COMMUNITY NEWS

SHELBYVILLE TIMES-GAZETTE

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New fire building opens at Bedford County Fire Academy

The Tennessee State Fire Marshal's Office team recently opened the new $1.25 million Residential Burn Building, located on the campus of the Tennessee Fire Services & Codes Enforcement Academy on Unionville Deason Road in Bedford County.

The Residential Burn Building is a state-of-the-art fire training facility that will give thousands of Tennessee firefighter cadets an important place where they can practice the teamwork and safety habits that are crucial to ensuring their safety and saving the lives of those in need.

The interior of the two-story building is outfitted with natural gas-fed flame generators that can simulate the conditions inside a home while its layout can be configured to resemble the interiors of modern homes.

Commissioner Carter Lawrence, Deputy Commissioner Chip Kain, and Assistant Commissioner Mike Bell and most of the members of the Fire Marshal's Office team attended the uncoupling ceremony at TFACA.



STATE-OF-THE-ART BURN BUILDING OPENS

Submitted Photo

TN State Fire Marshal's Office recently opened a new $1.25 million Residential Burn Building at Unionville Deason Road. Please note: The smoke seen in the group photo is the harmless theatrical smoke that's used to approximate the thick smoke that's found in home fires.

County Owner Rep gives December report

Jeff Sweeney, owner representative for Bedford County Government, gave financial management committee members his report for December.

Attorney Todd Bobo, School Superintendent Tammy Garrrett and Sweeney were involved in mediation for the Cascade High School floors lawsuit but were unable to agree on any settlement, according to Sweeney's report.

As for Community High School, the completed press box is under review and awaiting final approval.

Liberty School's Master Plan was approved by the Board of Education.

Annex rooms at Liberty are done!

Community and Cascade High's Ag Buildings are substantially completed and awaiting final codes approval.

At Shelbyville Central High, several athletic projects have been completed, including sports field lighting.

Cascade Culinary, according to Sweeney's report, is designed and approved. The project is grant funded. Pricing exceeded the grant after hard bid. So the project is on hold.

Roofing work is finished at Community Elementary, the Learning Academy and Community cafeteria.

The programming and design phase is complete for the TCAT renovations.



HE REALLY MAKES EVERYTHING MERRY AND BRIGHT

Photo by Mary Ellen Butler

Carriage House residents enjoyed a visit from Santa on Tuesday. Jewell Painter received a big hug from Old Saint Nick. See more photos on page 12.



'TIS THE SEASON TO BE JOLLY

T-G Photo by Marilyn Ewing

Christmas is always a fun time at the Rosenwald Community Center. Enjoying Christmas lunch festivities are, from left, Ed King, James "Jimmy" Claybourne and John Davidson. See more Rosenwald photos on page 11 today.

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Flag Football Spring of 2027

In an exciting development, the BC Board of Education voted unanimously to approve the addition of Girls' Flag Football at Shelbyville Central on Thursday.

See Page 10A



Half-Court Heave Downs Moore County

For the first time since January 25, 2019, the Cascade Lady Champions took down the Moore County Raiderettes.

See Page 9A

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Liberty Family and Community Education Club report

Liberty FCE Club held its holiday party at the home of Dorris Turrentine in December. The house, members report, was beautifully decorated. "Dorris' poinsettias were outstanding," said one member.

Those poinsettias, members report, were carried over from last year under Dorris' watchful care in 2025.

A potluck meal was served.

Judy Smith read the call to order, "Christmas Stars."

A short business meeting was conducted.

Bonnye Catron will be attending the leader training and the County Council meeting on Jan. 9.

Mrs. Turrentine shared gifts she's made for her great-grandchildren.

Judy Smith read the adjournment.



Volunteer Garden Club holds pre-Christmas gathering

Volunteer Garden Club met in December at Aletha Kimbro's house for a pre-Christmas luncheon. Suzanne Bobo and Aletha were hostesses. The house, members remarked, "smelled of delicious food and was "beautifully decorated" with Christmas trees carolers and nativity scenes.

A brief business meeting was conducted. Members were reminded of their responsibilites for the January meeting. The meeting date has been changed to Jan. 9 at the Farm Bureau building. The design will be "A Snowy Day." The schedule calls for a cascade design with an emphasis on white.

The day was filled with fellowship and warm wishes for the holiday.



Add a personal touch to a classic drink this New Year's

(Family Features) A traditional drink that's easy to make when entertaining, it can be easy to put your own personal twists on the Bloody Mary.

In this iteration, ditch the celery stick and complement your spicy beverage with cheese-filled perogies and bacon.

For more entertaining and beverage recipes, visit Culinary.net.

Bloody Mary

- 1 teaspoon red pepper sauce
- 1 bottle (64 ounces) tomato juice
- 2 cups vodka
- 2 tablespoons Worcestershire sauce
- 2 tablespoons lime juice
- ice
- wooden skewers
- 6 cheese-filled perogies, baked according to package directions
- 6 slices bacon, cooked until crispy

1. In large pitcher, combine red pepper sauce, tomato juice, vodka, Worcestershire sauce and lime juice; stir well.
2. In glasses, pour over ice.
3. Using wooden skewer, garnish each Bloody Mary with a cheese-filled perogy and bacon slice.

SOURCE: Culinary.net



Festive blooms: How to use popular Christmas flowers

Whether you're decorating your space with a wreath or garland, giving a fresh gift or crafting the centerpiece for your holiday table, these festive blooms can bring a touch of nature's joy to your celebrations and showcase the beauty that thrives even during the coldest season.

Poinsettias

One of, if not the most iconic, flowers of the holiday season, poinsettias are recognized by their bright red "blooms," which are actually colorful bracts surrounding small yellow flowers. A symbol of love, hope and Christmas cheer, poinsettias thrive indoors with bright, indirect light and can be used for holiday decor, festive centerpieces or given as a potted gift.

Amaryllis

Popular for creating holiday arrangements or as a long-lasting indoor plant, the amaryllis features large, trumpet-shaped flowers in shades of red, white, pink or striped varieties. Grown from a bulb, they bloom year after year with proper care, including during the winter months.

Holly

Featuring glossy green leaves and bright red berries, holly has been a holiday staple for centuries. The flowers are commonly used in wreaths, garlands and other Christmas arrangements and can be displayed on mantels, doors or around doorways. However, holly berries are toxic if ingested, so keep arrangements away from children and pets.

Christmas Rose (Hellebore)

With blooms that typically appear around Christmas, the Christmas rose is a perennial that thrives in shaded garden beds, even in cooler weather. It brightens up winter landscapes with its creamy white or pink-tinted flowers, which have come to symbolize hope amid the snow.

Paperwhites

Ideal for tabletop decor or window displays, paperwhites, a type of narcissus, produce clusters of delicate white blooms with a sweet fragrance. They're easy to grow from bulbs indoors during the winter months and can add a natural holiday touch to any room by simply placing in decorative containers filled with pebbles and water.

Learn more about Christmas flowers and find additional seasonal advice at eLivingtoday.com.



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Shelbyville Times-Gazette

THE ISSUE
Changing of the County guard in 2026

By Dawn Hankins
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This year has been interesting but productive at the County level. But there is for certain about to be a changing of the guard.

In 2025, the mayor, sheriff, school superintendent, property assessor and a commissioner have publicly announced they're stepping down from their positions. They will not be running for re-election to their current seats in the coming election. (See election schedule on page 5.)

Since the mayor's chair is about to be vacated, are any government officials planning a run for that seat? Time will tell.

I will say the superintendent's announcement was a surprise to me. But the old mantra is leave your post when it's all good.

Superintendent Tammy Garrett has certainly done a lot of great things for the local schools over the last 5 years. She's worked with a lot of other good folks.

Coming up this year will likely be several more changes in the way of county government. With several of the commission seats being up for grabs, it should get interesting this year.

The Times-Gazette will continue to keep you covered when it comes to local politics. We're an experienced group of journalists and will be digging deep on several issues in 2026. Stay tuned!



PART OF OUR AMERICAN LANDSCAPE

T-G Photo by Dawn Hankins

While tooling around on Christmas Eve, photographer Dawn Hankins noticed this American beauty having breakfast in a field.

Is God Dead? Isaiah's Messiah



Ty B. Kerley, DMin
Columnist

Last week, we began to investigate the Jewish claim of a coming Messiah throughout history. In fact, we listed some seventeen ancient prophetic historians who recorded prophecies of this King and Messiah. Bible scholar John MacArthur notes that these prophecies begin in Genesis, in the Garden, with God cursing Eve. It is in this first promise (Gen 3:15) from God of a messiah that we learn He will be the seed of the woman (cf Gal 4:4) who will destroy Satan (1 John 3:8). He will be the great prophet of whom Moses wrote (Duet 18:15-22; Acts 3:22-23). "Daniel 7:13-14 describes him as the glorious Son of Man (a title Jesus used of himself some eighty times in the Gospels)." The same Messiah who will return on the clouds of heaven (Matt 24:30; Mark 4:62; Rev 1:7). In addition, we learn the Messiah, as the Old Testament predicts, would be of the line of Abraham (Gen 12:1; cf Gal 3:16), from the tribe of Judah (Gen 49:10; cf Rev 5:5), and a descendent of David (2 Sam 7:12-16; cf Matt 1:1). Isaiah 7:14 predicted that the Messiah would be born of a virgin, in Bethlehem (Mic 5:2). Jeremiah 31:15 foreshadowed the weeping that accompanied Herod's slaughter of the male children in the vicinity of Bethlehem (Matt 2:16-18.)" Isaiah 40:3-4 and Malichi 3:1 predicted the coming of John the Baptist to prepare the way for the Messiah (cf Matt 3:1-3; 11:10, 14; 17-12-13; Luke 1:17). And Psalms 69:8 prophesied his being rejected by his own family (cf Matt 12:46ff)." MacArthur continues; "the Old Testament is full of implicit clues about Israel's Messiah. These include references to him as God incarnate (Ps 45:6-7; cf Heb 1:8-9), a sovereign king, and an eternal high priest (Ps 110:1-7; cf Matt 22:43-44). Other subtle references appear, depicting him as hated without a cause (Ps 69:4), hanged on a tree, cursed by God, and taken down before sunset (Deu 21:22-23). The 'seventy weeks' prophesy in Daniel 9:24-27 predicts the day of his triumphant entry into Jerusalem. Zechariah 9:9 even describes his ride as the colt of a donkey (cf Matt 21:4-5). Even the betrayal at the hands of Judas was predicted (Ps 41:9; 55:12-14), as well as the exact amount of money Judas received and what he did with it (Zech 11:12-13); the scattering of his disciples after his arrest (Matt 26:67-68), and at the hands of the guards (Mark 14:65), and at the hands of the Romans (Matt 27:27-30); the scene at the Cross (Ps 22) including the soldiers casting lots for his clothes (Ps 22:18); being given sour wine (Ps 69:21); his legs remaining unbroken (Ex 12:46; Num 9:12; Ps 34:20; cf. John 19:31-33); and the piercing of his side by the Roman guard (Zec 12:10). Psalms 2:7 and 16:8-10 predict his resurrection, and Psalms 68:18 predicts Christ's ascension (cf Eph 4:8)."

