending Middle Tennessee into the locker room with a 44-39 lead.

Closing out the first half, Counter led all scorers with 18 points and Essam Mostafa, who had hit a trio of layups late in the half, earned 10 points with eight rebounds. Perhaps the most perplexing stat of the half, Jestin Porter wrapped up the first 20 minutes with just two points and seven rebounds.

MTSU kept its foot on the gas coming out of the locker room, going on a 7-1 run to force the home team to use a timeout just 1:30 into the second frame after Porter crossed up a Hilltopper defender for a clutch three. That timeout seemed to refresh Western Kentucky, who proceeded to cut the Middle Tennessee lead to just two points at the under-12 media. A couple of poor shot selections on offense did not aid in cutting WKU's run, with the crowd getting louder by the second.

Despite the sudden charge back from the home team, the Blue Raiders never gave up their lead, matching each WKU bucket made. Bringing the score up to 69-68 right after the under-8 media was the last run the Hilltoppers made. The Blue Raiders stifled any heat WKU still had, pulling down boards on both ends of the court and making the shots needed. Alston slammed down two highlight reel-worthy dunks to put him into double-digits. The first coming from a pass from Weston, who was being covered by two defenders in the paint, and the second an alleyoop from Mostafa after a tough press that was broken by Weston.

As fans dressed in red began to filter out of Diddle Arena while the clock wound down, McDevitt's team kept pushing to ensure he got the centennial victory, stretching the lead to 10 points as the final buzzer sounded. The win made McDevitt just the second coach in program history to secure numerous series sweeps over the team's rival and moved the -program to 17-8 overall and 8-4 in league play.

By the Numbers

3: For the first time since January 16, 2020, three Blue Raiders scored 20+ points on the evening.

100: The win at Western marked McDevitt's 100th win as the Blue Raider head coach, just one of four coaches in program history to achieve this.

10: The 10-point margin of victory marked the largest at Bowling Green since 2017 for Middle Tennessee.

87: The most points scored by Middle Tennessee in conference play this season.

"I Give All the Glory to God...If Not For Him, I Wouldn't Be Here" – Former Golden Eagle, Kyler Trice, Talks Journey, Recovery From Cardiac Arrest

BY NOAH MADDOX
noah@t-g.com

Continued from front...

"Starting senior year, we were still bringing in Coach Young because he had just gotten there," Trice recalled. "He got there like midway through the summer, so we didn't have a summer workout with him. We basically started from scratch with him at the beginning of the season [Halloween]. We went through some growing pains, even though on paper as a squad I feel like that was the second best team we had outside of my sophomore year."

"We just couldn't win close games that season. If we could have gotten over the hump of winning close games that season, we would have had a whole different record. I think we would have easily been in the 15-20 wins range easily."

Shelbyville was also dealing with a season-long injury to someone who was expected to be a big contributor coming into the season in Joe Harris.

"Joe [Harris] got hurt in maybe the fourth game of the season, and he never came back," Trice recounts. "We missed a knock-down shooter who was capable of giving us 20 points any night if given the chance. At the very least he would have helped space the offense more."

"It really hurt us because we'd have games – stretches of games even – with zero made threes, or just one or two made threes."

Instead, as things stood, the Golden Eagles were the fifth-place team in a six-team district and would be going on the road in a must-win rematch against the Falcons, but they seemed to be finding their groove at just the right time to potentially play spoiler in the postseason.

"Leading up to it, we thought we had 'em in the bag easily," said Trice. "I hate to sound that confident but we had just beat them at home by 13 [60-47], and we only lost to them on the road because we had a terrible first half. On top of that, we had Zyon [Bonner] just getting out of concussion protocol in time for that game."

Tip-off was at 6:00 p.m. due to it being the only game of the night. Perhaps invigorated by the early start, Trice came out setting the tone, aggressively attacking the basket and finding his shot as the Golden Eagles jumped out to a one-point lead after the first quarter, 18-17. Both teams slowed down offensively in the second quarter, but Lincoln County made a late push to take a one-point lead, 28-27, into the halftime locker room. Trice was on pace for another monster game for Shelbyville, leading the way with a team-high 12 points in the first half.

Unfortunately for the senior, there would be no second half. Moments after taking a seat for Young's halftime talk, Trice fell unconscious and into cardiac arrest, collapsing in the locker room much to the shock and dismay of his teammates and coaches.

"My teammates and my coaches said it was at halftime," said Trice. "They said I was in the locker room and was perfectly fine. Because I have asked, and to a certain extent I do want to know, and they said I was acting fine then out of nowhere I just fell out. I can hardly believe it, even though I know it obviously happened, but I don't know what happened."

