

INSIDE News

Local.....3A
Calendar.....4A
Farm.....5A
United Way.....6A
Sports.....1B
TV.....5B
Comics.....6A
Classified.....7B

INSERTS:

- Food Lion
- Kroger



United Way

Special pages with today's T-G



District champs

Sports/1B

A PRIZE WINNING NEWSPAPER

UT-TPA PRESS AWARD 2021



Rain 63/45



Vol. 141, No. 15



The new west wing of Community High School will be built on the right side (when facing the building).

School board updated on new elementary

Community High wing underway

By ZOË HAGGARD
zhaggard@t-g.com

Tuesday's school board meeting held much debate and discussion about Bedford County's construction of the new elementary school and Community High School's new wing.

The new elementary school will be located behind Marelli near the

437 Bypass. BCS's communication coordinator Carol Garrette said access to the site will be from U.S. 231 as well as Fairfield Pike.

Bedford County Board of Education purchased the 23-acre plot of land for \$1 million, according to County Finance Director Robert Daniel.

During the school board meeting, members were confused about the timeline and cost of the project. The County's architect and new elementary school project manager, Kline-Swinney Associates, was unable to give a definite estimated cost for construction of the new facility.

"Overall cost, I don't know what to tell you about that. They're high,"

said Bart Kline.

Board member Brian Crews asked if the board's guaranteed maximum price of \$25 million would be realistic for this new elementary school.

Kline said it's a goal to hit. "But what we're seeing right now bid, that's going to be hard," Kline said. "Schools in Maury, Williamson, and Metro Nashville are as much as

\$30-\$33 million. This is also amid increasing construction supply costs."

Kline-Swinney plans to complete contract documents by the end of February, while construction of the elementary school will start in April. The finished building will be 113,000 square feet and hold 800 students.

▶ See **School**, Page 2A

Chad Fletcher named 'Supervisor of the Year'

By ZOË HAGGARD
zhaggard@t-g.com

Having been in education for 26 years, Chad Fletcher started out as a high school history teacher in Metro-Nashville schools. He became Bedford's federal program supervisor in 2019 and received the county's "Supervisor of the Year" award this year.

Budgets and history may be two different subjects, but Fletcher assures he enjoys what he does. And he's humbled at being named top supervisor for Bedford County schools.

"I feel very humbled that my colleagues felt that I was deserving of that honor. And, frankly, I am really blessed to be a part of a really good group," he said.

As supervisor, Fletcher oversees many tasks, like state testing with TN Ready and school safety



"We will never see money on this scale again, most likely."

— Chad Fletcher, federal program supervisor

coordination.

But his primary responsibility is to oversee the yearly federal budget, which comes in two bulks. Title I money is given to children who are identified as being impoverished, while Title II is money given for professional development of teachers and school leaders. Title IV funds are used for a well-rounded education, Fletcher explained.

ESSER funds

This year, on top of the other federal budget categories, the school system received millions of dollars in COVID relief funds, better known as

Elementary and Secondary Schools Emergency Relief or ESSER funds. Bedford County Schools received a total of \$24.7 million dollars in three installments:

- \$1.7 million for ESSER 1.0
- \$7 million for ESSER 2.0
- \$15.9 million for ESSER 3.0

"We will never see money on this scale again most likely," Fletcher said.

According to Fletcher, ESSER was initially used for investing in technology as classrooms went remote. Once ESSER 2.0 and 3.0 came out, the focus shifted to keeping kids in school and miti-

gating any academic loss. Tutoring and summer school were big factors in combating this.

"The bigger need is we want to make sure we have facilities and infrastructure in place that if we see another resurgence of COVID, we can keep kids as spread out as we can," Fletcher said. This led to the school system's decision to buy more school buses as well as build the new wing at Community High School.

By the state of Tennessee's standard, Bedford County Schools spent this federal money "correctly," which is why they received a "Best

for All" designation last Friday.

Fletcher said when the "Best for All" designation came out with ESSER 3.0, he thought it was important as that would qualify them for additional grants.

"We were really deliberate that when I built those budgets...that we would do what the state intended," he said. Next year, Fletcher said they will aim to get the TN ALL Corps, which is sponsored by the state's Department of Education and requires a low student-teacher ratio and tutoring.

The challenge: the fast-growing community.

More tutors

Increasing the number of tutors has helped tailor education for each student's needs as they return from a virtual environment.

"I'm just so pleased

▶ See **Fletcher**, Page 2A

HAPPENING THIS WEEKEND

Hazelwood to sign new cookbook

By DAWN HANKINS
dhankins@t-g.com

Local author David B. Hazelwood will have a presentation and book signing for his new cookbook, "Cooking Southern: Recipes and their History," which he co-authored with David G. Smith, former owner of Satsuma Tea Room in Nashville, from 10 to 11 a.m. Saturday at Shelbyville-Bedford County Public Library on South Jefferson Street.

It has taken the culinary team 5 years to complete a nearly-600 page collection of rich and savory recipes from the old and modern South. The recipes range from Shrimp Avocado Cocktail to Dressed Eggs.

