COMMUNITY NEWS

SHELBYVILLE TIMES-GAZETTE

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THIS IS THE FIRST INSTALLMENT OF A THREE-PART SERIES

Former 'Bad Girls of Bedford County' share how MRT transformed their lives

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. 2 Corinthians 5:17 NKJV

By Dawn Hankins
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Like a butterfly as it arises from its chrysalis, those having graduated from the MRT program at Bedford County Corrections are spreading their wings.

Amy Merlo, Katie "Ivey" LovVorn and Renea Brannan are three of those ladies. They were some of the first MRT graduates-charter members-graduating from the first program back in 2022.

The MRT grads, who remain in contact and are very close like sisters, now tell in their personal testimonies how their lives needed to be changed for the better.

Up until just a few years ago, they were known as some of the "bad girls of Shelbyville." They laugh that they spent some of their time in the old jail off the square before the new corrections facility was built on Eady Road.

As for MRT, or Moral Reconation Therapy, this is a program the jail piloted here in April 2022. It consists of 16 steps and participants must complete the first 12 in order to graduate. The program is comprised of testimonials and questions that require participants to recount trauma in their lives then come to terms with their feelings.

Developed originally in 1985, by Dr. Gregory Little and Dr. Kenneth Robinson, research has shown over the years that MRT contributes significantly to lower rates of recidivism for periods as long as 20 years after treatment.

The term "moral" refers to cognitive reasoning. The word "reconation" is a psychological term which applies to making conscious decisions.

Sounds simple, perhaps, but Lt. Chris Cook, who directs the Bedford County program, says the real success rests in the hands of the participants. Basically, it's their program and what they make of it.

Ronnie Prince, jail administrator, decided to send Lt. Cook or "Cook" as he's called in the program, to the MRT training. When the program was up and running, Prince attended one of the classes, and soon realized the changes MRT was making in the lives of inmates.

Though there is also a men's MRT, for this series, we're concentrating on the women's group. As for our three women featured in this series, "the MRT originals" say the program changed their lives for the better.



T-G Photo by Dawn Hankins

Leading the charge at Bedford County Corrections is Ronnie Prince (left.) MRT program director is Lt. Chris Cook. They first met (left to right) Katie "Ivey" LovVorn, Amy Merlo and Renea Brannan as BC jail inmates. But they told the T-G this week they're most proud of the women as they live new and sober lives. The women give credit first to God for changing their lives and then to the BC MRT program and volunteers.

We will focus for the next three weeks on their testimonies-those which they now share with others in need of help with addiction and trauma.

MRT Graduate Amy Merlo

Amy says that she had been arrested and incarcerated 39 times by the time she became acquainted with MRT. The 39th incarceration, she says, would be the defining one.

"I was rude and I wasn't a good person when I went in there [jail.] I didn't like other women. And I thought other women didn't like me."

She often found herself in solitary, due to her love to fight with others.

She was generally in a day-time, lock-down pod-a section where she was only out an hour a day. From inside those walls of lockdown, she was offered the chance to participate in the MRT program.

But the catch was that Amy had to go into an open pod full of women and participate in the MRT program. While COVID changed a lot of what they could do as a group, MRT survived.

Amy remembers that it was Katie LovVorn who shared her testimony in her pod. Amy

See MRT, 12A

Partnership leaders discuss successes & strategies at special finance workshop

By Dawn Hankins

Bedford County Partnership Chair Jody Lambert and Vice Chair Kelly North were in attendance at the County's Finance Committee budget workshop Tuesday afternoon. The duo explained to County Commissioners present how the group is now structured and what it's given back to the community since its inception 5 years ago.

The City of Shelbyville has moved to no longer fund the Partnership. So financial investment from local government now rests on the County.

The County has not made the decision yet to approve the $100,000 request made for next fiscal year by the Partnership. More budget meetings are to be held this month before the final draft is approved by the full Commission.

School Superintendent Tammy Garrett, a member of the Finance Committee, said Tuesday that she may ask questions of the Partnership but that doesn't mean she's opposed to what the group is doing through school work force programs.

Garrett said she's a person of clarity so there are things she needs to naturally ask on behalf of the school system.

Chair Lambert said Partnership is requesting a $100,000 investment this year from the County and he appreciated the invitation to be at the meeting. He said the Partnership is trying to achieve solutions to benefit businesses and the community, specifically through economics (sales tax base) and tourism.

For example, North has applied for soft grants (non-repayable dollars for start-ups) on behalf of the Partnership in the area of tourism. Lambert, who is new to the chair position, mentioned approximately six soft grants, totaling just over $138,000.

A study by the TN Department of Tourism and Development found that for every $1 expenditure on tourism advertising, the result was $11 in tax revenue, according to Lambert. He advised that the study also found as far as community benefit, that spent advertising dollars result in hundreds of dollars in additional revenue.

In 2018, a state tourism study showed Tennessee collecting 19 tax dollars for every $1 spent on advertising for the department's brand campaign. Strategic Marketing and Research Insights, an independent third party, conducted the research. The national benchmark used by SMARI for tax revenue collected was 11 tax dollars for every 1 dollar. TN was ranked above the national average.

Lambert mentioned a big event regarding workforce

See WORKSHOP, 3A



RHODES RETIRES FROM FIRE DEPARTMENT

SFD Photo

Shelbyville Fire Department recently celebrated the retirement of Capt. Rob Rhodes. He has served the City and this community for 31 years. Friends, family and fellow firefighters recently gathered to share memories and wish him well. Mayor Randy Carroll made a special presentation at the event on behalf of the City of Shelbyville. See more photos on page 9 today.



LOCAL SCIENCE ACHIEVEMENT

School System Photo

Avery Galloway, a 6th grader at Community Middle School, recently represented Bedford County at the IAC National Science Bee in Orlando, Fla. Though he didn't place, he gained a lot of experience. His 6th grade science teacher was April Blanton.

BEDFORD BRIEFS

BEDFORD COUNTY JUNETEENTH CELEBRATION

Three Day Event: June 19 at the Rosenwald Center, 516 Tillman St., Shelbyville; Coffee, Heritage Historical Walk 10 a.m.-12 p.m. **June 20** at the Rosenwald Center; Fish Fry, Kids activities, Creative Arts contest 3 p.m.-7 p.m. **June 21** at Up-Town on the Square, 100 Public Sq., Shelbyville; Parade at 10 a.m.; Opening Ceremonies at 11 a.m.; Arts, Crafts, Booth Vendors, Community Booths from 10 a.m.-3 p.m.; Entertainment Stage: Music, Dancers and Singer from 11 a.m.-3 p.m.; Award Ceremonies: Coloring, Creative Arts, Parade Contest at 1 p.m. Bring your lawn chairs!!!

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Update on Floyd Thomas

Thomas was recently severely burned in a major food trailer fire.

See Page 9A



Cascade High School basketball

CHS is proud to announce Douglas Worsley as the new head coach of the boys' basketball program.

See Page 10A

City of Shelbyville continues budget revisions



By Dawn Hankins

The City of Shelbyville held budget workshop No. 2 Monday night. Council members voted department by department the requested items they want to keep in the next fiscal year budget and items they want to remove.

Some of those include a mower for the cemetery and a new codes dept. truck-both which were approved.

There will be a new GIS person hired to update the codes department with mapping, etc., but there will not be additional IT persons hired this year.

Version 2 of the budget was all about avoiding deficits and trying to keep the fund balance from getting too low. The City has several dedicated projects to match plus regular operating expenses so balancing the budget has been more tedious this year.

City Treasurer Kay Parker told Council the first budget draft was more on the conservative side, which she usually does adhere to. The version No. 2 on Monday, she said, is less conservative and she explained she can't predict the future regarding potential revenue numbers but can only guestimate.

Projects in the beginning stages are the Riverview District parking lot and work on the flood pumps. With special projects also come engineering/contingency fees.

One item of discussion has been a full-time animal control director. This was put off another year. So, SPD Deputy Police Chief Pat Mathis will continue to serve that area.

City employees will receive a 4% cost of living raise, beginning in July. This topic went back and forth with some first voicing 3% and then later voting with the majority at 4%.

City Councilman Bobby Turnbow expressed his concerns during budget meetings saying the City has to "learn to say no."

Turnbow also expressed his concerns over Shelbyville Parks and Recreation expenses and how public fees need to be increased to off-set.

It was also mentioned whether the County might be willing to chip in on some funding for Parks and Recreation, as it is available to all residents of the County/City. Turnbow said he believes the County will give the City "nothing."

It was decided to address this issue possibly after the lawsuit appeal is settled, which could be another year. Private donations, the mayor said, are also an option to help the City.

But for this year, here's some of the budget requests that will be honored:

- Codes truck to replace 20-year-old one
- 3 new police pursuit vehicles with older ones being surplus (City Councilman Turnbow and Council member Marilyn Ewing voted no)
- Camera coverage for Willow Mount Cemetery (vandalism continues)
- HVAC system and new mower for Parks and Recreation
- Street improvements

More budget coverage in upcoming T-G issues and at t-g.com.





Faith Tucker and Raegan Haley

BC's own among Columbia State's EMS pinning ceremony

Bedford County emergency medical technician graduates Faith Tucker and Raegan Haley were recently among Columbia State Community College's 31 emergency medical technicians and 26 advanced emergency medical technicians honored for their completion of certificates during the Spring 2025 EMS pinning ceremony.

"EMS Academy faculty are proud of this cohort of students in their exemplary work performed this semester," said Greg Johnson, Columbia State EMS program director and assistant professor. "These graduates are answering a special call to serve their community and are well prepared to be the difference makers needed when called upon. I'm grateful for the hard work and dedication of EMS Academy faculty and college staff who come together to play such an important role in shaping these future providers. These graduates are a picture of the success of Columbia State's 'One College' vision."

LIBERTY FCE MEETING REPORT FOR MAY

Liberty Family and Community Education Club (FCE) met May 19, with Ann Spencer reporting.

Judy Smith opened the meeting, reading the hint about self-care. The call to order was read by Lynn Wilhelm. The roll call was "Take Care of Yourself."

Debbie Parker gave the devotion. The theme was, "Remember Memorial Day" and the cost for freedom.

Plans were made for the Share Fair to be held June 24. Each member will have something that represents lessons learned by being an active FCE member.

Dorris Turrentine will read her essay, "Bloom Where You're Planted."

The Sunshine Report was given. Lynn Wlhelm has a birthday this month.