Even still, since our intent is not to scan the breadth, and height, and depth of historical Jewish belief but rather to argue that God created human beings, and human beings, with divine intentionality to commune with them, one ancient prophesy sits at the apex of messianic Old Testament prophesy: Isaiah 53. The collective of historical, prophetic writings of Isaiah (the book of Isaiah) is an incredibly fascinating collection that parallels the New Testament in structure and scope. It is for this reason St. Augustine called the book of Isaiah "the fifth Gospel."

MacArthur rightly calls the book of Isaiah "The Gospel according to God." noting, "Isaiah is divided into two sections, the first containing thirty-nine chapters and the second half containing twenty-seven chapters. Interestingly, the Bible is also divided into two sections: the thirty-nine books of the Old Testament and the twenty-seven books of the New Testament." But that is not all; the second half of Isaiah begins and ends where the New Testament begins and ends. It opens with John the Baptist (Isa 40:3-5) just as it does in the New Testament (Matt 3:3), and it closes with the new heaven and the new earth (Isa 65:17; 66:22) just as the New Testament ends (Rev 21-22).

Further, the second part of Isaiah is often broken up into four prophetic songs about the coming Messiah as a "Servant of the Lord." Isaiah writes in the first song (Isa 42:1-7) that the coming "Servant" is not an ordinary man, but an extraordinary man explicitly sent by God as "my chosen one" (v 1). Isaiah says He will be a quiet, gentle, and humble Servant to establish the kingdom of God on earth (v 4), bring light to the Gentiles, and establish a covenant with the people (v 6). In Isaiah's second Servant song (Isa 49:1-6), we learn that the servant will neither be a prophet nor will He be Yahweh, but will be one Yahweh calls "from the womb" (indicating his humanity) as "my servant" to deliver Jacob's offspring to complete restoration with Yahweh, and once again, to bring light to the Gentiles. The third servant song (Isa 50:4-9) reveals that the coming Servant of Yahweh must endure intense and brutal suffering, but God will vindicate His Servant, and His enemies will rot away (v 9). In the final servant song (Isa 52:13-53:12), considered by most to be the pinnacle of Old Testament prophesy, Isaiah prophesies that there will come a Servant of Yahweh who will suffer, be crucified, and will ultimately be resurrected from the dead having atoned for the sins of the world by "bearing the sins of many and making intercession for the transgressors (Isa 53:12)..Join us next week as we continue to answer the Bible skeptic Michael's question: "what does Isaiah have to do with whether or not God is dead?"

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.



LOCAL PLANT GIVES DOLLARS BEFORE CHRISTMAS

T-G Photos submitted by Marilyn Ewing

Duksan Electera, a lithium battery source plant located off Highway 231 North, recently made an $8,000 contribution to Shelbyville Police Department and an $8,000 donation to Shelbyville Fire Department. Several City Councilmembers were in attendance for the check presentations, including Mayor Randy Carroll.



Help for aspiring writers in Shelbyville and Bedford County

By Steve Oden of Wartrace
(931) 205-2621

January 10, 2026, marks the first meeting of the new chapter of the Scribes Society, an organization dedicated to helping novice writers become published authors. Founded in Coffee County, the Scribes Society connects experienced writers in diverse genres with newcomers who desire to see their creative works presented to readers.

"The business of fiction writing starts with imagination and the ability to create plots, characters, and interactions that hold the attention of readers," says Steve Oden, a published author who lives in the Wartrace area.

"Besides fiction, there are numerous types of writing based on facts and observations. For example, my current reading material is from the book Landscape with Reptile by Thomas Palmer, a naturalist who writes about a colony of rattlesnakes in the Boston metro area close to where he lives."

Oden, a veteran journalist whose award-winning newspaper column, Appalachian Notebook, is popular in parts of Tennessee and Kentucky, began writing and selling science fiction, fantasy, and horror stories after he retired.

"I was fortunate to connect with some talented editors who shared what it takes to become successful in the business. Make no mistake, having your writing published involves sales, rejections, negotiations, contracts, marketing, and legal rights."

The Scribes Society brings aspiring writers and published authors together for free exchange of ideas, opinions, recommendations, and editorial viewpoints. There is no charge for joining the group, according to Oden, but 18 is the minimum age for attending the meetings.

Staffers at Shelbyville-Bedford County Library have been very supportive of the new Scribes Society chapter. Meetings will be held in the library's community room on the first and third Saturdays of the month, from 2-4:30 p.m.

Oden asks that registration forms be filled out by those interested in the Scribes Society. The forms are available at the library and can be returned there. He also says published local writers are welcome to become mentors.

"Our mentors are volunteers who believe contributing to the community of local authors makes us all better."

The January 10 kickoff meeting will be a get-to-know-you session focusing on what individual writers have done so far and their goals for the future.

Thereafter, meetings on the first and third Saturdays of the month will be themed according to the interests of those who attend, ranging from short story-writing, novelization, poetry, memoirs, biographies and autobiographies to drama, genealogy, personal journaling, world-building, gaming, illustration, graphic novels, even factual news reporting.

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FEATURES FROM THE BIBLE

TRUTH IN SCRIPTURE

Sarai and Hagar

Genesis 16

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

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

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



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Phone: 931-684-7456 or 931-684-7489
Fax: 931-680-0322
Email: Mullins208@yahoo.com

LEE ADCOCK CONSTRUCTION
826 North Jefferson Street
Shelbyville, TN 37160
931-684-1771 ◆ FAX 931-684-4044

SOUTHBOUND POWERSPORTS
www.southboundpower.com
(931) 735-9686
2221 NORTH MAIN STREET
SHELBYVILLE, TN 37160

Brown's Body Shop
Derrick Hoover • 931-684-3170
Insurance Work Welcome • Towing • Free Estimates
dbrownsbodyshop@united.net

Templeton & Associates Insurance
GET THE Coverage YOU NEED!
- Auto - Home
- Life - Commercial
Kay, Zack & Jennifer
108 East Depot Street • 931-684-4380

Ray Brown
Owner
Shop: 931-685-0046
Fax: 931-685-0047
raysquintasbody@yahoo.com
RAYS Paint & Body
931-685-0046
24 Hr. Towing
114 Prince Street • P.O. Box 143 • Shelbyville, TN 37160

COLDWELL BANKER
SOUTHERN REALTY
931-684-5405
1706 N. Main Street
Shelbyville, TN 37160
Don Barnes
Cindy Barnes

JOEL'S TIRE & BRAKE
TIRES, BRAKES, ALIGNMENTS,
TUNE-UPS, CUSTOM EXHAUST & AC REPAIR
931-684-9000
923 COLLOREDO BLVD. SHELBYVILLE, TN
Joel Landers

Dreaming of that spring vacation?

Book early, earn more: Lock in your family's perfect spring getaway

(Family Features) If winter's chill has you dreaming of sunshine and quality time together, it's the perfect moment to start planning your next family getaway. Spring break may feel far off, but booking early means more time to look forward to reconnecting with the whole family in a destination full of enriching experiences. Whether you're seeking excitement or a laid-back escape to recharge, now's the time to plan and take advantage of the season's most rewarding offers.

Designed for connection and comfort – from studios to sprawling three-bedroom suites – each Hyatt Vacation Club resort offers a resort experience with a refined sense of home, featuring fully equipped kitchens, spacious living areas, in-unit washers and dryers, and private balconies. Guests can linger over morning coffee, share home-cooked meals or unwind with a glass of wine under the stars.

The in-room experience is just as exceptional as what awaits beyond it: luxurious pools, unique on-site activities, fine dining and more. Every detail is crafted to bring families and groups together, blending the ease of vacation with the inviting warmth of home.

With more than 20 residential-style resorts sprinkled across North America and the Caribbean, the resorts offer guests and World of Hyatt members a chance to slow down and immerse in local experiences, breathtaking scenery or shared experiences that linger long after you leave.

From ocean breezes in Key West to Pacific views in Cabo, Hyatt Vacation Club resorts offer freedom to explore and rewards that keep you coming back. For a limited time, members who register by March 22, 2026, can earn 3,000 Bonus Points per night (up to 30,000 total) for stays at participating properties through March 29, 2026, just in time to make your spring break escape even more rewarding.

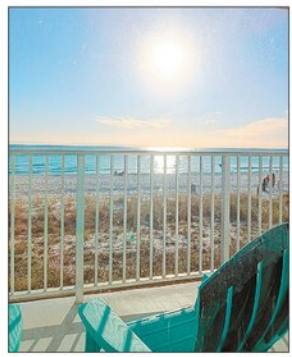
When planning your spring break destination, consider these inspirational places that offer spacious accommodations, and find more information by visiting Hyatt.com/HVC-3K-points.

Your Gateway to Sedona's Great Outdoors: At Hyatt Vacation Club at Pinon Pointe, just off historic Route 66 in Sedona, Arizona, adventure begins right outside your door. Explore scenic hiking trails, ancient Native American ruins and landmarks that define this stunning desert landscape. Surrounded by Sedona's iconic red rocks, this Southwest retreat offers cozy studios and spacious two-bedroom villas – each with a full kitchen, living area, furnished balcony or patio and a fireplace. Guests can also enjoy a heated outdoor pool with desert views and curated on-site programming, from self-guided art walks to chakra and crystal workshops, that explore Sedona's spiritual history.