There are local residents involved in the recipes as well as family and friends of Hazelwood and Smith.

Hazelwood and wife, Claudia, operated the historic Cortner Mill Restaurant in Normandy for 27 years. Some of the recipes are their favorites as well from Cortner Mill and the Parish Patch.

While there's a great calling for many of his Cortner Mill dishes, Hazelwood said there's some new found ones (actually several decades old, re-discovered during their research.)

See more in Saturday's T-G about how this grand cookbook came to fruition.

THE ROAD LESS TRAVELED



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DEATH NOTICES

James William Rainey

February 20, 2022

James William Rainey, 84, of Fosterville Community died Sunday, February 20, 2022 at his home.

A graveside service will be 10 a.m. Thursday, February 24 at Eggleston Cemetery in Williamson County.

Lawrence Funeral Home, Chapel Hill, is handling arrangements.

OBITUARIES

Shirley Jean Bowen Carter

February 19, 2022

Shirley Jean Bowen Carter, 72, of Shelbyville died Saturday, February 19, 2022.

Funeral Services will be held 1:00 P.M. Wednesday, February 23 at Hillcrest Funeral Home, Revs. Ron DeWitt and Andy Keffer officiating. Burial will follow at Willow Mount Cemetery. Visitation will be 4-9 p.m. Tuesday.

She was born July 9, 1949 in Cannon County; was a homemaker and a member of First Church of the Nazarene.

She was preceded in death by her parents, Robert Lee and Gracie Louise Bowen; sisters, Wanda Brown and Dorothy Grace McClanahan.

Shirley is survived by her husband, Elry H. "Buddy" Carter; children, Anthony Brian (Tracey) Caldwell, Robin Leanne (Trey) Phillips; step-son, Todd Carter; sisters and brothers, Lois Patricia (Ewell) Caldwell, Robert Allen (Patricia) Bowen, James Leonard (Tammy) Bowen, Teresa Lynn (Wayne) Miller, Howard Lee Bowen; eight grandchildren, Mathew Blake (Maddie) Caldwell, Justin Tucker Caldwell, Tyler Blake Phillips, T'ea Sarah Suzanne Phillips, Joscelyn Marie Phillips, James Ethan Carter, Lauren Sudberry, Michael Todd Carter; great-grandchildren, Olivia Rose Caldwell, Riley Jewell Caldwell and several other great-grandchildren.

In lieu of flowers memorials may be made to First Church of the Nazarene.

Michael O'Dell 'Mike' Webb

February 18, 2022

Michael O'Dell "Mike" Webb was a caring husband, father, grandfather, son, and friend. He left this world suddenly on Friday, February 18, 2022, at age 74.

Visitation will begin at 11 a.m. Wednesday, February 23, 2022 at Feldhaus Memorial Chapel. The funeral service will be at 3 p.m. Burial will follow at Willow Mount Cemetery. Family and Friends are welcome to celebrate Mike immediately after at Edgemont Baptist Church.

He was born to Charles Jr. and Margie (Gentry) on October 3, 1947, in Lebanon. Mike was a graduate of Antioch High School. He served with the United States Marine Corp, and received a Purple Heart from wounds received during combat.

Mike loved spending time enjoying the river from his deck, tinkering in his basement, maintaining his lawn and fishing. Prior, to her passing both Mike and his wife were active members in their Church and community.

Mike is preceded in death by wife Betty, daughter Amy, father, Charles Jr and mother, Margie.

He is survived by his children Matthew Webb (Feather), Mary Smith (Lake), Rachel Cherry (Jason), Jill Murdock and Dale Thorton. Grandchildren; Anna Marie Thorton, Elizabeth Webb, Lake Smith Jr, Melana Murdock, Ethan Webb, Miranda Murdock and Emmaline Webb along with numerous extended family and friends.



Fletcher

(Continued from Page 1)

with the number of people who have stepped up. It's retired people. It's stay-at-home mothers. It's retired teachers. It's grandparents... folks who love our kids." Fletcher said if anyone is interested in becoming a tutor, they can contact any of the principals at any of the 15 schools in Bedford, or to call central office at (931) 684-3284.

"Success breeds success," Fletcher said. "And let's get kids to experience this success because they're getting the extra help they need."

There are as many needs as there are kids. Approaches to aid students, according to Fletcher, include one-on-one time and online resources that measure a student's progression.

Therefore, a little over \$8 million of the ESSER funds (50 percent of ESSER 3.0) have gone into tutoring.

Putting kids first

But in the span of Fletcher's nearly 30-year education career, the biggest change (and challenge), he says, has been with phones and social media. On one end, technology has changed the curriculum and made it more accessible. But the downside, kids deal with the 24-7 bombardment that comes with constant media use.

"That's why it's really important to us to invest with some of our federal funds with our ESSER funds a social, emotional learning coordinator for the district," Fletcher said. Lindsay Wiley, a team

leader in the Tennessee Department of Children's Services and a licensed social worker, will be starting on February 28 in this position.