Ann Spencer gave each member a towel labeled, "Bloom Where You're Planted."

Prior to adjourning the meeting, Judy Smith taught the educational lesson of "online banking."

The next Liberty FCE meeting is planned for June 16, 2025.







WORKSHOP

From page 1A

in the community happened when 67 people lost jobs through National Pen. And he added that due to North's workforce development efforts, 90% of those folks have found re-employment.

Lambert further advised that since 2023, the Chamber of Commerce has been under the umbrella of the Partnership. He said the Chamber has since increased membership by 8%.

Leadership Bedford, which encourages young adults and youth to explore the community from a leadership-business perspective, is also now under the Partnership umbrella, he advised.

He explained the Partnership is a 501(c)(6) and The Community Foundation is a 501(c)(3), which can accept charitable contributions. Both were created, on the same day, to work in harmony, he said.

Lambert advised how the Partnership is developing an even further strategic plan. The facets of the Chamber include tourism, infrastructure and growth, economic development, Chamber committee and Leadership Bedford work.

"With that strategic plan, we have actions to achieve our goals and strategies," shared the local attorney. "Those actions will be divided among those committees."

He said the Chamber committees are very transparent.

Tourism, Lambert explained, is the low hanging fruit (Celebration, Airport, Nearest Green, etc.) He advised Bedford County is currently ranked 49th out of 95 TN counties regarding tourism impact in the state.

Superintendent Garrett had asked earlier if it was the plan for the Partnership to become self-sufficient within 5 years. During Lambert's talk she said she didn't really get an answer to that question.

Lambert stated that he would argue that the Partnership is self sufficient in that it is giving back to the County a great return over its investment (ROI.)

Commissioner Diane Neeley asked how many part-time and how many full-time employees there are within the Partnership. She also asked how the salaries are funded.

North said there are two full-time employees and one part-time staffer. She said staff revenue is generated through private and public contributions.

Neeley asked if there are breakdowns available for contributions and requested commissioners see those numbers. North advised Neeley those numbers have been submitted, as required, to County Finance.

Commissioner Maddox asked if it was possible to get a report on Partnership accomplishments emailed to the Commission. "I would love to see a more granular approach . . . recap," stated Maddox.

Maddox told the Partnership team how some constituents have asked about how and when the Partnership took over the Chamber of Commerce. Lambert said that there was a legal merger/document drafted in 2023 which placed the Chamber under the Partnership umbrella.

He added the functions of the Chamber continue as in the past. But goals are now being maintained by the Partnership.

Maddox said that was great information but it didn't answer his question. He asked again about the "logic" of the takeover of the Chamber. He said the opinion of many is that the Partnership and Chamber should function separately.

Lambert asked North, who previously worked for the Chamber, to explain the history.

"In 2019, the City of Shelbyville opted to move the hotel-motel tax away from the Chamber of Commerce and partnered with the County to start the Shelbyville Bedford Partnership," North explained.

She added that the Chamber of Commerce existing staff had left, and it was down to one person and then they moved out of the building. It was then, she said, that the question came to the Partnership as to whether or not they wanted to merge with the Chamber of Commerce and become one entity again.



Commissioner Diane Neeley (center with mic) asks questions about the County budget on Tuesday during a special financial workshop. From left, front, is Jody Lambert, Partnership Chair, and Kelly North, Partnership Vice President, who spoke at the meeting. Commissioners Eric Maddox, Anita Epperson and John Boutwell (front, right) are also shown.



She said historically, workforce development and tourism have operated under one such umbrella. She leaned on Mayor Chad Graham and Commissioner Scott Johnson during the meeting to correct her over any of the history.

She said since the Partnership took over the Chamber, it has maintained its historical character but has also grown in membership. The Chamber has tried to develop additional programming and more resources for members, which is now to date between 350 and 360 members. North told the audience that over the last year and a half, there's been nearly a 9% increase in Chamber membership.

"We've really exploded in terms of the resources we're providing back to the small business community under the Partnership," North shared.

The Partnership, in conjunction with the TN Small Business Development Center of Murfreesboro, offers education classes to the business community. Quarterly business workshops are being held also for members.

"The end goal, really, is to ensure that these businesses are thriving and continuing to grow right here in Bedford," said North.

Commissioner Maddox said he supports and believes in the Chamber, really in any community. But he reiterated he wants to see a recap, that is, a report which would show a more granular approach to the Partnership's ROI (return on investment) structure.

Commissioner Anita Epperson requested that a copy of the Partnership financials be emailed to commissioners.

THE ISSUE

Local government dollar issues: What's important going into fiscal 2025-26?

For local governments, costs aren't going down. So, choices are having to be made.

By Dawn Hankins
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It's that time of the year when no one would want to be a City Council person or a County Commissioner. But as the saying goes, someone has to do it. That is, balance the budget for another year.

It's time to salt what's necessary and drop the axe on what is expendable for another fiscal year in order to come out with balanced budgets.

The City has held a couple of intense budget workshops over the last two weeks. At Tuesday night's Council study session, it seemed everyone was still tired from the Monday budget meeting. The session only lasted about 20 minutes. See future stories in T-G.

I must give public kudos to Mayor Randy Carroll from keeping that meeting from heading down a rabbit hole. Good job!

It looks like the City isn't far from approving its next fiscal year budget. City Manager Scott Collins demanded answers from Council on Monday as to how it wants to proceed with revised budget no. 2. A lot was actually accomplished.

Over on Dover Street, Bedford County Finance Committee held a budget workshop Tuesday afternoon. Many line items were re-discussed from a previous workshop.

There's really not a lot, it seems, that can change from the County budget for next year. Most line items are necessary to continue to operate. And well, just function.

On Tuesday night, the Partnership was invited to discuss before the Finance Committee the successes of the group, which is asking for its funding of $100,000 from the County. (See front page story today.)

Will the County continue to support the Partnership?

One commissioner, off the record, told the Times-Gazette this week that he was not in favor of further funding the Partnership. This month will tell, when the County will have to put its new budget into place. There are 18 who make the decision of whether to stay in business with the Partnership.

Schools need maintenance. Roads and streets need attention in both the County and the City.

Mayor Chad Graham graciously answered some questions this week, regarding the local option sales tax which is at heart of the lawsuit.

"Regarding the questions of local option sales tax and its future impact, the sales tax as currently trending suggests a substantial loss of "reoccurring" revenue on the school side used for securing future debt for education purposes. If "in fact" the amount is $2 million annually, then this equates to $20 million over 10 years and at 20 years would be equivalent to $40 million which was the cost of Cartwright Elementary."

Graham was also asked to comment on the use of excess debt service funds. It was discussed at a recent County finance meeting that the state comptroller had given the nod for the County to use some of its excess debt service dollars for capital projects.

Graham told the T-G: "As for the proposed use of excess debt service funds for capital needs, these dollars accumulated from revenues that exceeded budget projects and therefore must be considered "one-time moneys," making the capital expenditures a good option since they are not automatically reoccurring revenue."

So, it seems there is an answer to most budget situations. I still say split that local option sales tax like a piece of candy.

To me, everyone wins this way. We're finished with legal battles and there's money in both coffers. Over time, this would seem to be a win-win. Let's talk folks.

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FEATURES FROM THE BIBLE

TRUTH IN SCRIPTURE

At Sinai: Commandments Given

Exodus 19-20

When the Israelites arrived at Sinai, Moses went up into the mountain to meet with God and the Lord gave him the Ten Commandments, writing them on stone tablets.

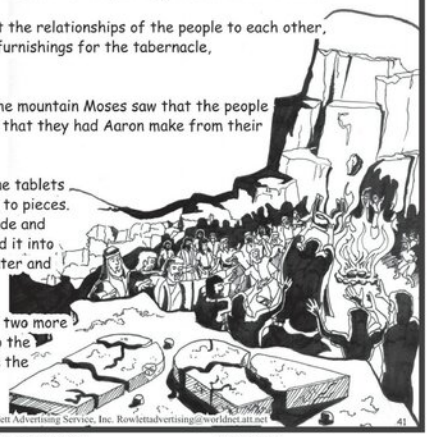
He also gave instructions about the relationships of the people to each other, festivals, the tabernacle and furnishings for the tabernacle, the Sabbath observance, etc.

As he was coming down from the mountain Moses saw that the people were worshipping a golden calf that they had Aaron make from their jewelry.

In anger Moses threw the stone tablets out of his hand, breaking them to pieces. He took the calf Aaron had made and burned it in the fire and ground it into powder, scattered it on the water and made the Israelites drink it.

The Lord had Moses chisel out two more stone tablets and take them to the mountain where he would write the commandments again.

Exodus 34



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Is God Dead? Philosophy According to Paul

By Ty B. Kerley, DMin.

It is a non-negotiable truth that Christians dearly hold the Bible to be the inspired, inerrant, sufficient, and final authority in all matters of faith and salvation such that all religious study must begin and end with Holy Scripture. All our studies of God must find warrant (approval) in Scripture. Last week, we looked at God preparing, then presenting a defense (apologetic) of Himself to Job (ch. 38-41) by calling forth a multitude of witnesses from nature to testify. And in so doing, He gives warrant for the study of nature to deduce the truth about God.

In the New Testament, Paul also gives warrant for calling upon the reasoning capacity of the human mind to deduce that God does indeed exist (Rom 1:19-20). It would seem, then, that Paul supports the Christian use of philosophy to support apologetics and to defend the faith (1 Pet 3:15). Remember, it was the Epicurean and Stoic philosophers that Paul argued against on Mars Hill in Acts 17. Paul even quotes the Greek philosopher Aratus in verse 28, saying, "In him, we live and move and have our being."

Whoa, whoa," we say; "wait a minute!" Paul is very clear in Colossians 2:8 ff; "See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ." That seems to be pretty clear. Paul here links philosophy with "captivity," "empty deceit," and a cunningness of human invention. They all are one and the same, and they are one and the same kind of bad news. But it turns out that this little verse is packed with significance, and the importance lies in what Paul understood the term "philosophy" to mean. In the time of Paul, the discipline of "philosophy" had to do with all the theories of God, the world, and the meaning of life, and it was taught in both Jewish and pagan schools in Greek cities. This means that Paul's mind has a much looser and broader definition of philosophy than that which many critics force upon him. And Paul is not alone in understanding how the word "philosophy" was used in first-century Judea. In fact, New Testament scholar James Dunn suggests it is well known that "in Paul's day, the Greek word philosophia, which appears only here in the NT, was used broadly to depict all sorts of speculations, inclinations, and movements."