Your Home Base on the California Coast: Perched high above the Pacific near the charming town of Carmel-by-the-Sea, Hyatt Vacation Club at Highlands Inn is a haven for couples, friends and families seeking both comfort and adventure. Spacious, residential-style suites with kitchens and private bedrooms make it easy to settle in while Big Sur's dramatic coastline calls you to explore. Drive the cliffs of Highway 1, hike hidden trails, unwind on sun-drenched beaches or toast the sunset with a glass of local wine. For those looking to immerse themselves even further, enjoy live piano performances in the lobby and guided botanical walks at the resort.

Relaxation, Reimagined in the Texas Hill Country: Set amid 39 acres of rolling Hill Country landscape, Hyatt Vacation Club at Wild Oak Ranch invites guests to slow down and soak it all in. Float along an 800-foot lazy river, roast s'mores by your personal firepit or catch a movie under the stars. Surrounded by an award-winning golf course and 39 acres of lush landscaping and nature trails, this ranch-inspired haven encourages guests to enjoy the outdoors. If you're looking for fun on-site experiences for the family – or a chance to make new friends – you can enjoy guacamole-making classes and karaoke.

Soak Up the Spirit of Puerto Rico: Soak up the beauty and charm of Puerto Rico from Hyatt Vacation Club at Hacienda del Mar, surrounded by warm tropical breezes, turquoise waters and Caribbean elegance. Set just 25 miles from historic San Juan along a prime stretch of famed Dorado Beach, this secluded seaside resort invites you to experience paradise with direct beach access, whirlpools and on-site activities like salsa dancing and art tours.



TAKE A SHORT WINTER GET-A-WAY TO THE BEACH

T-G Photo by Dawn Hankins

Accommodations for spring and summer beach vacations should really be made early. But why wait? Jet off this winter and get a really good rate at most inns and resorts.

Control 'Bad' Cholesterol

(Family Features) Getting your cholesterol checked, and talking with your doctor about steps to control high cholesterol, could save your life. If you, or someone you love, have experienced a heart attack or stroke, you know how life-changing those moments can be.

What many don't realize is high LDL (low-density lipoprotein) cholesterol often plays a silent role behind the scenes. Taking control of cholesterol numbers starts by knowing your LDL number and working with your doctor to put together an appropriate treatment plan.

Your body produces all the cholesterol it needs to stay healthy. Cholesterol helps make new cells, some hormones and substances that aid in food digestion. However, having too much cholesterol can contribute to serious health risks.

Knowing more about cholesterol and its role in your body and overall health can help you protect yourself from potential life-threatening conditions like heart attack or stroke – even if you've already had one. Learn more with this information from the American Heart Association's "Lower Your LDL Cholesterol Now" initiative, nationally sponsored by Amgen, so you can take control of your heart health.

Know Your Numbers

Keeping tabs on your cholesterol is an important step toward managing potentially serious risks to your heart, brain and overall health. LDL cholesterol, also known as "bad" cholesterol, can cause fatty buildup called plaque in your arteries.

Nearly 1 in 3 adults in the U.S. has high LDL (bad) cholesterol, but many don't know until it's too late. Having too much LDL (bad) cholesterol can silently increase your risk for heart attack and stroke when it goes unchecked, but you have the power to change that.

"A lot of people don't realize they have high LDL (bad) cholesterol because it doesn't have symptoms," said Dr. Amit Khera, American Heart Association national volunteer expert and cardiologist. "That's why I always encourage my patients to get their cholesterol checked and have honest conversations with their doctors. Knowing your LDL number is one of the most important things you can do to protect your heart."

Studies show an LDL at or below 100 milligrams per deciliter (mg/dL) is ideal for most adults. If you have a history of heart attack or stroke and are already on a cholesterol-lowering medication, your doctor may aim for your LDL to be 70 mg/dL or lower.

Get Tested

Don't wait; schedule a cholesterol test as soon as possible. High cholesterol often has no symptoms, so it's important to get your cholesterol checked even if you feel fine. In fact, the American Heart Association recommends all adults 20 and older have their LDL (bad) cholesterol checked every 4-6 years as long as risk remains low. If you have had a heart attack or stroke, talk to your doctor about the right frequency of testing.

A blood test to measure your cholesterol numbers, called a "fasting" or "non-fasting lipid profile or panel," assesses several types of fat in the blood. The test gives four results: total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides (blood fats).

Talk to Your Doctor

Your doctor is there to help you reach your health goals, including keeping your LDL (bad) cholesterol at a healthy number. Making decisions together is the best way to create a treatment plan you'll be more likely to stick to. If you don't understand something, ask for further clarification.

Discuss your risk factors, including your personal and family medical history. Having a candid conversation about your lifestyle can also help pinpoint potential risk factors and areas you can work to reduce your risk and improve your health.

If your LDL cholesterol number is high, your doctor may recommend treatment options. Together, you can review the benefits, risks and side effects to decide on the treatment plan that works best for you.

Take Action Early

The sooner you manage high LDL (bad) cholesterol, the more you can reduce your risk of heart attack and stroke. Proactively monitoring and taking steps to slow or reverse your numbers can halt or delay buildup in your arteries. In addition, treatment options can be more effective when a high LDL number is detected early.

Learn more about the steps you can take to combat high LDL (bad) cholesterol at heart.org/LDL.

Living with High LDL (Bad) Cholesterol

If your LDL (bad) cholesterol is elevated, lifestyle changes can help lower your overall risk of heart disease, but may not be enough to counteract individual risk factors such as genetics and family history. Check your LDL (bad) cholesterol number then talk to your doctor about next steps, including these changes to take back control of heart health.

Eat a Heart-Healthy Diet

From a dietary standpoint, the best way to lower your cholesterol is to follow a balanced diet, which is low in saturated fats, trans fats and cholesterol.

Following a heart-healthy diet means limiting your intake of fatty meats and dairy products made with whole milk. Choose lean cuts of meat and skim, low-fat or fat-free dairy products instead. It also means limiting fried foods and cooking with healthy oils, such as liquid vegetable oils instead of butter or coconut oil, which are high in saturated fat and cholesterol.

Be More Physically Active

A sedentary lifestyle lowers HDL (good) cholesterol. Less HDL means there's less good cholesterol to remove bad cholesterol from your arteries.

At least 150 minutes of moderate-intensity aerobic exercise a week is enough to lower both cholesterol and high blood pressure. Brisk walking, swimming, bicycling or even vigorous yard work can fit the bill. In addition, the American Heart Association recommends adding moderate- to high-intensity muscle-strengthening activity – such as resistance training or weightlifting – at least two days each week.

Quit Smoking

When a person with unhealthy cholesterol numbers also smokes or vapes, the risk of heart disease increases even more. Smoking also compounds other risk factors for heart disease, such as high blood pressure and diabetes.

By quitting, smokers can lower their triglycerides and increase their HDL cholesterol numbers. Quitting can also help reduce damage and improve how the arteries function.

Lose Weight

Living with excess weight or obesity tends to raise the chances of increasing LDL (bad) cholesterol and lowering good cholesterol. Weight loss of even 5-10% may help improve some cholesterol numbers and other heart disease risk factors.

Community Calendar

Flat Creek Community Center, off of Hwy 82 at 115 New Herman Road, will have its regular potluck for the month of January on Saturday, the 3rd, beginning at 6:00. After the meal, at 7:00 or so, the entertainment program will start up. This will be a sequel of sorts to November's program and will be hosted by Jim and Inge Wood and played by many of their music students and other musicians from Flat Creek and nearby areas. Much of the music will be old time and fiddle music, but there will be other styles thrown into the mix as well. Bring a dish and come out to have good food and join your neighbors and family in listening to local live music.

ELECTION NOTICE

COUNTY REPUBLICAN AND DEMOCRATIC PRIMARY MAY 5, 2026

A Republican and Democratic County Primary Election is hereby called for Bedford County, Tennessee for Tuesday, May 5, 2026, between the hours of 9:00 am and 7:00 pm at the various precincts.

QUALIFYING DEADLINE --- February 19, 2026 at 12:00 NOON
P.O.S.T. DEADLINE for Sheriff --- February 5, 2026
WITHDRAWAL DEADLINE --- February 26,2026 at 12:00 NOON
LAST DAY TO REGISTER TO VOTE --- April 6, 2026
FIRST DAY TO REQUEST ABSENTEE BALLOT --- February 4, 2026
LAST DAY TO REQUEST AN ABSENTEE BALLOT --- April 25, 2026
EARLY VOTE April 15TH through April 30th

County Mayor	County Clerk
County Commission – Districts 1-9	Register of Deeds
Trustee	School Board Districts 2,3,4,7
Sheriff	Circuit Court Clerk

FIRST DAY TO PICK UP A PETITION --- March 2, 2026
QUALIFYING DEADLINE --- March 11, 2026 at 12:00 NOON

Assessor of Property --- Unexpired term

Petitions may be picked up at the Election Commission office located at 100 Public Square West, Shelbyville, TN 37160 between the hours of 8:00 am and 4:00 pm.

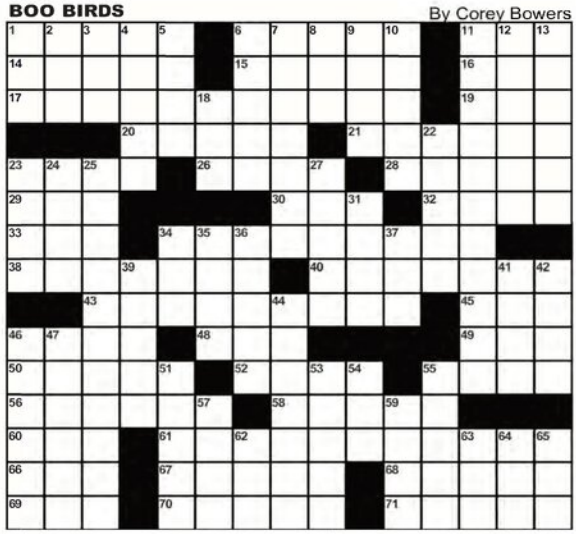
For additional information:
Bedford County Election Commission, 100 Public Square West, Basement, Shelbyville, TN 37160
www.bedfordcountytn.gov Office hours are Monday thru Friday 8:00 a.m. to 4:00 p.m.