"While our teachers are really well trained to help kids academically, we recognize that we still need more training in helping kids with the emotional and mental components outside of academics," said Fletcher.

For example, the school system receives federal funds to help families they know are struggling financially to get food, clothing, and get them to medical appointments.

"I think that's important: that we see beyond what is and look into what could be."

With the new BEP formula being debated on Tennessee's legislative floor, Fletcher said he hopes the schools can invest in high quality teachers, nurses, school counselors, and social workers to provide an even larger "safety net" for kids.

It's all the more important that parents interact in their children's education by making sure to ask three questions when they get home: How was your day? What did you learn? What did you enjoy?

The goal, Fletcher said, is to "make your child feel like education is important," which creates a great desire for them to go back to school the next day, according to Fletcher.

"When we work together in concert with parents, with community agencies, and with groups that support kids' physical, emotional needs, amazing things happen...That's what transforms a community."

Was Arbery killing a hate crime? Jury hears dueling views

By RUSS BYNUM Associated Press

BRUNSWICK, Ga. — Three white men who chased and killed Ahmaud Arbery on a residential street acted out of "pent-up racial anger" and should be convicted of hate crimes, a federal prosecutor told a jury Monday. Defense attorneys argued that the Black man was fatally shot in self-defense and had acted suspiciously during prior trips to the neighborhood.

The jury of eight white people, three Black people and one Hispanic person heard dueling reasons for the killing in U.S. District Court, where verdicts on hate crime charges rest not on whether the pursuit and shooting were justified, but whether they were motivated by racism. The trial began a week ago.

Prosecutor Christopher Perras argued that Travis McMichael "was just looking for a reason" to hurt a Black person when the 25-year-old Arbery jogged past his home on a Sunday afternoon. Perras cited a slew of racist comments and videos the defendant had posted online.

And when McMichael, his father and a neighbor began chasing Arbery, they had no evidence he had done anything wrong, but they assumed he had because he was Black, Perras said.

When McMichael's father, Greg McMichael, saw Arbery jogging down the street, "he didn't grab his phone and call police," Perras said. "He called his son and grabbed his gun."

"There's a big difference between being vigilant and being a vigilante,"

said Perras, later adding: "It's important for you to understand the full depth of the defendants' racial hatred."

Travis McMichael's attorney, Amy Lee Copeland, told the jury prosecutors presented no evidence that he "ever spoke to anyone about Mr. Arbery's death in racial terms" or committed prior acts of racial violence.

Copeland noted the McMichaels pursued Arbery because they recognized him from videos recorded by security camera inside a neighboring home under construction, which Arbery had entered at night four times in the months before the shooting. She said the behavior was suspicious, though there was no evidence Arbery had stolen anything.

As for the shooting, Copeland said it was "based on self-defense," with Travis McMichael opening fire after Arbery tried to grab his shotgun.

"Mr. Arbery tried to wrestle the gun out of Travis McMichael's hand," Copeland said. "You can see the struggle on the recording."

It's been nearly two years since Arbery fell dead from two shotgun blasts on Feb. 23, 2020, after a five-minute chase through the Satilla Shores subdivision just outside the port city of Brunswick. The slaying was captured in a graphic cellphone video that sparked outrage far beyond Georgia.

Basic facts of the case aren't disputed. The McMichaels armed themselves and chased Arbery in a pickup truck after he was spotted running past

their home on a Sunday afternoon. A neighbor, William "Roddie" Bryan, joined the pursuit in his own truck and recorded the video of Travis McMichael firing the fatal shots at point-blank range.

The McMichaels and Bryan were all convicted of murder last fall in a Georgia state court. The U.S. Justice Department charged them separately in federal court with hate crimes, alleging that all three men violated Arbery's civil rights and targeted him because he's Black. They are also charged with attempted kidnapping, and the McMichaels face counts of using guns in the commission of a crime.

Regardless of the outcome of the hate crimes case, the McMichaels have been sentenced to life in prison without parole for their murder convictions. Bryan also received a life sentence, with parole possible only after he's served at least 30 years.

Legal experts have said that it's tougher to prove hate crimes than it is the crime of murder. The McMichaels and Bryan have all pleaded not guilty to the hate crimes.

Defense attorneys have insisted that the trio pursued Arbery based on an earnest, though erroneous, suspicion that he had committed crimes in their neighborhood. Before the day of the shooting, security cameras had recorded Arbery several times inside a home under construction a few doors down from the McMichaels' house. Greg McMichael told police he recognized Arbery as he came running out of the same unfinished house

the day of the shooting.

Greg McMichael's attorney, A.J. Balbo, said Monday that his client had previously confronted a white person he suspected of possibly committing crimes in the area. Balbo said his client didn't chase Arbery because he was a Black man, but because he was "THE man" who had been seen in the house.

Security videos showed Arbery taking nothing from the construction site. An officer told the McMichaels there was no evidence of him stealing. Bryan, who knew nothing of the security footage, told investigators he assumed Arbery had done something wrong when he ran past Bryan's house with the McMichaels in pursuit.