Consistent with Paul's broader definition of philosophia, the issue at hand is not some sort of corrupting pressure from traditional Greek philosophy but is rather, according to Dunn, a "form of Jewish thought being presented as a 'philosophy' by Jewish apologists." It turns out that this philosophia more precisely describes a certain type of Jewish mysticism that, radically contrary to the Gospel, involves "speculation into the nature and classes of the angels . . . the ritual of Mosaic law, and . . . regulations of Jewish tradition." There is little doubt in the context of Colossians 2:8ff; Paul is not condemning philosophy in general, but specifically the efforts of Jewish apologists who are enticing the Colossian Jewish Christians to turn away from Christianity and to return to an age-old merkabah mysticism. The evidence that Paul is addressing this "philosophy" of merkabah mysticism is compelling. Paul warns the reader in verse 18 to "let no one disqualify you" by insisting on certain practices, and then Paul lists some of those practices. It is here that we can see that Paul has merkabah mysticism specifically in mind: particular food and drink is mentioned in verse 16, festivals and new moons and the Sabbath are mentioned in verse 17, asceticism and the worship of angels in verse 18, the elemental spirits of this world in verse 20, "things according to human precepts and teachings" in verse 22. Finally, things giving the "appearance of wisdom," which promotes "self-made religion" and asceticism in verse 23. Paul's rhetoric is sharp and direct; these are all essential elements of merkabah mysticism.

One way we know this to be true is that Paul often used philosophy, quoting various Greek philosophers. In his speech, we mentioned Paul's discourse with the Epicureans and Stoics in Acts 17, quoting two Greek philosophers Seneca, and Aratus. In 1 Corinthians 15:33, Paul quotes Thais saying, "Bad company ruins good morals." In Titus 1:12, Paul quotes Epimenides, saying, "The Cretans are all liars." Paul paraphrases Aristotle in Galatians 5:23 and in Romans 2:14. He paraphrases Plato in 1 Corinthians 9:24, Romans 7:22-23, Philippians 3:19, Romans 8:5, and Galatians 6:8. Plato is very much present in Paul's words in 2 Corinthians 4:4, in Philippians 1:21, 2 Timothy 4:6, 1 Corinthians 13:12, and in 1 Thessalonians 5:15. Paul paraphrases Socrates in 1 Corinthians 8:2, Romans 12:4, 1 Corinthians 12:14-17...and many more. Paul knew philosophy well, and he used it in the defense of Christianity because he recognized the power of philosophy: good philosophy, correct philosophy. We can hardly look upon Paul and his work without having some deep appreciation for the use of classical, God-honoring philosophy as well. Ultimately, that is all that philosophy is: logical reasoning to the truth. Paul knew it, Paul used it, and we should use it as well. Paul once said, "I have become all things to all people, that by all means I might save some." If Paul used the means of philosophy over and again so that he might save some, should we refuse his example? Next week, we will look at one such example.

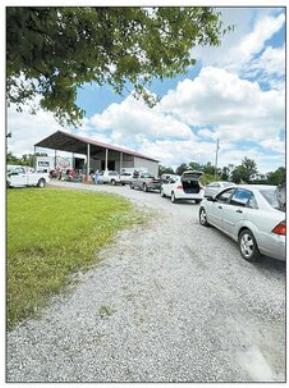
Gloria in excelsis Deo!

Ty B. Kerley, DMin., is an ordained minister who teaches Christian apologetics and relief preaches in Southern Oklahoma. Dr. Kerley and his wife, Vicki, are members of the Waurika church of Christ and live in Ardmore, OK. You can contact him at dr.kerley@isGoddead.com.



PREACHER PRAYS FOR PEOPLE AT FOOD DRIVE

The Wheel Food Pantry continues every last Friday of the month (except on holidays.) Preachers pray with people as they drive through to receive their free food.





4HER'S LEND HAND AT SOUP KITCHEN

SCSK Photos

Several local 4Hers served at Shelbyville Community Soup Kitchen recently. On the menu was catfish, fries and coleslaw.



CHURCH ACTIVITIES

Shelbyville First United Methodist Church will have its cherished annual Hymn Sing rather than a traditional sermon this week. The congregation will proclaim God's Word through the timeless beauty of hymns. FUMC-S invites everyone to participate by sharing their favorite hymn during this special service. 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 joining at home, experience the service through the FUMC-S Facebook livestream or tune in to WLIJ 98.7 FM and AM 1580.

Send your church activities to: dawn@richardsonmediagroup.net.

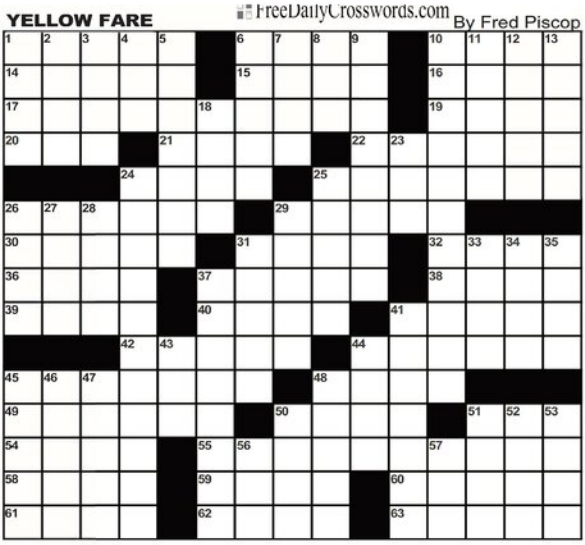
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Crossword

YELLOW FARE

FreeDailyCrosswords.com By Fred Piscop



CLUES ACROSS

1) Goodly sums
6) Splittable bit
10) Talk trash about
14) "Time is money," e.g.
15) Cryptologist's interest
16) Golden Rule word
17) Herb used in perfumes
19) Amphitheater section
20) "Chocolate" dog, for short
21) Announced
22) Drunk as a skunk
24) Like pizza for breakfast, typically
25) Happy brew
26) Hitchhiker on a shark
29) More astute
30) EGBDF part
31) Burgundy or claret
32) Go head over heels
36) Pal of Sawyer
37) Plateaued, with "out"
38) ___ deck (part of a cruise ship)
39) Assault from Moe
40) American composer Charles
41) Attach, as a corsage
42) More forgiving
44) Classic Volkswagen
45) Used an aerosol can
48) Gives no stars to
49) Did away with
50) Jerome who composed "Ol' Man River"
51) Tiny ammo
54) Crow's home
55) Bike accessory
58) Fuss over, with "on"
59) One who's off-base
60) Trump ex Maples
61) Go toe-to-toe
62) Catches on to
63) Landscaper's gadget

CLUES DOWN

1) Grow wearisome
2) Mental spark
3) Dish with mint jelly
4) Psyche part
5) ESP part
6) Nasty-smelling
7) Wart-giver of folklore
8) Takes too much, briefly
9) Contacted on Facebook, say
10) Nervous feeling
11) "America" singer in "West Side Story"
12) Bethlehem product, once
13) Nomadic tribe
18) Big bash
23) World Cup cheer
24) Dr. Scholl's product
25) Glaziers' units
26) Sports "zebras"
27) What Mr. Hyde personified
28) Suvari of "American Beauty"
29) Philly hoopster
31) Signaled "hi" or "bye"
33) Dryer buildup
34) Fan favorite
35) Dixie bread
37) A little of this, a little of that
41) Mark Twain or Dr. Seuss
43) Sailor's assent
44) Country dance locale
45) Fires off
46) Hospital prep area
47) Dreadlocks sporter, for short
48) Bursts of laughter
50) Two-by-four flaw
51) North Sea hazard
52) Seat at a hoedown
53) Milky Way part
56) Blow away
57) Bummed out

Kid Scoop

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MOSQUITO ALERT!

Watch out! Summertime is also mosquito time. Millions of mosquitoes are out there. And they're looking for their favorite food: YOUR BLOOD!



Is there a way to stop mosquitoes?

Mosquitoes can spread dangerous diseases to animals and humans. The Mosquito Abatement Team works to kill mosquitoes before they become a problem.

Do they send out mosquito swatter teams? Do they spray poisons all over? None of the above. They take a much more scientific and safe approach.

BUGSTER'S DICTIONARY
abatement (ə-bāt-mənt) *n:* to put an end to or suppress.
abbey (ab-ē) *n.* monastery

Mosquito abatement specialists study the life cycle of a mosquito and then try to kill them before they become flying adults.

The Four Stages of a Mosquito's Life Cycle

STAGE 1: EGG

Female mosquitoes lay about 200 eggs on the surface of water. The eggs stick together and make a tiny raft.



STAGE 2: LARVAE

After just one warm day, larvae hatch from each egg. They look like tiny, wiggling worms. Some people call them wigglers!



STAGE 3: PUPA

After a larva is grown, it changes shape and becomes a pupa. The pupa breathes air through a tube that it holds above the water's surface while tumbling around in the water.



STAGE 4: ADULT

It takes as little as one and a half warm days for a pupa to become an adult, flying mosquito.



Standards Link: Life Science: The sequential stages of life cycles change for different animals.

Stage 2 Strategy

Leave your spider friends in peace. We like to eat mosquitoes before they eat you!



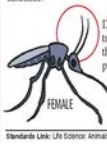
The best time to battle the bug is at the larva stage. Mosquito abatement teams often put mosquito-larvae-eating fish in the ponds and puddles where female mosquitoes have laid eggs.

Vive la difference!

Which mosquitoes are males and which are females? It is important to know because only one sex drinks blood.

Look closely at the head. Between the eyes are the antennae. They can sense sounds and odors. Male antennae are feathery. The female mosquito has long thread-like antennae.





Do you see a tiny, straw-like tube sticking out between the antennae? That is the proboscis, or mouth. The female uses this to drink blood. Male mosquitoes feed on plant juices and flower nectar.

How many mosquitoes can you find on this page?

Hold this page up to a mirror to discover a surprising mosquito fact!

A female mosquito can consume up to 3 times its weight in blood during a single meal!

Extra! Extra! Mosquito Math

Pretend each letter of the alphabet has points. For example, A=1, B=2, C=3, and so on. How many points would the word "mosquito" be worth? Look through the newspaper for five words worth more than "mosquito" and five words worth fewer points.