BEDFORD COUNTY ELECTION COMMISSION
Danny Robbins, Chairman, Connie Crafton, Secretary, Wayne Tucker, Maleah Claxton, Bob York
Summer Leverette, Administrator of Elections

Crossword

BOO BIRDS

By Corey Bowers



CLUES ACROSS

1) ____ & Gabbana
6) Molar maladies
11) Support provider?
14) Deflect
15) Say suddenly (with "out")
16) Communal pronoun
17) Need an eraser
19) ____ out (withdraw)
20) Walks laboriously
21) John Hancock, notably
23) German river
26) Hard to comprehend
28) Programming pro
29) Brazilian port, for short
30) Start of a giggle
32) More than just interested
33) Prefix for "natal" or "classical"
34) Riveting
38) Story within a story
40) Senilities
43) From 1/1 to 12/3 I
45) Computer site, sometimes
46) They run slowly from trees
48) ___ guitar (imaginary instrument)
49) Victorian, for one
50) It could be clerical
52) Ottoman bigwig (Var.)
55) Dangerous slitherers
56) Comes up in conversation
58) Needed a doctor
60) "The ___" (Diana Ross film)
61) It grows in tropical Southeast Asia
66) Address abbr.
67) Cobweb site in the home
68) Exhausted
69) Answer to a popped question
70) Aquatic worm
71) Take a sleep breath?

CLUES DOWN

1) Beaver's production
2) Egg cells
3) Albanian monetary unit
4) Lightweight silk fabric
5) List-ending abbr.
6) Place to call home
7) Near
8) Central airport
9) Winged god of love
10) Unemotional to a fault
11) Useless endeavors
12) Indian bills
13) Major blood carrier
18) Hunk's physique
22) "___ Fly Now" ("Rocky" theme)
23) White-tailed coastal birds (Var.)
24) In ___ of(rather than)
25) Last place "awards"
27) Remaining out of sight
31) The Bard's black
34) Chicken ___ king
35) When repeated, a Society Island
36) Thin, narrow groove
3 7) "___ be an honor"
39) Chihuahua's coins
41) OK Corral gunfighter
42) Health retreats
44) Like health-food store produce
46) Maritime route
47) Succeed big-time
51) Meant for monarchs
53) Unforeseen obstacle
54) Vestment for a priest
55) Receptionist, briefly
57) Webmaster's creation
59) Has a bite
62) Had a bite
63) Sib of sis
64) "___ the ramparts ..."
65) Poetic homage

FreeDailyCrosswords.com

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Get puzzle answers, recipes and more at www.kidscoop.com

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Bowl Games

At this time of year, newspapers and TV trumpet the excitement of college football teams competing in bowl games.

In 1923, when the Tournament of Roses annual football game in Pasadena, Calif., moved into a new, bowl-shaped stadium, the game became known as the Rose Bowl. The term "bowl" has been used to describe championship games ever since.

Back to Back to Back ...

One team earned a spot to play in 36 bowl games in 36 years, the longest **consecutive** bowl game record. Fill in the missing vowels to reveal this team.

FL_R_D_
ST_T_



Go Team

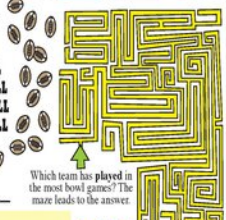
College football fans are known for their intense team loyalty. How many differences can you find?

Most Wins

Which college team has **won** the most Rose Bowl games? Cross out the word FOOTBALL each time it appears below. The remaining letters reveal the answer.

FOOTBALLUFOOTBALLNIFOOTBALLVEFOOTBALL
FOOTBALLRSIFOOTBALLTYOFOOTBALLFFOOTBALL
SOUFOOTBALLTFOOTBALLHFOOTBALLERFOOTBALL
NFOOTBALLCALFOOTBALLIFFOOTBALLOFOOTBALL
RFOOTBALLNIFOOTBALLA

_____ __
_____ _____



Which team has **played** in the most bowl games? The maze leads to the answer.

Map It!

Today, more than 30 college bowl games are played across the United States in December and January. Below are just some of them. Draw a line from each of the bowl games listed below to the state in which that game is played.



Standards Links: Geography. Use map skills to find the location of places.



Notre Dame Fighting Irish | Alabama Crimson Tide

Extra! Extra! Football Finder

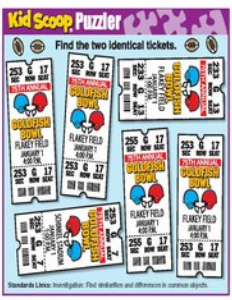
Look through the newspaper to find these football-related words:

- ☐ DEFENSE
- ☐ GOAL
- ☐ GAME
- ☐ FIELD
- ☐ HELMET
- ☐ WIN
- ☐ PENALTY
- ☐ STADIUM

Standards Links: Spelling: Spell grade-level appropriate words correctly.

Kid Scoop Puzzler

Find the two identical tickets.



Standards Links: Investigation: Find similarities and differences in common objects.

Double Double Word Search

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

TOURNAMENT
FOOTBALL
COLLEGE
JANUARY
STADIUM
HELMET
GAMES
ROSES
FIELD
BOWL
FANS
TEAM
GOAL
NAME
WIN

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

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

From the Kid Scoop Lesson Library

Teamwork in the News

A successful football team works together to achieve victory. Find a news story about people who disagree about something. List ways they could work together to reach a solution.

Standards Links: Behavioral Studies: Understand that different groups have different ways of meeting similar wants and needs.

Write On!

Fitness Favorite

What is your favorite way to exercise? Why?

Let's Draw It!

Blimps fly over football stadiums with onboard cameras providing spectacular overhead views of the crowd below. Follow these simple steps to draw a blimp of your own!



Go to *kidscoop.com/how-to-draw/* to learn how to draw a football player, a cheerleader and a crazy football fan, too!

Standards Links: Visual Arts: Know how different media and processes communicate ideas.

Bedford County property transfers

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

File date: December 16

Location: 1043 New Herman Rd; Seller, Jennifer Meyher, Tracey Strassner; Buyer, Brad Betts, Tiera Betts; Price, $2,665,000 (Deed).

Location: Lee Rd; Seller, Betty J McBryant; Buyer, Mark McBryant, Sheila McBryant; Price, $300,000 (Deed).

Seller, May Tory Homes LLC; Buyer, Chase Matthew Aspden, Abbigail Morrow; Price, $589,900 (Deed).

Location: 2152 Unionville Deason Rd; Seller, Ozoreis Lamie Elghalid; Buyer, Howard Roberson, Melissa Roberson; Price, $850,000 (Deed).

File date: December 17

Location: 228 Republic St; Seller, Ole South Properties Inc; Buyer, Celia Valtierra; Price, $305,990 (Deed).

Location: 118 Millet St; Seller, Ole South Properties Inc; Buyer, Sandra Elizabeth Wilkens; Price, $299,990 (Deed).

Location: 1942 Fairfield Pike; Seller, 1942 Fairfield Pike LLC; Buyer, Rex McDonald; Price, $20,000 (Deed).

Location: 604 North Main St; Seller, PNB TN Portfolio Owner LLC; Buyer, JWR Living Trust; Price, $1,360,000 (Deed).

Location: 302 Graydon St; Seller, Dakota M Corum, Anna L Corum, Anna L Jacobs; Buyer, Richard Eric Nordstrom, Deborah Nordstrom; Price, $ 284,000(Deed).

Location: Shelbyville Tullahoma Hwy; Seller, Don Gordon Harrison, Jeremy B Harrison; Buyer, Don Gordon Harrison Revocable Living Trust, Don Gordon Harrison; Price, $0 (QD).

File date: December 18

Location: Millhouse Rd; Seller, Samuel Trenton Sutton, Cameron N Sutton; Buyer, Michael Romano, Nicole Romano; Price, $585,000 (Deed).

Location: Springdale Ave; Seller, Jorge Leon; Buyer, 2 Lions LLC; Price, $0 (QD).

Location: 805 Woodbury St; Seller, Jorge Leon; Buyer, 2 Lions LLC; Price, $0 (QD).

Location: Beasley St; Seller, James W Crick, Gloria A Crick; Buyer, The Crick Tennessee Community Property Trust, James W Crick, Gloria A Crick; Price, $0 (QD).

Location: Jakes Branch Rd; Seller, Nancy Baumann; Buyer, Robert S McKee, Jennifer B McKee; Price, $35,500 (QD).

Location: Hilltop Rd; Seller, William Bryant Morton, Gwendelyn Morton; Buyer, The Morton Family Revocable Trust, William Bryant Morton, Gwendelyn Morton; Price, $0 (QD).

File date: December 19

Location: 295 Barber Rd; Seller, Lisa F Bowker, Joshua R Leonard; Buyer, Lisa F Bowker, Joshua R Leonard; Price, $0 (QD).

Location: 240 Green Acres Rd; Seller, Jennifer Glaze Bryant, David Michael Bryant; Buyer, Rigoberto Ramirez Munoz; Price, $325,000 (Deed).

Seller, Eugene D Crowell; Buyer, Christopher Clay, Mary Ellen Clay; Price, $0 (QD).

Location: Rowesville Rd; Seller, James W Crick, Gloria A Crick; Buyer, The Crick Tennessee Community Property Trust, James W Crick, Gloria A Crick; Price, $0 (QD).

Location: 219 Idle Dr; Seller, DFH Crescent LLC; Buyer, April Pettis, Torie Pettis; Price, $357,990 (Deed).

Seller, Derwood Stewart; Buyer, Charles Tubberville, Kai Tubberville; Price, $210,000 (Deed).

Location: Pass Road; Seller, Armando Olvera, Concho Olvera; Buyer, Osiel Isai AJ Lopez, Jennifer Nunez, Raul Ezequias AJ Lopez; Price, $148,500 (Deed).