Bryan's attorney, Pete Theodocion, argued Monday that it was "entirely reasonable" for his client to assume that a truck he recognized as belonging to someone in the neighborhood was chasing Arbery because he had done something wrong.

The chase and Bryan's participation in it "would have happened regardless of race, based on the circumstances," Theodocion said. He said the government has not provided evidence "that shows Roddie to be obsessed with race," or that he has "a hatred of African Americans."

FBI agents uncovered roughly two dozen racist text messages and social media posts from the McMichaels and Bryan in the years and months preceding the shooting.

School

(Continued from Page 1)

Board member Diane Neeley said she was really concerned with that square footage. With 800 students, that leaves 142 square feet per child, she said. "Typically, in elementary, I thought we were down to 117. That really drives the cost of this. It seems to be driving higher."

Kline told the board how they need to design the core of the school for the end goal, that is, for the future influx of students. "It's easy to add classrooms. It's really hard to go add 2,000 square foot that's central to a building."

For example, there is a prototype school in Rutherford County that Williamson County bid on, Kline explained. The price came in at \$254 a square foot. This figure, however, did not include furniture fixtures and equipment (FFNE), information systems (IT), or architect fees.

The design is in the "program phase," where they hope to smooth out any potential extra costs, Kline said.

"So be careful when you hear a number and understand exactly what's in it. That's what this program phase will do," Kline said.

Water issues

Community High School's new wing will serve as the school's primary career and technical education (CTE) wing, which will include programs like cosmetology and the new hospital-simulated lab. The wing was scheduled in the initial building program over 10 years ago, but due to lack of funding, the second wing was delayed.

This new west wing—which when facing the school, will be on the right side—will be slightly smaller than the east wing and hold 12 classrooms.

One of the reasons the wing will be smaller is because of "water issues" from the subdivision near the high school, according to architect John Davis of Davis-Stokes Collaborative, who will oversee the construction. This is likely the last project Davis will oversee for a while for the school board as the County is now

overseeing all such future building projects through its newly hired firm, Kline-Swinney of Nashville.

Davis said of the water issue, "Everybody knows there's some water issues in the subdivision close-by. It's mostly a challenge because of the 100 acres that drains across Unionville-Deason Road right into the front of this school and then has to exit the site through our detention. But we just felt like we didn't need to add any more water to it."

Dry detentions temporarily store peak flows of water that come from something like post-construction outflow or storm water runoff, according to Tennessee's Storm Water Management and Design Manual.

Chuck Yoest, regional director for the Columbia Environmental Field Office of the Tennessee Department of Environment and Conservation, said the excess water runoff most likely comes from the hard, asphalt surfaces of the high school and the surrounding subdivision.

Bedford County Utility District also performed a hydraulic analysis to make

sure the school will have adequate potable water.

Board member Glenn Forsee asked Davis what possible concerns he may see with this construction timeline.

Davis said, "When I look at it, I don't see that there's anything beyond anybody's control." Davis said he hopes to get the septic tank pump installation by Tennessee Wastewater underway soon.

"I did you the favor of putting it in the numbers," Davis said. "I've always done it for the County, and I pushed, and they did it. That sort of changed now. I'm going to let someone else do that. I will help in any way I can, but they've got to push that along."

Davis said the estimated bid of construction will be \$220 per square foot and cost around \$4.9 million, which includes expansion of the sewer system needed to house the extra load of students. The new wing will allow Community to hold up to 1,000 students, according to Davis.

Davis said teams are in the middle of design and have plans to end this phase in March.

Putin mulls recognizing separatist eastern Ukrainian regions

MOSCOW (AP) — Russian President Vladimir Putin said he would decide later Monday whether to recognize the independence of separatist regions in eastern Ukraine, a move that would ratchet up tensions with the West amid fears that Moscow could launch an invasion of Ukraine imminently.

European leaders urged Putin to resist recognition, and the EU foreign policy chief threatened possible sanctions if he does. Ukraine's president convened an emergency meeting of top security officials.

The Kremlin said Putin told the leaders of Germany and France that he would

sign a "relevant decree" soon in response to the separatist leaders' pleas to recognize their independence. It didn't elaborate on what the decree would say.

According to the Kremlin, German Chancellor Olaf Scholz and French President Emmanuel Macron voiced "disappointment with such a development" but also "readiness to continue contacts."

At a carefully orchestrated, pre-recorded meeting of Putin's Security Council, a stream of top Russian officials argued for recognizing the separatist regions' independence, though some suggested

Putin didn't have to do it immediately. It came amid a spike in skirmishes in those regions that Western powers believe Russia could use as a pretext for an attack on the western-looking democracy that has defied Moscow's attempts to pull it back into its orbit.

With an estimated 150,000 Russian troops massed on three sides of Ukraine, the U.S. has warned that Moscow has already decided to invade. Still, the American and Russian presidents tentatively agreed to a possible meeting in a last-ditch effort to avoid war.