Standards Link: Math: Find the sum of numbers up to 200.

Standards Link: Life Science: Animals have structures that serve different functions in survival.

Kid Scoop Puzzler

USE THE SECRET CODE!

A	C	D	E	H	I	K	L	N	R	S	T	V
1	2	3	4	5	6	7	8	9	10	11	12	13

Why do mosquito bites itch?

Mosquito _____ produces an allergic reaction on the _____. After a mosquito bites you, a small, itchy, _____ bump may appear on your _____. Scratching the itch spreads the _____ and so the itch spreads, too.

Standards Link: Life Science: Animals have structures that serve different functions in survival.

Double Double Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

ADULT
AIR
BLOOD
EGG
EYE
FISH
HUMANS
LARVAE
LIFE
PLANT
PROBLEM
PUPA
SAFE
SOUNDS
TINY

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

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Mosquito Message

Find a word in the newspaper that starts with "m." Do the same for each letter in the word "mosquito." Cut out the words and paste them onto a piece of paper from top to bottom.

Standards Link: Writing: Students write acrostic poems.

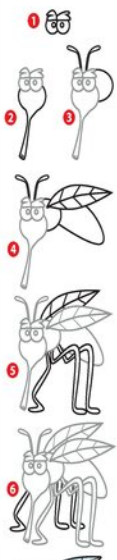
Write On!

Mosquito Buzz

Why do mosquitoes buzz in people's ears? Explain. Get creative!

Let's Draw

Follow these steps to draw a cartoon mosquito.





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SUBSTITUTE TRUSTEE'S SALE

Sale at public auction will be on July 22, 2025 at 11:00AM local time, at the south door, Bedford County Courthouse, 1 Public Square, Shelbyville, Tennessee pursuant to Deed of Trust executed by Stephen B. Swain, to Jerry Bridenbaugh, Associate, Trustee, as trustee for Mortgage Electronic Registration Systems, Inc. as nominee for Lender, Valorem Lending, LLC on October 25, 2023 at Book 1101, Page 410, Instrument No. 23007374; conducted by LLG Trustee TN LLC, having been appointed Substitute or Successor Trustee, all of record in the Bedford County Register's Office. Default has occurred in the performance of the covenants, terms, and conditions of said Deed of Trust and the entire indebtedness has been declared due and payable.

Party Entitled to Enforce the Debt: Lakeview Loan Servicing, LLC, its successors and assigns.

The real estate located in Bedford County, Tennessee, and described in the said Deed of Trust will be sold to the highest call bidder. The terms of the said Deed of Trust may be modified by other instruments appearing in the public record. Additional identifying information regarding the collateral property is below and is believed to be accurate, but no representation or warrant is intended.

Street Address: 215 Warren Circle, Shelbyville, Tennessee 37160
Parcel Number: 078K 046.00
Current Owner(s) of Property: The Heirs of Stephen Bruce Swain

This sale is subject to, without limitation, all matters shown on any applicable recorded plat; any unpaid taxes; any restrictive covenants, easements, or setback lines that may be applicable; any statutory right of redemption of any governmental agency, state or federal; any prior liens or encumbrances including those created by a fixture filing or any applicable homeowners' association dues or assessments; all claims or other matters, whether of record or not, which may encumber the purchaser's title and any matter that an accurate survey of the premises might disclose.

The following parties may claim an interest in the above-referenced property to be affected by the foreclosure: any judgment creditor or lien holder with an interest subordinate to the said Deed of Trust or any party claiming by, though, or under any of the foregoing. Such parties known to the Substitute Trustee may include: All parties claiming by, though, or under Stephen Swain.

Terms of Sale will be public auction, for cash, free and clear of rights of homestead, redemption and dower to the extent disclaimed or inapplicable, and the rights of Stephen Swain, and those claiming through him/her/it/them.

Any right of equity of redemption, statutory and otherwise, and homestead are waived in accord with the terms of said Deed of Trust, and the title is believed to be good, but the undersigned will sell and convey only as Substitute Trustee.

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. If you purchase a property at the foreclosure sale, the entire purchase price is due and payable at the conclusion of the auction in the form of a certified/bank check made payable to or endorsed to LOGS Legal Group LLP. No personal checks will be accepted. To this end, you must bring sufficient funds to outbid the lender and any other bidders. Insufficient funds will not be accepted. Amounts received in excess of the winning bid will be refunded to the successful purchaser at the time the foreclosure deed is delivered.

This property is being sold with the express reservation that the sale is subject to confirmation by the lender or trustee. This sale may be rescinded only by the Substitute Trustee at any time. If the Substitute Trustee rescinds the sale, the purchaser shall only be entitled to a return of any money paid towards the purchase price and shall have no other recourse. Once the purchaser tenders the purchase price, the Substitute Trustee may deem the sale final in which case the purchaser shall have no remedy. The real property will be sold AS IS, WHERE IS, with no warranties or representations of any kind, express or implied, including without limitation, warranties regarding condition of the property or marketability of title.

This office may be a debt collector. This may be an attempt to collect a debt and any information obtained may be used for that purpose.

LLG Trustee TN LLC
Substitute Trustee
10130 Perimeter Parkway, Suite 400
Charlotte, NC 28216
Phone (704) 333-8107
Fax (704) 333-8156 File No. 25-125544 (5223tc)

Bedford County property transfers

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

File date: May 27

Location: 317 Cliffside Ave; Seller, D and D Investment Holdings LLC; Buyer, Timothy M Waters, Cara J Waters; Price, $120,000 (Deed).

Seller, Alberto Alejandro Ayala De La Cruz; Buyer, Gizachew Tesfaye; Price, $79,000 (Deed).

Seller, Jason Fraser Nash, Helene M Fraser Nash; Buyer, Daniel Gragg Construction LLC; Price, $300,000 (Deed).

Seller, Antonio J Thomas; Buyer, Olivia Shea Gordon, Olivia Shea Thomas; Price, $0 (QD).

Location: 901 Apple Blossom Trail; Seller, Richard Jones, Roseanna Jones; Buyer, Katherine Lynn Hickok, Barbara Ann Corbett; Price, $507,500 (Deed).

Location: 316 White St; Seller, Renee Kammer, Padgett Law Group, A D Crowell, Diane Crowell; Buyer, Jonathan Moyer; Price, $75,000 (TRD).

File date: May 28

Location: 204 Hummingbird Lane; Seller, Kevin Young, Christine Young; Buyer, Megan Church, Matthew Church; Price, $469,000 (Deed).

Location: 101 Hillwood St; Seller, Ezekiel Tomaselli, Deborah L Tomaselli, William T Lamb, Janet R Lamb; Buyer, Micah Johns, Christianna Rachael Marie Johns; Price, $440,000 (Deed).

Location: 359 Honeybee Dr; Seller, Rappa Custom Homes LLC; Buyer, Corey Wood, Jillian Wood; Price, $530,000 (Deed).

Location: Blue Stocking Rd; Seller, Greg Hinote; Buyer, Steve Kennedy, Kayleen Kennedy; Price, $135,000 (Deed).

Location: 350 El Bethel Rd; Seller, Joseph Townsend, Rebecca Townsend; Buyer, Keith Snyder, Christine Payvis; Price, $500,000 (Deed).

Seller, Richard A Sanders, Andrea Louise Sanders; Buyer, Andrea Louise Sanders, Richard A Sanders; Price, $0 (Deed).

Location: Highway 64; Seller, Tom Windham; Buyer, Lea Anne Windham; Price, $0 (QD).

Location: 1039 Union St; Seller, Rebecca Ann Spencer; Buyer, James Trevor Hargis, Heather Christine Hargis; Price, $372,000 (Deed).

File date: May 29

Seller, Charles Tubberville, Twila Tubberville; Buyer, Nicholas Eagles, Lillie Eagles; Price, $2980,000 (Deed).

Location: Cedar Grove Rd; Seller, Chandler Gentry, Mallory Lynn Mingus; Buyer, Christopher James Flenner; Price, $160,000 (Deed).

Location: Fruit Valley Rd; Seller, Hollis Lamb Jr, Stacie Lea Paschal, Rebecca Lynn Lamb Teague, Loren Lamb Hilton, Eric Shane Lamb, Mary M Lamb Estate; Buyer, Stacie Lea Paschal; Price, $0 (QD).

Location: Fruit Valley Rd; Seller, Stacie Lea Paschal; Buyer, Hollis Lamb Jr, Judy Lamb; Price, $415,000 (Deed).

Location: Fruit Valley Rd; Seller, Hollis Lamb Jr, Stacie Lea Paschal, Rebecca Lynn Lamb Teague, Loren Lamb Hilton, Eric Shane Lamb, Mary M Lamb Estate; Buyer, Hollis Lamb Jr; Price, $0 (QD).

Location: Fruit Valley Rd; Seller, Hollis Lamb Jr; Buyer, Hollis Lamb Jr, Judy Lamb; Price, $0 (QD).

Location: 1850 Madison St; Seller, Harney Homes LLC; Buyer, Justin Harney, Harney Properties; Price, $0 (QD).

Location: 111 Hampshire Rd; Seller, Lynna Miller; Buyer, Cannon Braley Lamb, Matthew T Reed; Price, $190,000 (Deed).

Location: Hwy 231; Seller, Walou Incorporated; Buyer, W Ronald Fausnaught Jr, Amy Fausnaught; Price, $0 (QD).

Location: 1207 Walker St; Seller, DCC Strategic Realty Partners LLC; Buyer, Tyler Brandon; Price, $238,900 (Deed).

File date: May 30

Location: 213 Hillview Ave; Seller, SDH Nashville LLC; Buyer, Caleb S Pitcher, Pandia Pitcher; Price, $338,910 (Deed).

Location: Cortner Road; Seller, Larry Sanders; Buyer, Tina Chamblee; Price, $0 (QD).

Location: Sims Spring Rd; Seller, Gregory Allison Yoes; Buyer, Gregory Allison Yoes, Yoes Revocable Family Trust; Price, $0 (QD).

Location: Fishing Ford Pike; Seller, Gregory Allison Yoes; Buyer, Blake Cameron Yoes; Price, $0 (QD).

Location: Laurelwood Dr; Seller, Neela H Patel; Buyer, Joseph Paul Grata, Tonya Lavonne Grata; Price, $358,000 (Deed).

Location: 211 South Fairoak St; Seller, Jeffery Scott Dean; Buyer, Webber Holdings LLC; Price, $80,000 (Deed).