Seller, Eric A Duncan, Jessica M Duncan; Buyer, JCG Holdings LLC; Price, $335,000 (Deed).

Seller, May Tory Homes LLC; Buyer, William Fritch; Price, $329,900 (Deed).

File date: December 22

Location: 202 Putnam Well Rd; Seller, Mark T Clemons; Buyer, Ozone Environmental Services LLC; Price, $165,000 (Deed).

Location: Broad St; Seller, Tiffany Leigh Hillin McAdams, Tiffany Leigh Hillin; Buyer, Greg Curl, Lisa Curl; Price, $160,000 (Deed).

Seller, Iris Renee Crowell; Buyer, Skye Acquisitions LLC; Price, $140,000 (Deed).

Location: Anchor Mill Rd; Seller, Christopher Michael Presley, Larry Eugene Presley Estate, Cynthia Lynn Presley, Lawrence Bradley Presley, David Granville Presley, Cynthia Lynn Presley Sullivan, Lawrence B Presley, Christopher M Presley, David G Presley; Buyer, Tristan Philip Call, Brenda Alejandra Perez De La Pena; Price, $135,000 (Deed).

Location: Blue Stocking Hollow Rd; Seller, Mario E Ruiz; Buyer, Mario E Ruiz, Amanda R Ruiz; Price, $0 (QD).

Location: 3693 Highway 41 A N; Seller, Bryan Pearson, Susan Pearson; Buyer, Zane Sherwood Fleshman III; Price, $143,200 (Deed).

Location: Crescent St; Seller, Duane Drake, Cindy Drake; Buyer, Stronghold Estates LLC; Price, $185,000 (Deed).

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 July 22, 2022, executed by SHARIFF S BUREN and REBECCA BUREN conveying certain real property therein described to CLOSED NASHVILLE, as Trustee, as same appears of record in the Register's Office of Bedford County, Tennessee recorded July 22, 2022, in Deed Book TD1060, Page 631; and

WHEREAS, the beneficial interest of said Deed of Trust was last transferred and assigned to FREEDOM MORTGAGE CORPORATION 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 February 3, 2026 at or about 12:00 PM At the main entrance to the Bedford County Courthouse, 1 Public Square, Shelbyville, TN37160, 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. 14, ORCHARD ACRES, ACCORDING TO PLAT AND SURVEY OF SAME APPEARING OF RECORD IN PLAT CABINET "A", ENVELOPE 275, IN THE REGISTER'S OFFICE OF BEDFORD COUNTY, TENNESSEE, TO WHICH PLAT REFERENCE IS HEREBY MADE FOR A MORE COMPLETE DETAILS AS TO LOCATION AND DESCRIPTION OF SAID LOT. BEING THE SAME PROPERTY CONVEYED TO SHARIFF S. BUREN AND REBECCA BUREN, HUSBAND AND WIFE BY VIRTUE OF A WARRANTY DEED FROM MIKE PEDONE, AND WIFE KATHY PEDONE, DATED ON JULY 22, 2022, RECORDED ON JULY 22, 2022, OF RECORD IN BOOK D375, PAGE 470, IN THE REGISTER'S OFFICE FOR BEDFORD COUNTY, TENNESSEE. ATTACHED HERETO AND CONVEYED HEREWITH IS A 1999 FLEETWOOD MANUFACTURED HOME BEARING SERIAL/VIN NOS. TNFLX27AB52729SR12.

Parcel ID: 031J-A-014.00

PROPERTY ADDRESS: The street address of the property is believed to be 208 ORCHARD LN, BELL BUCKLE, TN 37020. 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): SHARIFF S BUREN, REBECCA BUREN

OTHER INTERESTED PARTIES:

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
rlselaw.com/property-listing
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PUBLIC HEARING

The Wartrace Board of Mayor and Aldermen will hold a Public Hearing on the following Resolutions concerning Annexation of property located at 600 Knob Creek Road. The Public Hearing will be held on Thursday, January 22, 2026, at Wartrace Town Hall, 29 Main St., E. Wartrace, TN at 5:30 PM. Anyone wishing to view the proposed Annexation Resolutions may do so during normal business hours at Town Hall, 7:30 AM to 4:00 PM except on Wednesday, which is 7:30am to 12:00pm.

A RESOLUTION TO ANNEX CERTAIN TERRITORY UPON WRITTEN CONSENT OF THE OWNERS AND TO INCORPORATE THE SAME WITHIN THE BOUNDARIES OF THE TOWN OF WARTRACE, TENNESSEE. THIS PROPERTY IS LOCATED AT 600 KNOB CREEK ROAD REFERENCED ON BEDFORD COUNTY TAX MAP 41L GROUP A PARCEL 010.00 AND OWNED BY HECTOR GUZMAN. A RESOLUTION ADOPTING A PLAN OF SERVICES FOR AN AREA PROPOSED FOR ANNEXATION OF THE TERRITORY LOCATED AT 600 KNOB CREEK ROAD REFERENCED ON BEDFORD COUNTY TAX MAP 041L GROUP A PARCEL 010 00 TO BE ANNEXED BY OWNER CONSENT AND TO BE INCORPORATED WITHIN THE BOUNDARIES OF THE CITY OF WARTRACE, TENNESSEE.

a. Police - Patrolling, radio response to calls, and other routine police services, using present personnel and equipment, will be provided on the effective date of annexation.
b. Fire - Fire protection by the present personnel and equipment of the Town of Wartrace Volunteer Fire Department, within the limitations of available water and distances from fire stations, will be provided on the effective date of annexation.
c. Water - Water Service is provided by Wartrace Waterworks and Sewer System in accordance with their established policy and procedures. The Wartrace Waterworks and Sewer System indicates that water service is available for this property. Any proposed development on this property will need on-site water infrastructure improvements and potentially off-site water infrastructure improvements, depending upon the type and intensity of the development. All required water infrastructure improvements are the responsibility of the developer of the property at 600 Knob Creek Road, and it is not the responsibility of the Town of Wartrace or the Wartrace Waterworks and Sewer System.



d. Sanitary Sewers - Sanitary Sewer Service is provided by Wartrace Waterworks and Sewer System, in accordance with their established policy and procedures. The Wartrace Waterworks and Sewer System indicates that sewer service is currently not available for this property. The closest sewer line is located to the north along McKinley Street. For this property to access the sewer line located on McKinley Street, a pump/lift station and sewer force main line are required. Additionally, this new sewer infrastructure will require new easements. Any proposed development on this property will need on-site water infrastructure improvements and potentially off-site water infrastructure improvements, depending upon the type and intensity of the development. All required sewer infrastructure improvements are the responsibility of the developer of the property at 600 Knob Creek Road, and it is not the responsibility of the Town of Wartrace or the Wartrace Waterworks and Sewer System.
e. Refuse Collection - Private haulers or the county convenience center will handle refuse collection in the annexed area.
f. Streets – 1. The Tennessee Department of Transportation (TDOT), under the standards currently prevailing by the State of Tennessee, will serve the State Controlled Roadways in the annexed area. The Town of Wartrace, Tennessee, under the standards currently prevailing in the town will serve the Town Controlled Streets in the annexed area. 2. Traffic signals, traffic signs, street markings, and other traffic control devices will be installed as the need is established by appropriate study and traffic standards.
g. Schools - The annexed area will be served by the Bedford County School system that serves the entire Town of Wartrace, Tennessee.
h. Inspection Services - Any inspection services provided by the Town will begin in the annexed area on the effective date of annexation.
i. Planning and Zoning - The planning and zoning jurisdiction of the Town will extend to the annexed area on the effective date of annexation. City Planning will thereafter encompass the annexed area.
j. Public Works - Services provided by the Public Works department will be extended to the annexed area on the effective date of annexation.
k. Recreation - Residents of the annexed area may use all Town parks on and after the effective date of annexation.
l. Miscellaneous - Any other service(s) not classified under the foregoing headings will be in accordance with the standards prevailing in the Town of Wartrace, Tennessee.

Both the Annexation Resolution and the Plan of Services Resolution will be posted at Wartrace Town Hall, Wartrace Post Office, and the Wartrace Community Center.

Tyra Haught, Town Recorder



HOLIDAY DONATION BY ASCEND FEDERAL CREDIT UNION

Submitted Photo

Ascend Federal Credit Union recently made a donation to help Healthy Families in Bedford County. Making the presentation was manager Jason Blackburn.

Classifieds

HELP WANTED

Experienced Mechanic Wanted
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Please send resume to: TNR.hiring@gmail.com.

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50 Inch Samsung TV
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Notice of Substantial Completion

Notice is hereby given that W & O Construction, Inc. has substantially completed the 2022 Shelbyville SDG Pumping Station Project according to the terms of their contract with the Shelbyville Power, Water, and Sewerage System. Any persons, firm, or corporation having any unpaid claims against said contractor for labor, material, or supplies in connection with said work is hereby notified to present the same in the manner and within the time required by law. All claims must be received in writing to the attention of General Manager Jason Reese, Shelbyville Power, Water, and Sewerage System, 308 South Main Street, Shelbyville, Tennessee 37160 no later than January 21, 2026, for consideration.

Jason Reese
General Manager

Let us help you spread the news!

We welcome you to submit content for publication in The Times-Gazette and on our website www.t-g.com.

- *Press Releases*
- *Announcements*
- *Letters to the Editor*
- *Obituaries*
- *Guest Column/Op/Ed*
- *Local Events*

Shelbyville Times-Gazette

Obituaries

Karl Claxton



Karl Claxton, age 66, of Shelbyville, TN, passed from this life on Thursday, December 18, 2025, at Vanderbilt Medical Center in Nashville, TN.

He was born on February 22, 1959 in Laredo, Texas, to the late Donnie Gene and Estela Landin Claxton. He was also preceded in death by his twin brother, Kenneth "Flash" Claxton.

Karl was a 1977 graduate of Shelbyville Central High School. With the support of two close friends, he started his business, CHI. For more than forty years, he served families and businesses throughout Bedford County and the surrounding areas with steady dedication and pride.