If Russia moves in, the

meeting will be off, but the prospect of a face-to-face summit resuscitated hopes that diplomacy could prevent a devastating conflict, which would result in massive casualties and huge economic damage across Europe, which is heavily dependent on Russian energy.

European Union foreign policy chief Josep Borrell said at an EU foreign ministers meeting in Brussels that, "If there is a recognition, I will put sanctions on the table and the (EU) ministers will decide" whether to agree to impose the restrictive measures on Russia.

BROOKS AND FROGS



About midday on Saturday, the sound of frogs could be heard off in the distance near this bridge in Normandy.

T-G Photo by Dawn Hankins

Area schools honored as 'Tennessee Best for All'

"Each of us has a fire in our hearts for something. It's our goal in life to find it and keep it lit."

— **Mary Lou Retton, American gymnast and five-time Olympic medalist**

I want to recognize Dr. Farris Beasley, of Lincoln County, for his receipt of the Governor's Volunteer Stars Award. Each year, 1.6 million Tennessee volunteers give over 137 million hours of community service — contributing \$3.3 billion to our economy. Thanks Dr. Beasley for all your years of volunteering to make our county and state better.

Also last week, I learned that Bedford and Lincoln County Schools were recognized by the Governor as "Tennessee Best for All" Districts. In the letter I received, they stated that our district's schools "have shown that they are determined to put students first, prioritizing their academic achievement, growth, and opportunity above all else." To qualify for the Best for All program, a district had to spend an amount equal to 50% of their ESSER 3.0 (The American Rescue Plan Elementary

and Secondary School Emergency Relief) award amount on proven, researched-based strategies to raise student academic achievement and participate in the TN ALL Corps tutoring grant program.

Our Department of Commerce and Insurance and the State Fire Marshal's Office (SFMO) were excited to announce that 327 lives have been saved due to their "Get Alarmed, Tennessee!" smoke alarm program. The program is a grant-funded fire safety education and smoke alarm installation program that has partnered with 555 Tennessee fire departments and volunteer organizations. They have given out over 254,000 smoke alarms since the program began in 2012, including 18,000 in 2021.

We're working hard this session to introduce two bills aimed at honoring U.S. military veterans for their sacrifice. HB 2322 entitles disabled veterans to receive registration plates free of charge in Tennessee. The bill expands current law to include veterans who have a service-connected disability or a combined 100 percent total disability or

impairment that hinders their capacity to work. Another bill, HB 2045 entitles disabled veterans and Purple Heart recipients to have fees waived for title and memorial registration plates for two vehicles. State law currently only waives fees for one vehicle per qualified veteran.

It always makes me proud to see Tennessee praised in the national news. Financial Advisor Magazine published a list of the states that attracted the most Americans moving from out-of-state for retirement in 2021: Tennessee 13.1%, Florida 11.3%, Pennsylvania 10.7%, North Carolina 10.3%, South Carolina 9.4%. Further proof of our financial strength — people would rather live here than the beach!

We were briefed on the rising electric vehicle use in Tennessee recently and the impact that could have on state gas tax collections. There were 87,000 registered hybrid vehicles statewide as of June 2021 and 12,000 registered electric vehicles as of December. Even though electric vehicles only make up about 0.2% of all vehicles statewide, that's nearly a 32% increase

from six months ago. While gas tax revenue growth is projected to increase during the next two years, the Dept. of Revenue believes that collections will "flatten out" as electric vehicles become more popular. They believe there will be 200,00 all-electric vehicles by 2028. Since it's clear electric cars are coming, we are going to have to look somewhere else to fund our roads. Electric vehicles currently pay an additional \$100 on their annual vehicle registration fee to help make up for their reduction in gas tax collection, but that might not be enough long term to make up the difference.

On Tuesday of this week, Jason Reese, the assistant general manager of Shelbyville Power, Water, and Sewerage Systems, came by my office for his first visit to the State Capitol. We both learned a lot from each other about his utility work and my state rep work. That same night, the Municipal Electric Association had a fine reception for all the legislators.

On Wednesday morn-

ing Barry Cooper, Chairman of Duck River Electric (DREMC), and several members of the board stopped by for a visit and told me about their legislative priorities and concerns. That night, the Electric Co-ops had their annual legislative reception and had a large enthusiastic crowd attend.

Wednesday was both MTSU and UT Day on the Hill. I got to meet with MTSU president Dr. McPhee and several of his staff — including their mascot Lightning. I also was able to visit with UT's President Randy Boyd. I had my picture taken with UT's new football coach Josh Heupel. He was very

Pat Marsh

State Rep. 62nd district



impressive! It was awkward changing from blue to orange ties trying to make them all happy!

Please let me know if I can ever be of service to you or your family. You can reach my office by phone at 615-741-6824 or email at rep.pat.marsh@capitol.tn.gov. I'm honored to serve District 62 and appreciate your continued support.

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Jovanny Garcia

Financial Services Representative

Q: What is a consolidation loan?