Seller, Harney Homes LLC; Buyer, Justin W Harney, Harney Properties; Price, $0 (QD).

Location: Fruit Valley Rd; Seller, Stacie Lea Paschal, Rebecca Lynn Lamb Teague, Loren Lamb Hilton, Eric Shane Lamb, Mary M Lamb, Hollis D Lamb; Buyer, Hollis D Lamb Jr, Judy Lamb; Price, $365,000 (Deed).

Location: Kingdom Road; Seller, Hollis Lamb Jr, Stacie Lea Paschal, Rebecca Lynn Lamb Teague, Loren Lamb Hilton, Eric Shane Lamb, Mary M Lamb, Mary Esther Lamb; Buyer, Blaine Alexander Paschal, Bryon Paschal; Price, $214,000 (Deed).

Location: 109 Laurel Park; Seller, SDH Nashville LLC; Buyer, Montrea Kilani Clark; Price, $326,990 (Deed).

Location: 326 Colonial Ave; Seller, Jimmy Wilson, Eric Mansfield; Buyer, Tyler Thomas Landers; Price, $165,000 (Deed).

Seller, James Brennan Sanders; Buyer, Charles Wadlington; Price, $425,000 (Deed).

Location: Highway 64; Seller, Kimberly C Walden; Buyer, Lester Jo Stables LLC; Price, $950,000 (Deed).

File date: June 2

Location: 116 High Street; Seller, Shirley Ann Tucker, Mingle Revocable Living Trust, David R Mingle Revocable Living Trust, India R Mingle Revocable Living Trust, David R and India R Mingle Revocable Living Trust; Buyer, Joseph Charles Griggs, Ana Mercedes Griggs; Price, $305,000 (Deed).

Location: 129 Union Street; Seller, Johnathan D Spence, Shayna M Spence; Buyer, Jason Douglas Lusk Lynn Lusk; Price, $465,000 (Deed).

Location: 111 Meadowbrook Dr; Seller, John Kevin Harris; Buyer, Lisa Marie Reppucci Living Trust; Price, $315,000 (Deed).

Location: 3355 Sims Road; Seller, Bryan Humphrey, Sherry Humphrey; Buyer, Jack Andrew Dubbs; Price, $180,000 (Deed).

Yard Sales

YARD SALE
Friday-Saturday, 7AM-?
113 Melody Drive
Furniture, decor, household items, jewelry, adult & kids clothes

Notices

AHERA Compliance
In compliance with Environmental Protection Agency (EPA) and Asbestos Hazard Emergency Response Act (AHERA) regulations the Bedford County Board of Education has identified and removed all friable asbestos throughout its facilities. An Asbestos Management Plan has been developed and is on file in the office of each school for public perusal anytime, 8:30 a.m. - 2:30 p.m., Monday thru Friday. Please be advised that, as of September 4, 1990, all known friable asbestos has been removed throughout the Bedford County School System. Some nonfriable asbestos still exists in floor tiles, but with proper preventative maintenance, its existence should pose no threat or danger to the public.

For Sale

Winnebago ultra mini RV. Like new - $19,000.00
Estate piece - solid oak roll top desk - $600.00
Estate piece - solid cherry display cabinet, rounded front fits in corner, all glass, with light - $300.00
Whirlpool dryer, like new, works perfectly, $250.00
Pictures available.
Text 931-639-4246

WANTED
Paying cash for older sports card collections. Unopened sports card cases and boxes. Comic books and antique sports related items. Shelbyville
931-492-4304

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Because of you, students' lives can be changed. Your generosity, along with others who have supported the FHU Benefit Dinner, can help fund scholarships for thousands of students and add to the millions that have been raised during the past 61 years. Sponsorships are available now, and tickets go on sale October 15.
FREED-HARDEMAN UNIVERSITY
Learn more at fhu.edu/benefitdinner, or call 800-FHU-FHU1, ext 6017.
Scan the QR code to learn more!

Death Notices

Thomas "Tom" W. Jones

Thomas "Tom" W. Jones passed away on Monday, May 26, 2025.

Tom was born on February 17, 1956, in Utica, NY, and raised in Poland, NY, where he graduated from Poland High School.

He was preceded in death by his parents, William T. Jones and Betty Jones (née Schrider); his beloved wife, Sandi Jones; and his brother-in-law, John Huzarewicz. He is survived by his daughter and best friend, Dallas Nelson, along with her husband, Jacob Nelson.

Doak Howell Funeral Home is in charge of arrangements.

Randy Kenneth Young

Randy Kenneth Young, age 61, passed from the life on Sunday, June 1, 2025. He was born on October 30, 1963, in Corbin, Kentucky, to the late Loman Kenneth and Joyce Ann Benge Young.

Randy is survived by his devoted wife Sheryl Young of Normandy; his children, Randall Lee Young of London, KY and Sarah Ann (Josh) Casselman of Tennessee.

Doak Howell Funeral Home is in charge of arrangements.

John David Ledbetter

John David Ledbetter, age 71, of Shelbyville, passed from this life on Monday, June 2, 2025, at Vanderbilt University Medical Center in Nashville.

Born on February 2, 1954, in Shelbyville, he was son of the late John T. Ledbetter, Jr. and Carolyn Veteto Ledbetter.

John is survived by his devoted wife of 48 years, Kathey Martin Ledbetter; his sons, Matt (Allison) Ledbetter and John William Ledbetter, both of Shelbyville.

Doak Howell Funeral Home is in charge of arrangements.

Jason Ray Jr.

Jason Ray, Jr. age 55, of Dresden, TN (formally of Shelbyville) passed from this life on Monday, June 2, 2025. He was born on May 17, 1970, in Shelbyville, to late Jason Ray, Sr. and Virginia Joyce Ray.

Jason is survived by his children, Trevor Ray and Trenton Ray of Shelbyville.

Doak Howell Funeral Home is in charge of arrangements.

Judith Ann Thomas

Judith Ann Thomas, 80, of Chapel Hill, died May 29, 2025. She was born January 22, 1945 in Illinois. She was preceded in death by her parents, Fred H. and Caroline Visser Wagner and her husband, James Thomas.

Judith is survived by her daughter, Tara Ann McGee (Jackie.)

Per her request she will be cremated. No services are scheduled.

Hillcrest Funeral Home is assisting the family.

Wanda Kay Moore

Wanda Kay Moore 75 of Shelbyville died June 1, 2025.

She was born February 9, 1950, in Murfreesboro and was the daughter of the late Buford Thomas Holden and Lucille Vogel Holden.

She is survived by her husband of 54 years, Donald Ray Moore of Shelbyville and a son, James Kevin (Lori) Moore.

Hillcrest Funeral Home is in charge of arrangements.

Mary Alice Winn

Mary Alice Winn, 92, of Shelbyville, died June 2, 2025.

She was born December 15, 1932, in Shelbyville, and was preceded in death by her parents, Harold Rufus and Kitty Reed and by her husband of 64 years, William Robinson Winn and a daughter, Birdie Jeanette Whaley.

Mary Alice is survived by a daughter, Mary Gale McCormick and a son, William Dale Winn of Shelbyville.

Hillcrest Funeral Home is in charge of arrangements.

Margaret Westelle Crosslin Giles

Margaret Westelle Crosslin Giles passed away on the 28th of May 2025 in Shelbyville. She was born to James Wesley Crosslin, Sr. and Rebecca Era Johnson Crosslin on October 11th, 1927. Westelle was preceded in death by her beloved husband of 67 years, Claude Giles. Westelle is survived by her three sons: Gary Giles, Randy (Susan) Giles, and Steve (Gail) Giles.

Feldhaus Funeral Home is in charge of arrangements.

Jesse Howard "Herby" Powell, Jr.

Jesse Howard "Herby" Powell Jr., 93, of Shelbyville, passed away on May 30, 2025.

He was born on January 10, 1932, to the late Jesse Howard and Martha Williams Powell of Bell Buckle. In addition to his parents, he is preceded in death by his first wife, Betty Kay Joyce Powell.

Survivors include his wife, Shirley Powell; his children Mike (Kathleen) Powell, Kelly Powell Knight and Amy Powell.

Feldhaus Funeral Home is in charge of arrangements.

Sarah Blondell Damron

Sarah Blondell Damron, age 95, of Shelbyville, passed away May 13, 2025.

Sarah was born November 1, 1929, to the late George Cannon and Maude Murray.

Feldhaus Memorial Chapel is assisting the family with the arrangements.

June is Dairy Month

Choose milk's high-quality protein benefits this summer

Milk protein benefits everyone in every way.

Summer has a sneaky way of taking over your schedule and depleting your energy. It's spring and then, suddenly, you're knee-deep in camp schedules, road trip plans, pool days, sports practices, and neighborhood BBQs. Unlike the winter holidays, which hit hard and fast, summer stretches out with endless to-dos. Somehow, it's still not enough time to fit everything in. Summer's takeover is stealthy and potentially overwhelming. The days are longer, the weather is warmer, and the calendar fills up fast. We will make this year's summer one to remember, no matter what. If you're a parent, that means juggling your work and an ever-changing childcare schedule while doing your best to keep everyone happy, healthy, and satisfied without much downtime for yourself.

And if the expectations are not exhausting enough, the summer heat can take a serious toll on your energy levels for necessary summer fun. Summer temps evaporate your energy faster than you can say "ice cream, please." Long days in the hot sun and lots of movement mean your body is working overtime, and it needs the right fuel to keep up. The sweating, fatigue, and dehydration are bad enough. When life gets hectic and appetites drop in the heat, maintaining a balanced, nutrient-rich diet is key to staying energized and feeling your best. That's where protein, especially from easy, refreshing high-quality sources like dairy, can play a major role. Real dairy milk protein benefits your body more than the small amount in plant-based alternatives.

Why milk protein benefits your summer:

Protein is essential year-round, but during the summer, its role becomes even more important due to increased physical activity, heat exposure, and changes in eating patterns. Your summer activities like swimming, hiking, or sports practices lead to greater exertion. Protein, such as milk protein, benefits repair and builds muscle, keeps you energized, and supports recovery when you're going full speed.

Dairy products, particularly milk, provide high-quality, complete protein, meaning they contain all nine essential amino acids the body can't produce on its own. Milk is a good source of protein due to the amount of protein per serving and the quality of that protein. One glass of milk contains about 8 grams of protein, or 1 gram of protein per ounce, making it an easy, hydrating, and refreshing choice for summer nutrition.