He was well known on the softball field, playing on both local and travel teams and cheering just as enthusiastically from the sidelines. He was also a loyal UT Volunteer fan. Above all, Karl loved being a grandfather. He showed up for his grandchildren—at practices, at games, and in the everyday moments—and they were his greatest joy.

He is survived by his son, John Tyler (Jennifer) Claxton of Shelbyville; grandchildren, Bently, Ava, and Onyx; sister, Elizabeth (Rob) Rhodes; nephew, Donnie (Maleah) Claxton; and niece, Tiffany Claxton all of Shelbyville.

A Gathering of Family and Friends will be held on Monday, December 29, 2025, from 5-8 p.m. in the chapel of Doak-Howell Funeral Home.

In lieu of flowers, memorial donations can be made to New Destiny Dog Rescue @ www.newdestinydogrescue.org.

Doak-Howell Funeral Home is serving the family. www.doakhowellfuneralhome.com

Kathy Sue Conway Jett



Kathy Sue Conway Jett, 54, of Shelbyville, passed away December 21, 2025. Funeral Services will be held 2:00 P.M. Saturday, December 27th, at Hillcrest Funeral Home Rev. Bobby McGee officiating. Burial will follow at Pressgrove Cemetery. Visitation will begin at 12:00 P.M.

She was born May 21, 1971 in Shelbyville; currently an employee of Marelli Corporation of Shelbyville. Everyone loved Kathy. She loved her family, friends, her critters and loved traveling and the Casinos.

She was preceded in death by her parents, Robert Lloyd Conway and Shirley Faye Frazier.

Kathy is survived by her children, Stefanie Marie (Roger) Pruittof Bell Buckle, Susan Diane (Chris) Schuster of Hillsboro, StevenWayne (Leslie) Jett of Shelbyville; her fiance, Ollie L. Joe Wright of Shelbyville; sister, Laura (David) Vought of Indiana; brother,Michael (Michelle) Frazier of Savannah, TN.; grandchildren,Ryder Pruitt, Colton Pruitt, Marcus Evitts, Andrew Jett, Maddie Jett, Jacob Jett, Jaxon Jett, James Jett, Alivia Jett, Samara Moore; great grandchild, Waylon Tankersley and several nieces and nephews.

Death Notices

Ryan Dwayne Cook

Ryan Dwayne Cook, age 41, of Shelbyville.

April 11, 1984-December 21, 2025

Doak-Howell Funeral Home is serving the family.

Sandra Yoes Hargrove

Sandra Yoes Hargrove, age 79, of the Wheel community, died on Monday, December 22, 2025, at her residence. In addition to her mother, she was preceded in death by her first husband, Larry Yoes and her second husband, Henry Lee.

Survivors include her children, Lisa (Toby) Yoes Hobbs of Shelbyville, Laura (Bill) Yoes Gordon of Shelbyville, Kathy Hargrove Curtis of Chapel Hill, Tad (Kim) Hargrove of Lewisburg, Tye (Brandi) Hargrove of Hendersonville.

Lawrence Funeral Chapel in Chapel Hill, TN., is in charge of arrangements.

Betty Ann Hillis

Betty Ann Hillis, age 61, of Shelbyville, died Saturday, December 20, 2025. Betty was born in Nashville to the late William Floyd Baugh Jr. and Fayelyn Davis Baugh.

Betty is survived by her husband, Billy Hillis of Shelbyville; her children, Randy (Canadian) Lunsford of Shelbyville, John Lunsford of Shelbyville, step-daughters, Denise Pyles of Shelbyville, Keisha Leggett of Corbin, KY.

Lawrence Funeral Home in Chapel Hill is assisting the family.

Cheri Conner Irwin

Cheri Conner Irwin, age 76, died on December 21, 2025, at Vanderbilt University Medical Center in Nashville, Tennessee. She was born on June 5, 1949, in Shelbyville, Tennessee, to the late Jewel Cromwell Conner and William "Bill" Conner.

Cheri is survived by her beloved son, Matt Irwin and his wife, Michelle. She is also survived by her sister, Christi Pittman of Cornelia, Georgia and husband, Rick Pittman.

Feldhaus-Gowen Smith Memorial Chapel is in charge of arrangements.

Phyllis Marie Oiler

Phyllis Marie Oiler, age 74, of Unionville, passed on December 22, 2025, in Nashville.

Phyllis was born on October 1, 1951, in Shelbyville. She is preceded in death by her father, Robert Malcolm Bradford; her mother, Bobbie Hazel Freeman; brother, Jackie Freeman; and her husband of 32 years, Steven Michael Oiler.

Phyllis is survived by her loving sons, Mark (Denise) Todd and Robert (Kristi) Todd.

Feldhaus Memorial Chapel-Gowen-Smith Chapel are serving the family.

Clyde "Doug" Douglas Tomlin Jr.

Clyde "Doug" Tomlin Jr. passed away on December 23, 2025, at Saint Thomas Rutherford. He was born in Nashville on July 8, 1970, to the late Clyde Douglas Tomlin Sr. and Gwendolyn Sue Bates.

Doug is survived by his brothers, Jeremy Tomlin and Tracy (Dana) Tomlin; his children, Dustin Tomlin, Kit (Aaron) Tankersley, Cody Hunter-Tomlin, Austin Tomlin, Justin Tomlin, Faith Tomlin, Ella Tomlin, Drake Tomlin, and Kolden Tomlin.

Feldhaus-Gowen Smith Memorial Chapel is in charge of arrangements.

Adele Barbara Punches

Adele Barbara Punches, 72, of Shelbyville, died December 21, 2025 at Vanderbilt Harton Hospital in Tullahoma. She was born July 5, 1953, in Columbia, South Carolina. Adele was preceded in death by her parents, Adrian Caldwell Sr. and Billie George Caldwell; a sister, Jackie Marie Caldwell; half sisters, Nancy Payne and Peggy Blue.

She is survived by her son, Phillip Punches of Shelbyville and a brother, Adrian Caldwell Jr. of Missouri.

Hillcrest Funeral Home is assisting the family.

Janie Irene Peeler

Janie Irene Peeler, 91, of Decherd, died December 25, 2025. She was born September 17, 1934 in Shelbyville. Janie was preceded in death by her parents,

Ira Pittman and Mary Elizabeth Curtis Craig; her husband, James Lloyd Peeler; daughters, Brenda Walls, Marilyn Walker; son, Donnie Wayne Walls; stepchildren,

Wayne Peeler, Paul Peeler, Lowell Peeler; sister, Helen Griggs and brother, Robert Craig.

She is survived by son, Earnest Glenn Walls (Sherry) of Bell Buckle, TN., daughter, Susan Coverston of Decherd; step-daughters, Joan Weldy, Barbara Hiller and Betty Peeler; sister, Frances Metley.

Hillcrest Funeral Home is in charge of arrangements.

Billie Jean "Jeannie" Young

June 23, 1953 to December 27, 2025

Doak-Howell Funeral Home is serving the family.

www.doakfuneralhome.com

Judy Blanton Stocstill

November 17, 1949 to December 23, 2025

Doak-Howell Funeral Home is serving the family.

Audrey Faye Seibers

Audrey Faye Seibers, age 68, of Shelbyville, TN

February 26, 1957 to December 23, 2025

Doak-Howell Funeral Home is serving the family.

Preparing Ourselves and Others for Our Death

No one likes to talk about preparing for their death, but it will happen to each of us, whether we have made any plans or not.

If we don't plan and make our final wishes known, everything will be decided by someone else.

All are welcome to attend a series of seminars at Normandy Presbyterian to discuss these sometimes difficult subjects. Each 1-hour seminar will be held at 3:00 – 4:00 pm on the Sundays of January 4, 11, 18, and 24.

Participants can attend all sessions or pick only the ones that interest them.

The presenter will be David Hazelwood. As a minister he has guided families to prepare for these difficult times. David also has practical experience with his own family in these subjects. He isn't selling anything, only sharing free information. Register to help us prepare materials by email david@wufu3.com or phone 931 434 9352.

Session Topics

January 4 Session 1 ***Live Fully Until You Die***

- Maintaining Vitality
- Thinking About Dying
- Key Documents
- Care Giving

January 11 Session 2 ***What Happens When I Die***

- Obituary
- Funeral
- Burial

January 18 Session 3 ***What Happens After I Die***

- Estate Settlement
- Will and Trusts
- Executor and Trustees

January 25 Session 4 ***How to Distribute My Assets***

- Heirlooms
- Property
- Financial Assets

Solve the Weeknight Meal Dilemma with a Light, Simple Salad



(Family Features) When cooking midweek, a lighter meal may be just the solution you are looking for at the dinner table. After all, family dinners don't have to be complicated.

A simple, fresh salad offers the best of both worlds: easy prep and a light bite everyone can enjoy together. Fresh, delicious Grapes from California shine in this Grape and Chicken Salad with Lemon-Balsamic Vinaigrette, perfect for serving on its own or pairing with sandwiches. The crisp, juicy grapes add a touch of natural sweetness to complement tender chicken, creamy avocado and smoky bacon.

Tossed together in a tangy homemade lemon-balsamic vinaigrette, meal prep is a breeze and loved ones can delight in the refreshing flavors. Don't forget, grapes also make a perfect snack to pack in lunches, take to work or enjoy after school.

Grape and Chicken Salad with Lemon-Balsamic Vinaigrette

Servings: 6

- 1/4 cup extra-virgin olive oil
- 3 tablespoons lemon juice
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon fresh minced garlic
- 1 pinch salt
- 2 tablespoons chopped fresh basil
- 1 pound grilled or broiled boneless, skinless chicken breasts, chopped into small pieces
- 2 cups halved or quartered red Grapes from California
- 1/3 cup chopped red onion
- 3 tablespoons cooked, crumbled bacon or packaged real bacon pieces
- 1 large avocado, peeled, pitted and diced
- freshly ground pepper, to taste
- 6 slices whole-grain artisan bread

1. In large bowl, whisk olive oil, lemon juice, vinegar, garlic, salt and basil. Add cooked chicken, grapes, onion and bacon.
2. When ready to serve, mix well then lightly stir in avocado and season with pepper, to taste. Serve with bread slices.