Fortunately, his head coach does remember the events from that fateful night.

"We go to the half, I see him [Kyler Trice] run off the court with some pep in his step thinking like we are going to win this game," recalled Young. "So I go in, tell them good energy and good effort, and then I remember him leaning over. At first I thought it was Tae'Shawn [Shelton] because [Kyler] Trice was sitting right next to him, but then I realized he was leaning on Tae'Shawn and then he just fell down."

"I told Coach Reed to watch him, sent the players out, and went and got his parents because I knew he had asthma. When we sent the players out, I went to go ask for a medical professional because the CPR wasn't working."

"We were just trying to find anything that could help. It just happened so fast," Young explained.

A frightening scene, something Young had never experienced before in his coaching career, was unfolding before his eyes as he raced to find anyone that could help. He knew time was not on his or Kyler's side.

"He was out for 15-20 minutes because I remember the nurse saying 'We have a 17 year-old that's been unconscious for about 15-20 minutes!' but once we got into the ambulance, they were able to get him to the hospital pretty quickly."

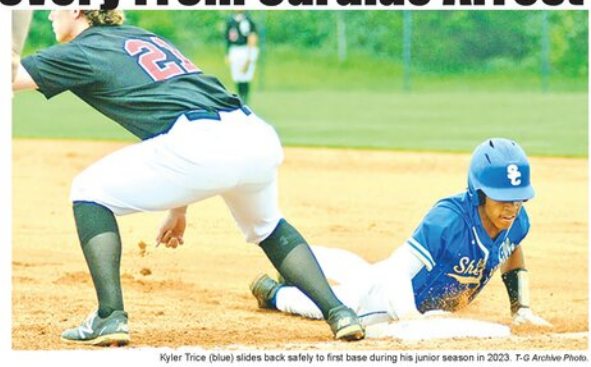
Arriving medical personnel quickly rushed him to the local Lincoln County Hospital where thankfully, Trice was stabilized and breathing again, albeit still unconscious.

"I don't remember anything from the 13th through the 16th," Trice continued. "I can tell you I woke up on gameday morning, I can tell you I had to go see my baseball coaches before we went to walk-through, and that's it."

"The next thing I remember is waking up in a hospital bed."

At this point, the last thing everyone involved cared about was the outcome of a high school basketball game. Well, almost everyone, that is.

"My parents said the first thing I asked when I woke up was what the score was," Trice said. "I asked if we won and they told me that they were still playing. They said I was the most confused boy in the world trying to figure out what the score was and if we were still playing."



Kyler Trice (blue) slides back safely to first base during his junior season in 2023. *T-G Archive Photo.*

As medical professionals began to run tests to try and figure out what exactly had happened, an anxious Nashika Trice, Kyler's mother, and Kenneth Trice, his father, made sure that the doctors continued to pursue the discovery of the root cause of what had happened.

Eventually, the cause of Trice's cardiac arrest was pinpointed, and it turned out to be a birth defect pertaining to coronary arteries around his heart.

"His right Coronary artery was on the left side, functioning properly," Nakisha Trice explained.

This condition, called an Anomalous Coronary Artery, affects less than 1% of the population, and the majority of cases are not considered dangerous. However, as evidenced in Kyler's situation, sometimes this artery can prevent oxygen-rich blood from reaching the heart itself.

"They said it was caused by a birth defect, and there was less than a 1% chance of what happened actually happening, and it happened to me," Trice explained. "They said it could have happened anywhere so I should feel lucky that it happened with the people around that could get to me."

"What they think happened that night was that he [Kyler] probably exerted himself too much, and it pinched the other arteries, cutting off blood flow," Nakisha said.

Once the doctors figured out that was the cause, they quickly pushed to perform a surgery to move the artery to the correct side and ensure this never happened again.

"I hate to say it, but I didn't want to get the surgery at all," Trice admits. "If it wasn't for my parents sitting up there in that hospital at 3 a.m. while the nurse is waiting for me to sign the paper, I would not have done it. I'd probably go the rest of my life with no cut in my chest, but my parents weren't letting me leave the hospital until I had the surgery."

The procedure was successfully performed the following Monday morning.

Both teams eventually finished the second half on the preceding Thursday, February 15th, but since Shelbyville ended up losing, 64-54, Trice's attention post-surgery quickly turned to finding any way possible to get back out on the baseball diamond. As the starting centerfielder in the Golden Eagles run to the state sectional round the season prior under then second-year head coach Chase Jones, Trice was determined to find a way to get back out on the field.