Milk is a great way for people of all ages to get the protein they need. While the exact amount varies according to factors like age and activity level, adults generally need 46 to 56 grams of protein per day. The 8 grams of protein in every cup of milk can go a long way in getting the protein you need each day. Milk provides the protein you need for peak performance, with its complete, high-quality protein helping you stay strong, energized, and focused. And milk's high-performance protein can't be matched by most alternative beverages, as most plant-based proteins are incomplete.

Milk comes in many milkfat varieties and flavors, but no matter the choice, all dairy milk provides the same 13 essential nutrients, including protein. Are you lactose intolerant? Yes, this even includes lactose-free milk. Lactose-free milk is real milk, just without lactose. There are many options on the market offering 8 grams of protein or more per serving.

Thanks in part to the total amount of protein it provides per serving and the quality of the two proteins it contains, milk can support improved muscle building and recovery. There are functional benefits, too. Since its protein can foster sustained energy and a satisfying effect, drinking milk may help you stay focused and active throughout the day and rest easier at night.

Beyond milk, dairy foods like yogurt, cheese, and cottage cheese also provide protein, along with additional benefits like calcium and vitamin D to support bone health, something important for those always moving when temperatures climb.

Fueling summer fun with milk protein benefits:

When it's blazing hot, even though your energy feels nonexistent, the last thing you want is a heavy meal. Luckily, dairy makes it easy to stay cool and nourished. Whip up a smoothie with Greek yogurt and milk for a protein-focused breakfast or recovery drink. Grab a string cheese on the go or mix cottage cheese with fresh fruit for a quick snack. Dairy-based options like One-Pot Creamy Veggie Pasta and Roasted Garlic and White Bean Dip are light, versatile, and easy to incorporate as light and refreshing meals and snacks. Even frozen treats like these Fruity Breakfast Popsicles can be a smart way to stay cool while meeting nutritional needs.

And let's not forget hydration, another big concern during the summer heatwave. Milk is one of the best beverages for hydration. Milk's natural electrolytes, carbohydrates, and high-quality protein make it more effective at improving hydration status and keeping you hydrated longer than water and sports drinks. This combination helps support muscle function, energy levels, and satiety, making it easier to maintain a balanced diet even when appetite dips in the heat. Protein, fluid, and nutrients? That's a triple win.

Ricotta Peach Tart with Buttery Flaky Pastry

Recipe courtesy of The Dairy Alliance

The fresh peaches will be arriving soon-some by truck and some at the local grocery stores. So here's a tasty recipe to get the summer started with one of the South's favorite dessert ingredients.

Buttery puff pastry paired with creamy, lightly sweetened ricotta cheese and juicy ripe peaches is the perfect crowd-pleasing dessert for all your entertaining needs. If fresh peaches aren't available, use another stone fruit such as plums or nectarines.

- 1 cup cow's milk ricotta cheese
- 2 eggs divided
- 1 teaspoon vanilla extract
- 1 tablespoon lemon zest
- 2 tablespoons honey
- 3-4 ripe peaches cored and sliced
- 1 sheet puff pastry thawed according to package instructions



1. Preheat oven to 400 degrees. Line a large rimmed baking sheet with parchment paper.
2. In a medium mixed bowl combined ricotta, egg and next three ingredients. Set aside. Roll out puff pastry onto the prepared baking sheet. Use a paring knife to score a line around the perimeter of the pastry, about 1 inch from the edge. Spoon the cheese mixture over the dough inside the scored edges, spreading out to an even layer. Place the sliced peaches in vertical rows, overlapping just slightly until the entire tart is filled. Brush edges with egg wash.
3. Bake your ricotta peach tart for 25 minutes, or until crust is golden and edges are puffed up.

Wartrace Parks & Rec
Presents:
FIREWORKS & FREEDOM
July 5th, 2025
Winnette & Ayers Park | 129 Bridgeview St., Wartrace, TN
Festivities Start at 5:00 p.m.
Fireworks at 9:00 p.m
GAMES | WATER PLAY |
FOOD | & MORE
Bring own chair or blanket to enjoy the best fireworks around!













JAIL INTAKE

BEDFORD COUNTY SHERIFF'S OFFICE

William Loyd Adams, capias, failure to appear
Isabel Diego Antonio, no driver's license exhibit on demand, no proof of insurance, running a stop sign/light
Caleb Amara Lane, to serve time/General Sessions
Wesley Thomas Metcalf, violation of probation
Sophia Moreno, Nashville, theft of property
Makayla Pendergrast, evading arrest,
Korelle Lamar Stephens, to serve time/General Sessions
Haily Elizabeth Teal, violation of probation
Jennah Whitney Atkins, truancy charge
Raymond Paul Burns, Jr., aggravated assault, domestic assault, public intoxication
Onterrio Crowell, order revoking bond
Terence Jeremone Hines, driving on revoked
Rodrigo Martinez Gonzalez, domestic assault, interference with emergency calls
Gregory Vincent Mirelez, failure to appear, to serve time/General Sessions, violation of probation
Erin Kole Orr, driving on suspended, light law
Jesus Ezequiel Sebastian, driver/exercise due care; driving on revoked, duty to give info and render aid, immediate notice of accident charge; leaving the scene of an accident, reckless driving, seat belt law
Joshua Alan Tipton, public intoxication
James Earl Wallace, to serve time/General Sessions
Raul Isaac Zeron-Lopez, criminal simulation, forgery, no driver's license on demand, unregistered car, window tint law



Update on Floyd Thomas who was severely burned in a major accident

By DAWN HANKINS

Local restaurant owner, Floyd Thomas, was recently severely burned in a major food trailer fire. He remains in the burn unit at Vanderbilt Medical Center.

Here's an update from wife, Cierra:

"Floyd continues to make steady progress in his recovery. He receives daily wound care and has recently started sitting up and working toward standing. Although it remains extremely painful, he's staying strong and committed to healing."

Meanwhile, his family has made the decision to go ahead and open the Morning Glory Catfish Restaurant in Unionville. Ceirra and daughter, Florita, and son, Kordell, will be running things. Floyd was about to begin operation of his new food truck when the accident happened.

Floyd was scheduled for more surgery last week. His recovery is ongoing.

"Please continue to keep him in your thoughts," said Cierra.

As well, this family's house burned on March 26, 2024. So, they really need the community's support now.

You may contribute to the family via https://gofund.me/396871d2. Or stop by the Morning Glory Restaurant to make your donation.

YELLOW FARE By Fred Piscop

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HIRING

Advertising Sales Representative

Richardson Media Group, Inc.

Richardson Media Group, publisher of several community newspapers across Tennessee, is hiring Advertising Sales Representatives in various regions. Openings are available in the coverage areas of the **Martin Post, Dresden Enterprise, Jackson Post, Lake County Banner, Camden Chronicle, Carroll County NewsLeader.**

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Richardson Media Group, publisher of several community newspapers across Tennessee, is seeking **freelance writers, student contributors, photographers, and community members** to help us tell the stories that matter most in their communities.

We currently have contributor opportunities in several regions, with immediate needs at the **Crockett County Times, Lake County Banner, Buffalo River Review, and Waverly News Democrat**. Additional openings may be available at other RMG publications across the state.

This is a freelance, per-article position. Hourly pay may be considered for experienced contributors who consistently produce publishable work. While we're happy to offer guidance and feedback, contributors should be able to meet deadlines and follow editorial direction without extensive long-term training.

Opportunities include:
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Call (731) 418-4001 for additional information

Cascade High School Welcomes New Boys Basketball Head Coach, Douglas Worsley

BCS RELEASE

SHELBYVILLE, Tenn. – Cascade High School is proud to announce the appointment of Douglas Worsley as the new head coach of the boys' basketball program. With nearly three decades of teaching and coaching experience in both private and public schools, Coach Worsley brings a wealth of knowledge, passion and a competitive spirit to the Champions' court.

Cascade High School Principal Sandy Sorrells shared their excitement about the new hire.

"Coach Worsley brings a level of experience and character that aligns perfectly with the values of Cascade High School," said Sorrells. "We are confident that he will not only lead our basketball team with excellence but also be a tremendous mentor for our student-athletes and a positive force in our school community."

Coach Worsley holds a Bachelor of Arts from Crown College and a Master of Sports Science from the United States Sports Academy. His 29 years of dedication to education and athletics reflect a lifelong commitment to developing student athletes both on and off the court.

"I am excited to be here at Cascade High School," said Coach Worsley. "I look forward to getting to know the team and this community, and I'm ready to get to work building something special together."

Coach Worsley outlined several ambitious goals for the Cascade boys' basketball program:

- Continue to build on the success and rich tradition of the boys' basketball team;
- Establish the stingiest defense in Class AA;
- Reach the TSSAA State Tournament and compete for the AA State Championship;
- Cultivate a program that actively gives back to the Cascade community.



New Champs' Head Coach, Doug Worsley (left) leaves Central Magnet with a 169-169 record in 14 seasons. His best season with the Tigers came in 2022-23 where he led Central Magnet to a 26-10 record and a Class AAA state-sectional appearance. *Submitted Photo by BCS.*

A family man at heart, Coach Worsley has been married to his wife Ginny for 24 years. Together they have two children: Amelia, 20, currently attending UT-Southern, and Roxton, 18, a senior graduating from Central Magnet School in 2025.

Outside of coaching, Worsley enjoys running, working out, gardening and reading – hobbies that reflect his energy, focus and drive for personal growth.

Bedford County Schools is a district of sixteen schools committed to the academic and personal success of each child and serving over 9,000 students.

CUSA announces TV, kick times for MTSU Football

MT ATHLETICS

MURFREESBORO, Tenn. – Conference USA announced its broadcast schedule for the 2025 football season on Thursday, along with all 11 of 12 kickoff times for the Blue Raiders.

The conference announced 10 Blue Raider games on ESPN Platforms (ESPN, ESPN2, ESPNU, or ESPN+) and one on FS1. MTSU's non-conference game at Nevada will be announced later.

The Blue Raiders will open the 2025 season at home against Austin Peay on Aug. 30 at 6 PM on ESPN+ before traveling to Wisconsin the following week for a 3 PM kick on FS1.

MTSU will remain on the road at Nevada on Sept. 13 before returning home to host Marshall at 6 PM on Sept. 20 for Homecoming. The Blue Raiders and Herd will be broadcast on an ESPN Platform (ESPN, ESPN2, ESPNU, or ESPN+).