Tip: *Salad may be prepared 1 day in advance and refrigerated in covered container.*

Nutritional information per serving: *460 calories; 33 g protein; 38 g carbohydrates; 20 g fat (39% calories from fat); 3.5 g saturated fat (7% calories from saturated fat); 7 mg cholesterol; 400 mg sodium; 3 g fiber.*

BOO BIRDS By Corey Bowers

1 D	2 O	3 L	4 I	5 C	6 E	■	7 A	8 C	9 H	10 E	11 S	■
12 B	13 R	14 A	15 A	16 V	17 E	18 R	19 T	■	20 B	21 L	22 U	23 R
24 T	■	25 O	26 U	27 R	■	28 M	29 A	30 K	31 E	32 A	33 B	34 O
35 O	36 B	37 O	38 O	39 B	40 O	41 O	■	42 O	43 P	44 T	■	45 P
46 L	47 O	48 D	49 S	■	50 S	51 I	52 G	53 N	54 E	■	55 E	56 E
57 B	58 E	■	59 D	60 E	61 E	62 P	■	63 C	64 O	65 D	66 E	67 R
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78 B	79 R	80 A	81 A	82 V	83 E	84 S	■	85 A	86 I	87 L	88 E	89 D
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■	112 T	113 I	114 R	115 E	116 D	■	117 Y	118 E	119 S	■	120 L	121 E
122 E	123 C	124 H	■	125 S	126 N	127 O	128 R	129 E				

Young's Half-Court Heave Downs Moore County

BY NOAH MADDOX
noah@t-g.com

BELL BUCKLE, Tenn. - For the first time since January 25, 2019, the Cascade Lady Champions (11-3) took down the Moore County Raiderettes (6-4), 55-52, on a game-winning, buzzer-beating half-court heave from Kaegan Young on Saturday.

Young finished the game with three different buzzer-beaters – a three-pointer to close the first period, a layup to beat the third-quarter buzzer, and then the half-court connection from the left side of the court to give Cascade their first and only lead of the game.

Moore County seemed to be pulling away early in the fourth, but then Lizzie Keele connected on a right-wing three-pointer with 5:20 left to pull Cascade within four, 48-44. Even still, the two teams combined for just six points over the next three-and-a-half minutes resulting in Moore County taking a 52-46 lead with just under two minutes to go.

However, the game seemed to flip when Caroline Parker drove to the basket and drew the fifth foul against Moore County's star center, Bella Tucker. Parker nailed both free throws to get back within four with 1:42 left to play. Seconds later, Parker scored her eighth point of the game on a layup following a steal in the Lady Champs' full-court press. Moore County turned the ball over again, but a missed layup by Jocelyn Laughlin took the Raiderettes off the hook, if only momentarily.



Cascade celebrates by mobbing Kaegan Young (22) after her game-winning half-court buzzer-beater against Moore County on Saturday. *Photo courtesy of David Smith.*



Kaegan Young (22) nails one of her three three-pointers in Saturday's win over Moore County. Young led all scorers with 24 points, including 18 in the second half alone. *Photo courtesy of David Smith.*

After Moore County finally was able to get the ball into the front court, they were tasked with throwing the ball in from the left sideline. With 33.1 seconds to go, Ally Sharp, who led the Raiderettes with 18 points on the night committed a backcourt violation for one of the visitors' 10 fourth-quarter turnovers, resulting in Keele's game-tying layup with 15 seconds remaining.

Moore County had a timeout, but chose not to use it in the commotion, allowing Sharpe to get up a decent look in the paint. However, she missed, and the outlet pass on the rebound was deflected by a Raiderette with 3.1 seconds left to play. Inbounding on the left sideline in front of the home crowd, Caroline Parker passed it to Young, who took two dribbles before firing on the run just across the midcourt line as the clock expired, swishing home the game-winning bucket to complete the improbable comeback.

"This group just never gives up," Cascade Head Coach Janie Demonbreum said, "we talk about it all the time but they just keep fighting. For stretches of this game, it felt like we were down by 30 instead of 10, but we just continued to find ways to stay in the game."

Cascade came into the game down a starter in Suzanna Crews, due to illness, as well as a rotational piece in Makenzie Fisher, but the Lady Champions next-man-up mentality allowed the hosts to persevere and find a way to win.

Moore County committed an incredible 28 turnovers, including 10 in the fourth quarter alone as Cascade found a way to overcome a 10-point deficit, 46-36, entering the fourth.

Young led all scorers with 24 points on a hyper-efficient 9/13 shooting, Keele finished with 14 points, and Parker chipped in with eight points for the Lady Champions. Meanwhile, the Raiderettes were led by Ally Sharpe's 18 point-outing –although she committed eight turnovers – as well as 13 points from Bella Tucker.

Early on, Cascade struggled to find any rhythm against Moore County's 2-3 zone, trailing 15-5 before Young's buzzer-beating three-pointer to close the opening period to trim the lead to seven points. In the second period, the Raiderettes outscored Cascade, 18-14, to take a 33-22 lead into the halftime locker room.

The Lady Champions were able to play even with Moore County, outscoring the visitors by one point, 14-13, but they still trailed by 10 entering the final frame.

In the fourth, Cascade held the Raiderettes to just seven points, closing out the game on a monstrous 15-4 run.

Cascade improves to 11-3 overall. The Lady Champions take on Fayetteville City in the second game of the season series on Friday, January 2nd, with tip-off set for 6:00 p.m.

Champs Demolish Raiders to Complete Season Sweep

BY NOAH MADDOX
noah@t-g.com

BELL BUCKLE, Tenn. - After finishing 1-2 at the Loudon Christmas Classic, the Cascade Champions (6-5) returned home and completed yet another season sweep of the Moore County Raiders (2-8) on Saturday, 84-53.



Cooper McElroy (14) scored a team-high 18 points in Cascade's 29-point win over the Raiders on Saturday. *Photo courtesy of David Smith.*

Cooper McElroy scored a team-high 18 points and six rebounds, Tristin Billings finished with 13 points, Henry Stone added 12 points, Noah Watson chipped in with nine points, and Kaleb Kelso scored eight points in a balanced offensive attack by the Champions. Cascade shot 54% from the floor as a team, taking advantage of 23 turnovers by the visitors that turned into a 33-11 advantage in points-off-turnovers. The hosts also dominated in the paint, outscoring Moore County 42-14 inside as well as creating a 31-5 edge in fastbreak points.

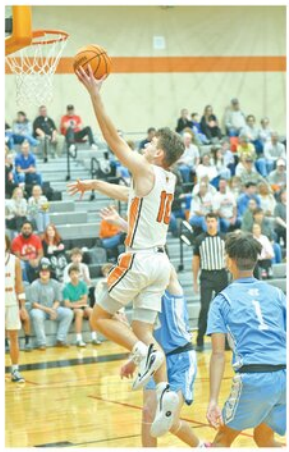
For Moore County, Colton Morey scored a game-high 20 points off the bench, but he was the only Raider to get into double-figures. Avery Rogers and Anderson Sharpe chipped in with eight points apiece.

Moore County hung tough early on, trailing by just nine points, 19-10, at the end of the opening period, but then the floodgates opened up. Cascade outscored the Raiders by 13 points, 26-13, en route to a commanding 45-23 halftime advantage.

Coming out of the halftime locker room, the Champions did not let up, outscoring the Raiders once again, 23-17, to swell their lead to 68-40 at the end of the third quarter.

The hosts' 28-point advantage allowed Doug Worsley to liberally empty his bench in the final period of play, and even with that in mind the Champions outscored Moore County one final time, 15-14, to reach the final margin of 84-53.

Cascade improves to 6-5 overall on the season. The Champions will return to action on Friday, January 2nd, against Fayetteville City with tip-off scheduled for 7:30 p.m.



Henry Stone (10) soars in for two of his 12 points in Saturday's win over Moore County. *Photo courtesy of David Smith.*

Shelbyville Central Approved to Add Flag Football in Spring of 2027

BY NOAH MADDOX
noah@t-g.com

SHELBYVILLE, Tenn. – In an exciting development, the Bedford County Board of Education voted unanimously to approve the addition of Girls' Flag Football at Shelbyville Central on Thursday.

Shelbyville principal Charlie Pope announced that SCHS plans to be on track to begin TSSAA varsity competition by the Spring of 2027. The sport was only recently sanctioned by the TSSAA Legislative committee with the first year of competition taking place in the spring of this year. The sport features a 7-on-7 format with 40 minutes of game time split up into two 20-minute halves. The complete official rulebook can be found on the TSSAA website.

"We want to play [in 2027], if given permission," Pope said.

Due to current TSSAA rules, Shelbyville Central must wait one year before joining varsity competition, so the school plans to begin junior varsity play during the upcoming spring semester. Due to the sport's recent introduction, the 2025-26 school year will be the first season featuring a postseason tournament designed to crown an official champion.

As far as some of the logistical questions surrounding the addition of a brand-new sport at the school, Pope says that the flag football program will utilize the new girls' soccer locker rooms while in season. Other schools nearby that participate or plan to participate in the sport include Warren County, as well as a number of schools in both Rutherford and Williamson County.

In total, 66 schools participated in the inaugural flag football campaign this past spring, and Shelbyville Central is planning to join the ever-growing number of schools by the spring of 2027.

Middle Tennessee defeats Cumberland 74-58 at the Murphy Center

MT ATHLETICS

MURFREESBORO, Tenn. – Middle Tennessee (7-4, 1-0 CUSA) overcame a tough first half to win its fifth home game to close out the 2025 calendar year, defeating Cumberland 74-58. Following a first-half shooting percentage of 37.5 percent as a team, the Blue Raiders shot a much-improved 51.9 percent from the field after the break to put the Phoenix away.

Middle Tennessee had a rough first half shooting the ball, finishing the half 8-of-23 as a team while the Phoenix shot 48.3 percent as a team to take a 35-30 lead at halftime. Making his first start since the McNeese State game, Sean Smith finished the first half with seven points and two assists while fellow guard Jahvin Carter contributed seven points and two rebounds. Torey Alston was halfway to a double-double with five points and five rebounds.