"A day or two after surgery, the doctors said I probably wouldn't be able to get out of bed and walk for like a week," Trice remembers. "When I got up out of the bed soon after and walked around the floor of the hospital, everybody was shocked. So then, when I figured out I could do that and I proved to them that I could do it, in my head I was thinking, like, I WILL BE playing baseball. Me and my mom and my dad, we were like yea, you are getting back on the baseball field before it's all said and done. It's not in God's plan for you not to."

Trice's high school basketball career was stunted by having three coaches in four years, but that was not the case with baseball. When Jones was hired before his sophomore year, the Golden Eagles were coming off of a 9-21 (2-8) season. Things actually got worse before they got better, as in Jones' first season at the helm, Shelbyville regressed to 4-28 (2-8) in the 2022 campaign.

"When Coach Jones came in my sophomore year, he kinda changed things around, but we were just so young," Trice remembers. "I think we had like two or three juniors playing and a freshman starting. That was a rough year, but I remember going through my sophomore year, every game that we were just getting beat down, Coach Jones was like 'The way they're treating us right now, they will not be ready for what comes next.'"

"At the time, it was kind of hard to believe him, but looking back on it, he was right! Because in my junior year, once we developed and got a year older, people really didn't want to see us after the first two weeks once we figured out that we were actually good enough to play with everybody."

Following the 4-28 season, Shelbyville started out 2023 by losing their first seven games. Then, after losing the first game of a two-game series against Franklin County, 4-3, the Golden Eagles took game two, 7-3, sparking a 13-game stretch where Shelbyville lost just twice, rocketing up the District 6-AAAA standings.

"When we were rolling it felt like we were all back playing rec ball again," Trice said. "We all grew up playing with each other, that's the thing, like everybody on that baseball team, we all played with each other growing up whether it was travel ball, rec ball, anything. So when we started getting on the roll that we went on, it was just like we were little kids having fun again on the rec field."

"We didn't play to not lose because we knew we were going to win."

After getting swept by Coffee County to close the regular season, Shelbyville won their first two games in the District Tournament to reach the District Final where they ultimately dropped both games to Coffee County, sending the Golden Eagles to Bradley Central for the Region 4-AAAA Tournament. After losing 10-2 in the first game, Shelbyville found themselves in the losers bracket against Coffee County.

This time, Trice and the Golden Eagles dominated the Red Raiders, 10-4, and then upset Bradley Central, 3-2, to clinch second place in Region 4-AAAA and clinch a spot in the state sectional round. In a best-of-3 series at Stewarts Creek, Shelbyville split the first two games before falling in Game Three, coming up just one game short of an improbable State Tournament berth.

Ultimately, Trice envisioned another potential postseason run with his boys, sparking his never-say-no attitude in an attempt to get back out on the field for his senior season.

"Once I got out of the hospital, they put me on a defibrillator that I had to wear for a month, so for that month they said that I couldn't run or do anything that would get my heart rate up because of what I had just gone through," Trice explained.

"I went to physical therapy about two weeks after surgery. Since I had to wear the defibrillator for a month, I then went back for a monthly checkup. So at the checkup, we asked them if I could play, and they said I did look fine but they didn't clear me yet. We asked them again if there was any way I could play, and they finally said I could take a stress test. If my heart was working normally, then they would clear me."

"I was like, well if that's all it takes then I'll go on this treadmill and run for y'all. Hook me up to anything you want to hook me up to."

Trice's resilience ended up working out in his favor. After he passed the stress test with flying colors, the doctors eventually cleared him to play near the end of March just in time for the Viking Classic. In Shelbyville's fourth of four games – they went a perfect 4-0 in the Classic – Trice finally made his long-awaited return on March 30, 2024, just over six weeks after his heart stopped beating in the visitor's locker room inside of Lincoln County High School.

"That moment was surreal, something I'd never thought would happen to me," Trice said after a long pause. "I don't really know how to explain the feeling, but if you've ever experienced being in a spotlight or something, it felt like I was in the spotlight of everybody; everybody's eyes were on me at that one moment."

"Even the umpires, they were telling the other team. Like when I went up to bat, me and the home-plate umpire – we know each other – was telling the catcher from the other team [Rocket City from Huntsville] 'you don't understand what this kid has been through,' and I was sitting there thinking like yea man, they don't understand," Trice said with a chuckle.

Continued on 10A...