A: When you combine more than one of your debts, this can be considered a consolidation loan. It may be that you have multiple credit card balances that are accruing high interest each month. Or perhaps you have several payments that you want to simplify into one payment. In either case, we highly recommend that you consider a consolidation loan. Often by combining loan balances into one loan that is paid by installments at a fixed rate, qualified borrowers may reduce their interest rate and/or reduce the amount they pay monthly. We currently have a consolidation loan special available to our members for just this purpose! Visit any of our offices to learn more. Remember, we help when others won't! Not a member of Heritage South? If you live, work, worship or attend school in Bedford, Marshall or Rutherford County you can join!

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Moving losses

Dear Heloise: I have moved many times and invariably lost at least one box of goods. I now have a solution. Be sure to mark each box numerically, i.e., 1, 2, 3, etc. Then when all the numbered boxes have been loaded and confirmed on board the truck, have the driver sign off that all boxes are on board. Bet you won't lose one box coming off the truck. -- Sharon W., Beaumont, California

Sharon, that is one easy and logical way to keep track of your precious goods when you are moving! -- Heloise

Hints from Heloise

Heloise



underside of that retainer was truly gross. After cleaning it, the odors left. This cleaning was definitely needed, but not pleasant. Perhaps your readers will find it helpful. -- C. Moser, Green Valley, Arizona

C., this is a great idea to thoroughly clean our disposals, since we don't see all the food debris and awful gunk underneath the rubber retainer. Try to clean it regularly. -- Heloise

SERVING ICE CREAM JUST RIGHT

Dear Heloise: When I want to serve ice cream after dinner, I find that it is usually too hard to scoop straight out of the freezer. Leaving it on the counter for a little while allows it to melt around the edges, while leaving the center hard. I discovered that if I move it from the freezer to the refrigerator about an hour before serving, it softens nicely and can be easily scooped. Just don't forget to put it back in the freezer! -- Sherrill, Forest, Virginia

SMART WATCHES

Dear Heloise: I read in your column about all the things smart watches can do. They can also be a "lifeline." My friend's husband died from a fall at home. Since her children all live away, they bought her a watch, which she wears all the time. If she gets hurt at home and doesn't respond, the watch senses it, and help is sent to her address. -- Donna B.

GETTING ALL THAT SAUCE OUT

Dear Heloise: I use really thick spaghetti sauce that comes in a jar, and I used to really work to scrape the sides and bottom of the jar to get all the delicious sauce out. However, I found a trick that works really well. After emptying what you easily can out of the jar, just pour in a few ounces of your favorite wine, replace the lid, and give it a few shakes. Now it's easy to pour the rest of the sauce out, and as a bonus it will be flavored with your favorite wine. Delicious and fast! -- Heidi H., Massillon, Ohio

GARBAGE DISPOSAL CLEANING

Dear Heloise: I just read your column on using ice cubes to clean the disposal. This has worked very well for me for decades. After doing that several times recently on our stinky disposal, I used a spatula to pull back the rubber retainer at the very top to see if there was anything still stuck in the disposal, only to find the culprit. The

FINDING A LOST PET

Dear Heloise: I read with interest your column recently about what to do to try to locate a lost or stolen pet. I would like to add another suggestion. Notify all local veterinarians that you have lost your pet. Describe the animal and provide a picture, and let them know whether the animal is chipped. Ask the veterinarian to be on the lookout for someone bringing the animal in as if it's their new pet. You do such a great job of informing the public about animal care and alerts. -- Wanda D., Pleasant Plains, Illinois

Send a money-saving or timesaving hint to Heloise, P.O. Box 795001, San Antonio, TX 78279-5001, or you can fax it to 1-210-HELOISE or email it to Heloise@Heloise.com. I can't answer your letter personally but will use the best hints received in my column.

Heloise.com, or send \$3 along with a stamped, self-addressed long envelope to: Heloise/All-Time Fav., P.O. Box 795001, San Antonio, TX 78279-5001. You'll be glad you have this handy reference at your fingertips whenever you want to make something tasty and easy to prepare for family or guests. -- Heloise

CHOCOLATE BLOOM

Dear Heloise: For Valentine's Day I received a box of chocolates, but when I opened the box, some of the candy had a whitish-gray appearance. I wondered what caused it and whether or not it's safe to eat. I've been told that once this happens, the chocolate takes on a different flavor and it's not very appealing. -- Katharine O., Independence, Missouri

Katharine, that grayish color is called the "bloom," and it occurs when the cocoa butter in the chocolate rises to the top. When chocolate candy is stored someplace warm or humid, a bloom can happen. It doesn't really affect the chocolate, but visually it might be unappealing since we're not used to seeing chocolate with a bloom.

Send Community Calendar items to tgnews@t-g.com, notify us on Facebook, call 931-684-1200 or stop by our office, 323 E. Depot St.