The Blue Raiders took control early in the second half, outscoring Cumberland 25-13 in the first 10 minutes to take the lead 55-48 and didn't look back. Alston led the way by collecting his second double-double of the season with 19 points, 10 rebounds and three blocks and two assists. Former Alcoa Tornado Carter scored a career-high 20 points and tied career highs in rebounds with five and three-pointers with three. Smith finished with 11 points and a team-high four assists while Tre Green led the Blue Raider bench with nine points.



Photo courtesy of MT Athletics.

Nick McDevitt

"My college coaches used to always tell us to make sure you have the right mindset in these kinds of games," said Middle Tennessee Head Coach Nick McDevitt. "It's easy to get distracted with other stuff. In the first half, our minds were elsewhere. Coming back out, we needed every bit of what Torey (Alston) did tonight. Jahvin (Carter) hit a couple of big three's. I think it started toward the end of the first half when Jarred Hall brought us some energy by getting a big offensive rebound and played great defense and helped give us what we needed."

Jahvin Carter

"Lots of respect for (Cumberland)," Carter said. "They came out and played tough. Early, we just didn't play to our standard, especially defensively, like we did against Kennesaw State. We regrouped at halftime and got back to being us. It all goes back to my teammates and coaches pushing me to be better. When I wasn't playing as well, they were in my ear telling me to keep going and it helped me get back to being who I am."

By the Numbers

20: New career high in points by Jahvin Carter, who also tied a career high in three-pointers made in a game with three.

2: Double-doubles this season for forward Torey Alston.

8: Times this season in which Sean Smith has led the team in assists, garnering a team-high four today.

MTSU's Baugus named Conference USA Freshman of the Week

MT ATHLETICS

DALLAS, Tex. – Continuing her consistent production, Middle Tennessee freshman guard Blair Baugus has been named the Conference USA Freshman of the Week, the league office announced Monday afternoon.

Baugus put together another strong week against quality competition, beginning with an efficient outing versus Auburn. The freshman finished with 11 points, five rebounds and a steal while shooting 3-of-5 from the field and 5-of-6 from the free-throw line, providing steady scoring against a Power Five opponent.

She followed that performance with a dominant effort on the glass against Wichita State, recording eight points and 12 rebounds to go along with three steals and an assist. The double-digit rebounding performance marked her sixth such effort of the season and helped anchor the Blue Raiders on both ends of the floor.

Through 12 games, Baugus has firmly established herself as one of Conference USA's most complete players:

- 4th in CUSA in rebounding (9.3 RPG) — top freshman in the league
- 4th in CUSA in steals — top freshman in the league
- Leads all CUSA freshmen in scoring (12.6 PPG)

This marks Baugus' fourth weekly honor of the season, further establishing her as the benchmark among Conference USA freshmen.



Photo courtesy of MT Athletics.

MTSU's Alston selected as Conference USA Player of the Week

MT ATHLETICS

DALLAS, Tex. – Another standout week from redshirt sophomore Torey Alston saw him voted as Conference USA Player of the Week for the week of December 22, as announced by the league office Monday afternoon. The award marks the second of the year for the Durham, N.C. native and the second time a Blue Raider has earned the honor this season.

Alston averaged 14.5 points and 9.5 rebounds on the week, helping lead the Blue Raiders to wins over Kennesaw State and Cumberland. Against the Owls, he scored 10 points, eight of them coming from the free throw line after drawing seven fouls. Coming just short of a double-double with nine rebounds, he set a new career best with six blocks, marking the best blocking performance by a Conference USA player this season.

In Sunday's contest against Cumberland, the forward tallied his second double-double of the season with 19 points and 10 rebounds. He shot 60 percent from the field while making seven free throws and tacking on three blocks and two assists. Perhaps his most notable stretch in the game saw him score the opening nine points of the second half in just two minutes of play to push the Blue Raiders to victory in their last non-conference contest at home.

Alston leads the team with 8.3 rebounds per game, a mark that is tied for second in the conference and is second on the team with 12.5 points per game.



Photo courtesy of MT Athletics.

A festive day at Rosenwald Community Center

T-G Photos by Marilyn Ewing















Vanderbilt Bedford Hospital wins Pursuit of Excellence Award

The third annual Quality, Safety and Risk Prevention (QSRP) Pursuit of Excellence Poster Session and Award Ceremony was held Oct. 23 in Langford Auditorium.

More than 95 quality projects and initiatives from across Vanderbilt University Medical Center were submitted for awards. Each submission went through four rounds of judging, including an evaluation by a quality professional, an executive leader, and research professional or Patient and Family Advisory Council representative.

This year, 24 finalists were invited to share their work at the poster session immediately prior to the award ceremony. Winners were announced for each of VUMC's major clinical entities, along with a VUMC Project of the Year. Winners received their awards from Jenny Slayton, DNP, RN, Senior Vice President for Quality, Safety and Risk Prevention, and Cecelia Theobald, MD, MPH, Senior Vice President for Clinical Affairs.

The event was combined with celebration of this year's honorees of VUMC's Safety Superhero and Good Catch programs. The Safety Superhero program encourages staff and faculty at Monroe Carell Jr. Children's Hospital at Vanderbilt to nominate their front-line peers for demonstrating safety skills and preventing harm to patients, and the Good Catch program provides similar recognition to front-line workers across the rest of VUMC. With over 300 Good Catch or Safety Superhero honorees during fiscal year 2025, many attended the event to celebrate share their stories, and participate in a raffle for honorees.

The program at Langford began with a safety message from a patient's perspective, delivered by sepsis survivor Kathy Burns, a retired clinical nurse specialist from the cardiovascular intensive care unit at Vanderbilt University Hospital.

Winners of the 2025 QSRP Pursuit of Excellence Awards

• **Project of the Year**: "Improving Sepsis Care in the VUH Emergency Department," submitted by Chris Champion, MD, MBA, on behalf of the sepsis team in the Adult ED at Vanderbilt University Hospital.

• **Vanderbilt Bedford Hospital**, Sara Childress: "Throughput Time for ED Admissions."

• **Vanderbilt Wilson County Hospital**, Andrea Glover, BSN, RN, Fredia Fischer, BSN, RN: "Dysphagia Screening in Stroke Patients."

• **Vanderbilt Tullahoma-Harton Hospital**, Caleb Bailey, MD: "Improving 3-Hour Sepsis Bundle Compliance in the Community Emergency Departments."

• **Vanderbilt Psychiatric Hospital**, Connie Hare, MSN, RN, PMH-BC, Drew Hawkins, Vincent Miller: "Shift Happens! Shifting Attitudes to Manage Conflict Within Your Team."

• **Vanderbilt University Hospital**, Chris Champion, MD, MBA, on behalf of the sepsis team in the Adult ED: "Improving Sepsis Care in the VUH Emergency Department."

• **Vanderbilt Health Services**, Catherine Wiggleton, MD, Kellie Maze: "Early Initiation of HPV Vaccination to Improve Series Completion."

• **Monroe Carell Jr. Children's Hospital at Vanderbilt**, Madeline Cason, Allison Weatherly, MD: "Pediatric Health Assessment Tracker: A Quality Improvement Initiative to Obtain Weights Consistently and Appropriately in a Tertiary Pediatric Intensive Care Unit."

• **Adult Ambulatory Care**, Julie Jenkins, MSN, RN: "Enhancing Accuracy and Efficiency in New Patient Record Acquisition."

A Legacy of Service: How family stories shape service

(Family Features) Major historical events like war or military service make a lasting impact on family identity, values and traditions, often reverberating across multiple generations.

Veterans frequently speak about their military units as if they were family, given the unbreakable bonds that develop between comrades. However, for some veterans, "brothers in arms" is more than a figurative turn of phrase.

Throughout the 20th century, entire families felt the firsthand effects of war, with multiple generations serving. Brothers enlisted together. A father's military legacy inspired his children to join up. Sweethearts met and married while in uniform. These stories not only illustrate the experiences of individual veterans but also provide an intimate glimpse into family legacies of military service.

Consider the Veterans History Project, a program overseen by the Library of Congress, which collects and preserves the firsthand remembrances of U.S. military veterans and makes them accessible for future generations to better understand veterans' service and sacrifice. These personal stories encompass original correspondence, memoirs, diaries, photographs and oral history interviews, all offering deeper insight into the long-term impact of military service.

Veterans' narratives are collected by volunteers, and anyone who served from World War I to today can submit their personal story, regardless of whether or not they saw combat. The collections frequently shed light on the importance of family in military experiences. Whether expressed through heartfelt letters home, enduring family legacies of service or the experience of serving alongside loved ones, these stories reflect profound connections.

Family Identity

During the Cold War, Jennifer McNeill rose from Army Dental Assistant to Command Sergeant Major at the Army Eisenhower Medical Center in Fort Gordon, Georgia. Her collection includes a poignant photograph of her mother sharing images of her four military daughters in uniform, underscoring how family identity and military service are closely connected.

Values

Military service makes a lasting impression on veterans, shaping the experiences and the values that guide them through life. Ray Chavez is one such example. He was the oldest known Pearl Harbor survivor before his passing in 2018. For most of his life, he remained silent about his experiences, but in 1991, his daughter, Kathleen Chavez, who served in the U.S. Navy during Desert Storm, convinced him to return to Pearl Harbor. That trip marked the first time he spoke openly about his service. Kathleen shared their family's deep military legacy in her oral history for the Veterans History Project.

Traditions Across Generations

Serving in the military is a deeply personal journey, but for many veterans, it's an experience that transcends generations. Bill Toledo enlisted in the Marine Corps in October 1942 at the age of 18. Along with his uncle, Frank Toledo, and cousin, Preston Toledo, he served as a Code Talker transmitting military messages through secret codes. In his oral history, Bill vividly recalled both the challenges of combat during the invasion of Iwo Jima in February 1945, and the treasured moments spent with his uncle.

These and many other family stories of military service and remembrance are available to the public at loc.gov/vets.

PEOPLE AROUND TOWN

Photos by Mary Ellen Butler

Carriage House residents and staff were entertained earlier this week by Santa Claus. They made their list and he checked it twice. All said they've been good this year. Some also got in a hug or two.

