Lemons-A bit of sunshine at winter's end

By Dawn Hankins
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It's fun to experiment with new recipes while we're stuck in the house during inclement weather. We can do that by using flavors such as lemon juice and zest, and Herbes de Provence (a French combination of herbs) in our dishes.

Did you know that the herb thyme is actually recommended for respiratory health? Thyme is a fragrant herb that is native to the Mediterranean region but is now grown all over the world. It is an evergreen shrub that belongs to the mint family,

But let's stick today with our winter fruits like clementines, mandarin oranges, tangerines and lemons. They're loaded with vitamin C, which can provide many health benefits, especially during cold and flu season. In fact, health studies show that consuming vitamin C can help counter the negative effects stress has on our immune systems.

While the temps may not currently beckon for those iced glasses of lemonade we love in the South, the dishes below from the Dairy Alliance are sure to provide you with a healthy boost during the remnants of winter.

Milk-Braised Pork Loin with zesty lemon and herbs

Ingredients

1 boneless pork loin (3 1/2 to 4 pounds)
Kosher salt and black pepper
3 tablespoons unsalted butter, divided,
1 tablespoon extra-virgin olive oil
1/2 cup shallots, thinly sliced
2 tablespoons chopped fresh sage
1/2 tablespoon chopped fresh thyme
2 tablespoons lemon zest (zest of 2 medium lemons)
1 tablespoon orange zest
1 tablespoon minced garlic
1/8 teaspoon freshly-ground nutmeg
2 cups whole milk
2 cups heavy cream
Several whole thyme and sage sprigs (added to pot and for garnish)

Preheat the oven to 325 degrees.

Let pork loin come up to room temperature for about an hour. Season pork liberally on all sides with kosher salt and black pepper. Melt 1 tablespoon butter and olive oil over medium-high heat in a heavy-bottomed pot, like a cast iron Dutch or French oven, that is large enough to fit pork. Add pork and sear on all sides, 10-12 minutes. Remove pork from the pot and set aside on a plate.

Place remaining 2 tablespoons butter in a pot and melt over medium heat. Add shallots, cooking until just translucent. Add herbs, garlic, citrus zest and nutmeg and cook until fragrant, about 1-2 minutes. Add milk and cream, stirring to combine all ingredients. Return pork to pot, along with any accumulated juices and whole springs of thyme and sage, bring up to a slow simmer. Cover pot and place in a preheated oven. Cook for 2 hours, turning it half way through cooking. Uncover and cook for an additional 30 minutes.

Transfer pork to a carving board and let rest for at least 15 minutes. With a slotted spoon, remove the larger curds if any from the sauce and discard any herb stems. Place pot back on the stove over medium heat; bring to a simmer. Cook 12 to 15 minutes until reduced by half, stirring frequently so milk doesn't scorch. Please note that milk clustering is characteristic of this dish.

Cut pork into 1/2-inch-thick slices and arrange on a deep serving platter. Ladle milk gravy over pork and garnish with any remaining fresh thyme, sage and zest.

Blueberry-Lemon Quick Bread

Greek yogurt and fresh lemon juice make this blueberry bread extra moist, while its lemon-sugar crust gives each bite an unexpected and refreshing crunch. I recommend making a parchment paper sling to remove the baked loaf from the pan. This extra step will ensure its beautiful topping stays intact.

Prep Time: 30 minutes
Cook Time: 70 minutes
Total Time: 3 hours and 40 minutes
Serves 8 to 12

Topping:

1/3 cup sugar
1 tablespoon grated lemon zest

Bread:

3 cups white whole-wheat flour plus 1 teaspoon
2 ½ teaspoons baking powder
½ teaspoon baking soda
1 teaspoon salt
1 cup granulated sugar
2 large eggs
4 tablespoons unsalted butter, melted
¼ cup avocado oil
1 cup plain 2% Greek yogurt
½ cup fresh lemon juice
¼ cup 2% reduced-fat milk
3 tablespoons grated lemon zest
1½ teaspoons vanilla extract
2 cups fresh blueberries

1. For the topping, stir sugar and lemon zest together in a small bowl. Set aside.

2. For the bread, whisk flour, baking powder, baking soda, and salt together in a large bowl. Whisk sugar, eggs, melted butter, and oil together in a separate bowl until combined, about 30 seconds. Whisk yogurt, lemon juice, milk, lemon zest, and vanilla in a separate bowl; stir into sugar mixture until combined.

3. Stir sugar mixture into flour mixture until just combined. Gently toss blueberries with 1 teaspoon flour until coated. Stir blueberries into batter until incorporated. Let stand for 20 to 30 minutes while the oven preheats.