SATURDAY

Wiley benefit

A benefit for Bell Buckle Police Chief Tommy Wiley is scheduled Saturday, Feb. 26 from 4-6:30 p.m. at the Bell Buckle Fire Department, 115 Main St. A fish fry with cooking by Randy Clanton and a silent auction are planned.

MARCH 1

Library book sale

Shelbyville-Bedford County Public Library will have a used book sale in its Community Room March 1-5, beginning at 9 a.m. until one hour before closing time. Hardcover books, DVDs and audiobooks are \$1 each, paperbacks are 50 cents and magazines 10 cents. For more information, call 684-7323.

MARCH 2

Retired Teachers meeting

Bedford County Retired Teachers Association will meet 11 a.m. Wednesday, March 2 at Urban Plantation. The program will be on voting and the election process by Bedford County Director of Elections Summer Leverette.

MARCH 8

Transition Fair

The Bedford County Transition Fair will be held 5-7 p.m. Tuesday,

COMMUNITY CALENDAR

March 8 at Shelbyville Central High School. Local and statewide service providers and advocate agencies will share information about resources students may find beneficial as they enter adulthood.

MARCH 12

Smoke alarms

Shelbyville Fire Department will be installing free smoke alarms with Red Cross on Saturday, March 12 from 9 a.m.-noon. City residents can call 931-684-6241. Those living outside Shelbyville can call Bedford County Fire Department, 931-684-9223.

MARCH 19

Craft fair

Bedford County Fair is hosting a Spring Fling Craft Show & Flea Market on Saturday, March 19 at Bedford County Agricultural Center. Sign up at <https://bedfordcounty-fair.org/spring-fling>.

CANCELLATION

VFW Music Night

VFW Post 5019, 1320 E. Depot St., has cancelled its monthly third-Saturday of the month music night through March. Plans are to resume the first Saturday in April. For more information, call 931-607-3149 or 931-684-2523.

ONGOING

Soup kitchen

Shelbyville Community Soup Kitchen serves meals from 4-5 p.m. Tuesdays at the old Save-A-Lot build-

ing on South Cannon Boulevard. One take-away meal per person present, with come-and-go service only. Donations may be made to Shelbyville Community Soup Kitchen, 122 Public Square N., Shelbyville, TN 37160 and are tax deductible under its 501c3 non-profit designation.

Head Start signups

All Head Start and Early Head Start Centers are taking applications for fall 2022 enrollment. For more information or to complete an application, contact any Head Start Center. Phone numbers are Wartrace 931-389-6406, Harris Head Start 931-773-0033, North Side Head Start Center 931-773-0141 and Bedford Early Head Start 931-685-0876.

For Head Start, the child must turn 3 before Aug. 15, 2022. For Early Head Start pregnant women make weekly educational visits and for the center children 6 weeks up to 3 years old are eligible.

Seniors meals

Shelbyville-Bedford County Senior Citizens Center will have meals available for curbside pickup until further notice. Call Melissa, 931-684-0019 from 8 a.m.-1 p.m. weekdays for more information or to place an order. A two-day notice is required.

County meetings

Bedford County Courthouse is closed for government meetings until at least March due to remodeling. Meetings of the full County Commission are held at Shelbyville Central High School auditorium on Eagle Boulevard and committee meetings at Bedford County Office Complex on Dover Street.

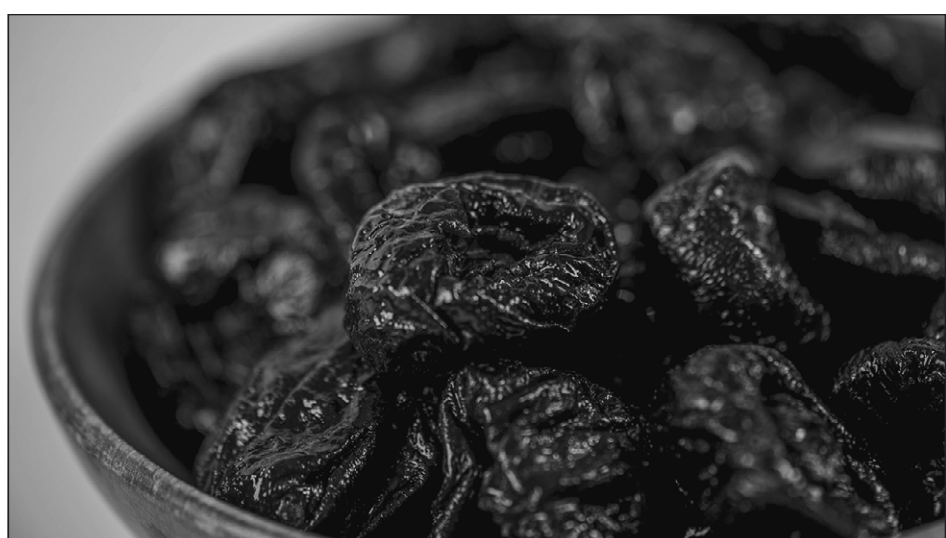


Have a healthier happy hour

(Family Features)
Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella – a good source



of calcium – you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit "<https://californiaprunes.org/>" CaliforniaPrunes.org to find more recipe ideas.