The Blue Raiders will then open conference play on Sept. 27 at Kennesaw State where the game will be broadcast on an ESPN Platform at 5 PM CT.

Middle Tennessee's next three games will all be mid-week broadcasts on national outlets. MTSU will host Missouri State on ESPN2 on Oct. 8 (6:30 PM), then the Blue Raiders will travel to Delaware on Oct. 22 (6:30 PM) on ESPN2 before wrapping up at home against Jacksonville State on Oct. 29 (6:30 PM) on ESPN2.

The Blue Raiders will host FIU on Nov. 8 at 2 PM, with the game being shown on an ESPN Platform before heading up the road to rival WKU on Nov. 15. The Blue Raiders and Hilltoppers will play on an ESPN Platform at 2:30 PM.

The final two regular season games on Nov. 22 vs. Sam Houston and Nov. 29 at New Mexico State have been designated ESPN Platform broadcasts. Both contests will kickoff at 2 PM CT.

All games designated "ESPN Platforms" (ESPN, ESPN2, ESPNU, or ESPN+) are subject to the 12-day selection window, and all kick times are subject to change based on television placement.



ABOUT CONFERENCE USA

Conference USA is an NCAA Division I conference championing success in college athletics through dedicated leadership, dynamic partnership, and diverse membership. Founded in 1995 and based in Dallas, CUSA is home to nine schools: FIU, Jacksonville State, Liberty, Louisiana Tech, Middle Tennessee, New Mexico State, Sam Houston, UTEP, and WKU. Kennesaw State joined the league in 2024. Delaware and Missouri State begin competition in 2025.

ABOUT CBS SPORTS NETWORK

CBS Sports Network, the 24-hour home of CBS Sports, is widely available through all major cable, satellite and telco distributors as well as via OTT streaming service providers YouTube TV, fuboTV, DirecTV and Hulu. Additionally, a live CBS Sports Network stream is available through CBSSports.com and the CBS Sports App by authenticating with select providers. For more information, including a full programming schedule, go to www.cbssportsnetwork.com.

ABOUT ESPN

ESPN, the world's leading multiplatform sports entertainment brand, features eight U.S. television networks, the leading sports app, direct-to-consumer ESPN+, leading social and digital platforms, ESPN.com, ESPN Audio, endeavors on every continent around the world, and more. ESPN is 80 percent owned by ABC, Inc. (an indirect subsidiary of The Walt Disney Company) and 20 percent by Hearst.

ABOUT ESPN+

ESPN+ is the No. 1 sports streaming platform, serving fans in the U.S. with exclusive access to more than 32,000 live sports events each year, an unmatched library of on-demand replays and acclaimed original content, and premium written articles by the top reporters and analysts from ESPN. com. Fans sign up to ESPN+ for just $10.99 a month (or $109.99 per year) at ESPN.com, ESPNplus.com or in the ESPN App on mobile and connected devices. For more visit the ESPN+ Press Kit.

2025 Middle Tennessee Football Schedule

Aug. 30 AUSTIN PEAY (6 PM/ESPN+)
Sept. 6 at Wisconsin (3 PM/FS1)
Sept. 13 at Nevada (TBA)
Sept. 20 MARSHALL (6 PM/ESPN Platforms)
Sept. 27 at Kennesaw State (5 PM/ESPN Platforms)
Oct. 8 **MISSOURI STATE** (Wednesday) (6:30 PM/ESPN2)
Oct. 22 at **Delaware** (Wednesday) (6:30 PM/ESPN2)
Oct. 29 **JAX STATE** (Wednesday) (6:30 PM/ESPN2)
Nov. 8 **FIU** (2 PM/ESPN Platforms)
Nov. 15 at **WKU** (2:30 PM/ESPN Platforms)
Nov. 22 **SAM HOUSTON** (2 PM/ESPN Platforms)
Nov. 29 at **New Mexico** State (2 PM/ESPN Platforms)
Dec. 5 CUSA Championship (6 PM/CBS SN)

Conference games in bold
Home games in ALL CAPS
All dates are subject to change
All times listed are CT

Indiana Vs Oklahoma City – Why You Should Enjoy This Unique and Intriguing Finals Matchup

BY NOAH MADDOX
noah@t-g.com

The enduring and remarkable NBA Finals begin this week, but you could be forgiven for not knowing beforehand. The winner of the Western Conference, the Oklahoma City Thunder who are led by league MVP Shai Gilgeous-Alexander, take on the Eastern Conference champs, the Indiana Pacers, with Game 1 tipping off on Thursday night in Oklahoma City at 7:30 p.m. CT on ABC.

Unfortunately, one of the biggest storylines coming into these Finals is not necessarily about the actual basketball that will be played, but about the expected television ratings. From an executive standpoint at both the league office and ESPN, this concern is understandable from a purely financial point of view. However, the vast majority of us do not fit that description (as basketball lovers, who cares about ratings?) so let's take a look at how this tantalizing series might play out on the court.

There are all kinds of numbers that attempt to quantify the historic season of dominance that the Thunder have had this year – a 68-14 record in the regular season that is good enough for a tie for 5th-most wins all-time, an NBA-record 12.87 point differential in the regular season which dethroned the previous mark of 12.28 set by the 1970-71 LA Lakers, or the second-best net rating in league history at 12.8, only behind the 13.4 mark set by the 1995-96 Chicago Bulls who finished 72-10. The point is, this Thunder team is already having one of the most impressive seasons in NBA history, and the only thing missing at this point is the ultimate goal – hoisting the Larry O'Brien trophy.

Thus, the Thunder are heavy favorites to down the Pacers, currently sitting at -750 to win the title in the betting market according to FanDuel Sportsbook. These are the biggest odds for The Finals since 2018 when the Golden State Warriors were -1,000 favorites over the Cleveland Cavaliers. Those Warriors ended up producing the first sweep in The Finals since 2007.

Coming off of a resounding Western Conference Finals in which OKC dispatched of the Minnesota Timberwolves in five games, all the talk has been about when – not if – the Thunder will clinch the franchise's first NBA Championship since moving from Seattle before the 2008-09 season. The vast majority of predictions I've seen include the Thunder winning in four or five games which is understandable considering how loaded this team is.

However, this is a matchup between the two best teams in the league since the turn of the calendar. OKC is 41-9 since January 1, 2025, and Indiana is 46-17. In the postseason, both teams won their respective conferences with just four losses apiece.

Despite being heavy underdogs, the Pacers won't be a pushover. Led by Tyrese Haliburton and East Finals' MVP and 2019 NBA Champion with Toronto, Pascal Siakam, Indiana has peaked at the right time. They currently boast the second-best offensive rating in the playoffs at 118.1 – ahead of third-place OKC's 117.0 rating – sitting behind only Cleveland. Indiana made quick work of the 64-win Cavs in the second round, taking down the East's top-seed in just five games. The Pacers then took care of the third-seeded Knicks in the ECF after six games to clinch the franchise's first trip to The Finals since 2000.

The best part about watching the Pacers is their playstyle. They relentlessly push the tempo and pace, even in the playoffs when games tend to slow down and become half-court affairs, and it all starts with Tyrese Haliburton. The fourth-year point guard from Iowa State was acquired from Sacramento via trade in 2022 which saw Indiana send Domantas Sabonis, Jeremy Lamb, and Justin Holiday to the Kings in exchange for Haliburton, Buddy Hield, and Tristan Thompson. In essence, the trade was Sabonis for Haliburton, and the Pacers have resoundingly won that deal. In his two full seasons with the Pacers, Haliburton has led them to two-consecutive Eastern Conference Finals, and is now one series win away from securing the franchise's first NBA Championship. Siakam, acquired via trade from the Toronto Raptors at last year's trade deadline, has fit in seamlessly with the up-tempo Pacers in his first full season under Rick Carlisle.

That's another interesting storyline of this series as well – the coaching matchup. Mark Daigneault, who has been coaching in the Thunder organization since 2014, was named the head coach before the 2020-21 season and has guided the youngest team in the NBA to back-to-back one seeds in the hyper-competitive Western Conference, finally breaking through to OKC's first Finals appearance since 2012 in his fifth season at the helm. Carlisle first reached The Finals on the sidelines as an assistant for the Pacers under Larry Bird in 2000, then led the Dallas Mavericks to a surprise championship in 2011. After three years in Detroit, Carlisle returned to Indiana as the head coach from 2003-2007, compiling a record of 181-147 before being let go. He was in Dallas for 14 seasons from 2007-2021 before stepping down and returning to Indiana before the 2021-22 season.

With a decorated veteran head coach on one side against a fifth-year head coach in his first Finals appearance on the other, this series could come down to the apparent coaching advantage for the Pacers.

Or, it could just not matter. OKC has the best defense in the league, and their dominance on that end of the floor has been exemplified in the postseason with a 106.2 rating, and they allow just 106 points per game to their opponents. The Thunder also had two players named to the All-Defensive Team this season with Lu Dort on the first-team and Jalen Williams being named to the second-team. Alex Caruso, who has probably been the Thunder's best defensive player in these playoffs, along with second-year guard Cason Wallace, create a suffocating backcourt for any team to try and attack. If you do manage to get into the paint somehow, OKC has all-defensive caliber player Chet Holmgren waiting to block or alter any shot around the rim. The 7-foot Holmgren averages 2.0 blocks per game in these playoffs, and he has the ability to switch onto the perimeter as well.

If any team outside of the Denver Nuggets can give the Thunder a problem on the defensive end, it might just be the Pacers. That may be me grasping at straws hoping for a fun and competitive series, but Indiana does the one thing you can't do against OKC if you want to have any hope of staying competitive – the Pacers don't turn the ball over.

In the Thunder's 16 playoff games, they have forced an average of 18 turnovers per game, turning those extra possessions into 23 points per game on average. OKC especially feeds off of a raucous home crowd on the defensive end, but the Pacers have averaged just under 12 turnovers per game in their 16 playoff games despite their up-tempo playstyle. The Thunder's defensive activity and physicality is at a different level than anyone else in the league, but if Indiana can continue their clean offensive attack, they should have a chance to stay competitive. The Pacers have shot 40% as a team from downtown in the postseason, and if they can continue at or near that stellar clip, Oklahoma City may be in for more of a dogfight than they anticipated.