4. Preheat the oven to 350°F. Make a parchment paper sling by cutting a 9 x 12-inch piece of parchment paper. Grease the pan with butter and line with parchment paper to allow excess parchment paper to hang over edges of pan (trim if too long). Grease parchment paper with butter.

5. Fill the pan with the batter and sprinkle the batter with lemon-sugar topping.

6. Bake for 70 to 75 minutes or a toothpick inserted in the center comes out clean. Let cool in a muffin tin on a wire rack for 10 minutes. Use a sling to remove bread from the pan and transfer to a wire rack. Discard parchment paper and let cool for 2 hours before slicing and serving.

Muffin Variation:

Prepare topping and batter as instructed above. Using a spoon or ice cream scoop, divide batter equally among 12 muffin cups greased with butter. Sprinkle evenly with lemon-sugar mixture. Bake for 20 to 25 minutes or until a toothpick inserted in the center comes out clean. Let cool in a pan for 5 minutes. Remove from pan and cool 10 minutes longer on a wire rack.

Lemony Ricotta Zucchini Fritters

Ingredients

2 medium zucchinis, about 3 cups
1 1/2 cups ricotta cheese
3/4 self-rising flour
2 large eggs beaten
2 tablespoons chives chopped
1 tablespoon lemon zest
1 teaspoon salt
1 teaspoon garlic powder
1/2 teaspoon pepper
olive oil or vegetable oil for sautéing
Parsley Yogurt Sauce
Yield: 1 cup
1 (5.3-ounce) container plain Greek yogurt
1/2 cup crumbled feta
1/2 cup flat-leaf parsley leaves
2 tablespoons lemon juice
1 tablespoon mayonnaise

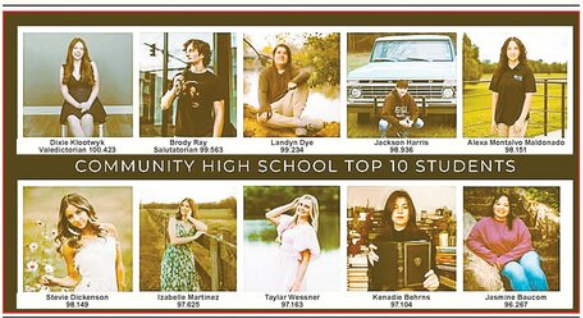
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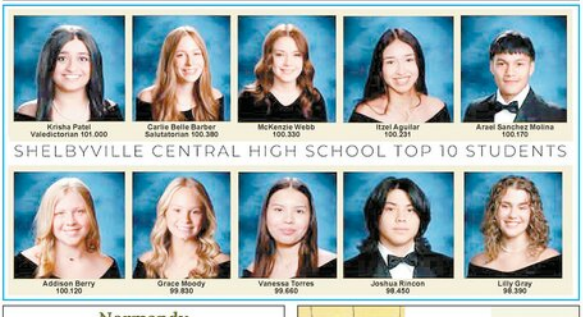
Over a large mixing bowl, grate cleaned zucchini on the coarse side of the box grater. Firmly press down on grated zucchini with several paper towels to remove excess moisture. Add in ricotta and the next seven ingredients. Mix until all ingredients are thoroughly combined. Set aside to rest while preparing yogurt sauce.

In the bowl of a small food processor, combine the yogurt and remaining four ingredients. Puree until all ingredients are thoroughly combined. Transfer from the processor bowl to a container with a lid and place in the refrigerator until ready to serve.

Working in batches depending on pan size, heat oil in a large non-stick skillet over medium heat. Drop the fritter batter by the heaping spoon full into the pan, leaving space between for them to spread. Using the back of a spatula, gently press down on the batter to flatten the fritters. Once edges are golden, flip fritters over and continue cooking, approximately 3-4 minutes each. Remove from the pan and place on a paper towel lined plate. Repeat batches until all batter is used. Transfer to a serving plate or platter. Serve immediately or at room temperature with yogurt sauce.









SWEET AND TIME FOR SPAYING

T-G Photo by Dawn Hankins

This sweet little kitty "Baby" is about 4 months old. Already adopted by a family, she has her spay appointment with a vet. Cats can get pregnant as early as 4 months. They can also have two to three litters a year. So please get your cats spayed and neutered as early as possible to prevent over population. And by the way, cats generally have 2 to 6 kittens each birthing. See opportunity below at Middle TN Spay and Neuter Clinic on Union Street.