Despite being one of the best shooting teams in the regular season, the Thunder have struggled from behind the arc in these playoffs, shooting just 33% from outside as a team. In spite of that number, OKC is still in The Finals, proving they don't necessarily need to be connecting from three-point land to win games, and that's what makes this team so scary.

League MVP Shai Gilgeous-Alexander has averaged 29.8 PPG in the playoffs to go along with nearly seven assists and nearly six rebounds. He spearheads the offensive attack for OKC, and if his running mate, Jalen Williams, is clicking on that end as well like he showed against Minnesota in the previous round, they will probably be too much for Indiana to overcome.

Lastly, these two teams are outliers. Two smaller markets are competing on basketball's biggest stage, and that's reflected in the 2024-25 payroll. OKC has the 25th most-expensive payroll while Indiana has the 22nd. For reference, Portland and Chicago are 23rd and 24th, respectively, and both teams missed the playoffs entirely. Meanwhile, the Phoenix Suns had the most expensive team in the sport and also missed the postseason. In this new era of teambuilding, the smaller markets have the advantage simply because they have had to build teams with financial limitations for years already. Enjoy this.

I'm hoping for a fun and competitive Finals with excellent basketball, and the personal affinity to underdogs has me leaning towards Indiana on the rooting interest scale. However, I can't deny the historically dominant season OKC has had to this point, and because of that, I have to take the Thunder to win The Finals in Game 5. I think the Pacers win Game 3 at home to make things interesting, but I wouldn't be shocked if this series went six or even seven games. Either way, you should be excited for this series between the two best teams in the NBA in 2025, and I hope you tune in with as much enthusiasm as I will.



Shai Gilgeous-Alexander (pictured holding trophy) won both the NBA MVP and the WCF MVP this season while leading the Thunder to their first Finals appearance since 2012. SGA is averaging 29.8 PPG, 6.9 APG, and 5.7 RPG in the postseason. *Photo from @okcthunder on Twitter.*



Tyrese Haliburton (0) goes up for a dunk in Game 6 against the Knicks. Haliburton averages 18.8 PPG, 9.8 APG, and 5.7 RPG in the 2025 NBA playoffs, leading the Pacers to their second NBA Finals appearance in franchise history (2000).
Photo from @Pacers on Twitter.

MRT

From page 1A

says that Katie's words were filled with Jesus and how He changed her life.

"When I was in the pod . . . I started being scared of myself because I couldn't care anymore. I have children. And for me not to be able to care for my children and not be able to feel things for them, that was scary."

Addicted to drugs and acquainted with violence, Amy got really good at mastering jail time. The last roundup, she was with someone who had a lot of drugs in his possession; she was also wanted in Murfreesboro. So, she became labeled as a repeat offender.

Time was hard inside. But she mastered the life.

"I got OK with doing jail time, like jail time was something I just knew I was going to do and I could do it."

Fast forward, she would complete the MRT program; she and others were photographed by the T-G with the first graduating class of yes, women. She overcame that fear too.

As for the inmates chosen for the MRT program, Lt. Cook says he decided early on that he wasn't going to select simple cases. In fact, he said out of the first class of about 10, there were very few first-time offenders. He believes this has demonstrated the effectiveness of the MRT program over time.

He wanted something different to try in the field of corrections. He said the reduction in recidivism (return rate to corrections) is at 97% for MRT graduates. To date, there have been approximately 200 MRT participants in the program.

He said most in the MRT program have suffered trauma as a child or teen and then turned to drugs as a way of escaping the pain. Those younger issues generally carry over into adulthood, which is where adult corrections comes into the picture.

Through the assistance of jail personnel and many volunteers, Lt. Cook says the MRT program is going strong. And it's through the early testimonies from people like Amy that initially made a real difference.

"All I really do is help them build their confidence," says Lt. Cook "It's really about repetition after that. Once they figure out who they are and what they want, it's all about building their confidence."

He believes instilling the self-confidence is the real key to rehabilitation. For so many, good social development wasn't experienced in their younger years.

Amy agrees, stating how she didn't know how to live with the things that were going on around her-abuse, drugs and alcohol-as a child. There were good times, she advises, but hard knocks too.

She remembers there being alcohol left on the table at her house. Hence began her journey of addiction as a young girl.

"For me, I don't remember childhood," says Amy.

She left home as a teen and had her first child. It was Shelbyville resident Alie Dashiell who helped her out through a local program, she recalls.

Amy realizes she grew up fast. And more trauma followed her into parenthood.

Out of her 5 children-one has already passed away at age 19. She tragically lost a sister to drug addiction.

"I didn't know how to cope with those things. I had an older sister that passed away. We were in drug use together. I was the one who picked up the drugs and gave her the drugs. Those drugs killed her."

Amy struggled dealing with the family deaths. She says it was through the MRT program she was finally given the tools that helped her to forgive-not just others-but herself.

"I got to find myself, learn who I was. I learned to forgive myself for a lot. I found God in that program too."

While MRT is not specifically faith-based, Lt. Cook says as long as the women want this type of program, and it assists with their recovery, he's not hindering their testimonies about God and how faith has strengthened them.

Amy recalls how for years she heard people talk about God. But back then, she says she blamed God for how her life turned out.

Amy says that the MRT program showed her how to lean on other women for support. As someone who loved to "fight," this was a big step for this Shelbyville native.

In order to pass an MRT step, a participant must give a presentation—like recounting a major life event or giving a testimonial. The other classmates then vote on whether the presenter met all the requirements.

Cook said it does a disservice to the presenter if classmates only agree. In the long run, not passing a step teaches the women to push deeper. It takes time. And it's why it takes about 4 months to complete.

Needless-to-say, Amy completed the full MRT program. She says with a big smile that she now has a lot of women friends.

Recalling the day she walked free from corrections, Amy says it was still an odd feeling. After all, she was well-known around town for bad things and was associated with a lot of "bad people."

Amy says she was out of corrections for 6 months, when she became vulnerable and used again.

"I slipped up and used," she recalls. "I felt so bad and convicted. I called Chris."

She notes that she gained so much inwardly in her heart and mind from MRT that she wasn't about to regress. So, she asked for help-something she had never done before.

"I called Cook and said, 'I'm sorry, I don't want to be this person anymore.'"

Lt. Cook recalls that Amy actually called and was "bawling her eyes out." She was the in the corrections parking lot. He said she apologized for letting him down.

He assured her that she was lifting herself up by having the courage to call him. Amy then went into rehab, which also became an important piece of her recovery journey.

She's been sober and clean since.

Amy says through MRT and rehab, she learned what it means to totally surrender. "I ceased to stop fighting, when I learned what surrender meant."

She adds, "I stopped being angry at Him. I started loving God. And that's when things really started changing for me for real."



Amy Merlo had 39 convictions prior to entering the MRT program. This is her photo the night she graduated from MRT at BC Corrections.Fast forward 3 years and now Amy is helping others suffering with addiction and is studying criminal justice.

She relocated and started a new life. While she's in Shelbyville quite frequently, life has taken her over the last few years on another journey.

Amy is now a recovery navigator at West TN Healthcare; she gets called into the hospital to help counsel with overdose patients. "I'm seeing a lot of cases of overdoses now, Fentanyl. I get to see now first-hand what drugs and alcohol do to a person in a family."

She encourages people that she really does understand about the hold addiction can have on a life. When able, she shares her testimony.

"I get to be a part of that now. I feel like God blesses us so He can bless others."

As for her career plans, Amy is in college studying criminal justice; she expects to graduate in 2028.



MRT Charter Members

"MRT Originals" Katie LovVorn, Amy Merlo and Renea Brannan are local addiction recovery success stores. From left, Katie is living for Jesus and has her own cleaning business, Amy works with a hospital in its addiction recovery program and Renea is sober, living a life she never knew before the MRT program. She considers Katie and Amy two of her best friends these days.

Business Spotlight

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Email dawn@richardsonmediagroup.net

Colorful, beautiful, creative: The Artist's Hoard to host grand opening this weekend

The Artist's Hoard will have its grand opening June 6 at 10 a.m. and on June 7 at 6 p.m. at its location at 876 Union Street (next to Piggly Wiggly off 41A North.) Colored Pencil Cubism is just one type of class to be offered this summer at The Artist's Hoard. Classes are scheduled for June and July, featuring local artists.



By DAWN HANKINS

The Artist's Hoard will officially open its doors this weekend, supplying the Shelbyville area with a new, cozy, colorful corner.

It's a bright spot located at 846 Union Street-next door to Piggly Wiggly market off Highway 41A North.

Shelbyville natives and residents, Heather and David Fry, are hoping to make the new store this area's go-to spot for high-quality art supplies, unique stationery and gifts. Workshops will also be held.

"We are a small store specializing in fine art supplies, stationery and unique gifts run by me and my husband, David. We want to provide a place for local artists to not only be able to purchase high-quality supplies but really have a community hub where they can go to connect with other artists."

Heather said they're planning a space for artists to display their work as well as two classroom spaces where artists can teach their mediums.

"I really wanted to create a store that is vibrant and welcoming, and a place that I would want to shop in," says Heather. "As I became more involved with the Bedford Arts Collective over the past year, I really could see just how many incredibly talented local artists we have in Bedford County and the surrounding areas."

The new local business owners said they knew if they were tired of having to go to Tullahoma or Murfreesboro to get supplies, (especially if I was in the middle of a project) others must be too.

Heather says she's always loved art. So, the business is just a natural phase of her life journey.

"I was the kid who would rather have a pack of pens, notebooks or an art set than toys. My love of art really re-emerged in 2018. I lost my dad in January then a few months later my mom was diagnosed with and subsequently passed from breast cancer. During that year I really turned to art as a way to channel some of my grief, frustration, and anger. Since then, my own art has continued to evolve from string art to paper quilling, to collage and Gelli printing."

The Artist's Hoard will stock high-quality name-brand supplies like Daniel Smith watercolor, Liquitex Acrylic paint, Daler-Rowney Georgian Oil paint and Faber Castell pencils.

There will be a regular rotation of classes for all skill levels. Heather and David also plan to have at least monthly open studio time so that artists can bring their projects and hang out and create in the same space.

"We will have lots of starter kits for people who may be a little more hesitant. We have a large selection of books, some that are technique-based, some that offer prompts to help spark or rekindle creativity, and lots of coloring books for some low-pressure creativity." The store offers many unique gifts for both artists and non-artists, a large selection of different pens, journals, greeting cards, and even a few board games-just in time for summer break.