Prune, Mozzarella and Basil Skewers
Prep time: 5 minutes

Servings: 5
5 pieces prosciutto, halved lengthwise (optional)
10 California Prunes
10 basil leaves
10 cherry-size mozzarella balls

If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of pro-

sciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.

Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.

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AG NOTES

By **JOHN TEAGUE**
 UT/TSU Extension

beekeepers. Check this out.

EQUIPMENT SALE

The popular farm equipment sale will be held at the Bedford County Ag Center this Saturday, February 26, beginning at 9:00 AM. The equipment will be received starting Wednesday, February 23, and on through Friday. For more information or questions, contact Bob Morton at 931-842-1234.

DICAMBA

I will be having three sessions on dicamba application next week. This is an annual training required by the Tennessee Department of Agriculture for those farmers who use this product for weed control in soybeans. The first session will be Tuesday evening, March 1, at 6:00 p.m. The second session will be held on Wednesday morning, March 2, at 11:00 a.m. The last session will be held Thursday morning, March 3, at 11:00 a.m. Each session will last approximately one hour. The cost of the training is \$25. All session will be held here at the Extension Office at 2105 Midland Road. Call 931-684-5971 to reserve your seat in anyone of these sessions.

MEETING

The Middle Tennessee Beef Producers Association will hold its regular meeting on Thursday, March 3, at the Bedford county Ag Center. The meal will be served at 6:30 p.m. and the program sponsor is Boehringer Ingelheim with Todd Jennings. His presentation will cover animal health. Call the office number 684-5971 to make reservations for the meal. The membership meets on the first Thursday of the odd-numbered months. Programs related to beef production are presented each meeting. Sponsors provide a meal each meeting. The membership also has fundraisers to provide scholarships for high school graduates entering college or trade school in an ag-related field. Dues are \$20 for the year. Come and meet with others in the area with the same goals, to produce better beef and to help the community.

BASIC BEEF CLASS

I am having my Basic Master Beef Producer class in March. Dates are Tuesdays and Thursdays, March 8, 10, 15, 17, and 24. Sign-up is going on now. The topics include reproduction, genetics, animal health, forage management, carcass quality, nutrition, marketing, management, USDA programs, and other related topics. The \$85 cost for the sessions covers handout and program materials. Call or come by the office or send me an email at jteague1@utk.edu for the registration form and more information on the class.

BEEKEEPING SCHOOL

The Duck River Beekeepers announce this good school coming up on March 14, 15, 17, and 18, from 7-9 p.m. Classes will be at the Bedford County Farm Bureau on Bethany Lane. Contact Debra McKill at 931-581-5415 for details. This is always a good school. We need bees and

VEGETABLE PRODUCTION

I'm supporting a vegetable production meeting in Lincoln County with one of our top vegetable specialists, Dr. Annette Wszelaki. Make plans to attend the upcoming Franklin/Bedford/Lincoln County Vegetable meeting planned for Tuesday, March 8th at 2:00 p.m. in the Ralph Hastings meeting room at 208 Davidson Street East, Rm 117, Fayetteville, Tn. 37334. Topics to be covered include tomatoes, cucurbits & vegetable production. To register or for more information, contact the Lincoln County Extension Office, Franklin Co. Office 931-967-2741, Bedford Co. Office 931-684-5971 or Lincoln County Ext. Office 931-433-1582.

POULTRY NEWS

There have been outbreaks of Highly Pathogenic Avian Influenza (HPAI) in southern states around Tennessee. This deadly disease is transmitted by water fowl exposure to our home flocks, and/or transmitted into our commercial operations by vehicles, human traffic, equipment, etc. This disease can have devastating affect on our backyard flocks and the commercial poultry industry here. Dr. Tom Tabler, our UT poultry specialist, has published some short but informative documents. They are all available with links from the UT Publications. I can provide these links to anyone with email or I can print a copy.

D 155 Avian Influenza 2022: Frequently Asked Questions is a good discussion on what the influenza if all about. D 156 Biosecurity Checklist for Combatting Avian Influenza and D 157 Biosecurity Measures to Fight Avian Influenza Threats are good bits of information organized for poultry owners to use to help protect their birds. Contact me at jteague1@utk.edu or call me at 931-684-5971 to request the links or a copy.

THE KIDS

The boys were here this weekend. And we had Piper for overnight stays, too. If noise and laughter is any gage of a good time, it was off the charts! She loves the boys and they love her. Even though the boys are older, they play with her on her level, and that a show of maturity on their part. Both boys made the ball teams with really good try-outs. The rumor is that Hank was picked in the second round. With nine teams and the number of players total, that speaks pretty well of his talent. Ford was picked up early, too. He has a good batting record, and he's fast. His fielding is good for an 8 year old boy, and he's growing into that gangly stage. Piper is dancing and riding horses. Her day-school is teaching her age group some good stuff and it's fun to have her read to us. Now she's creative with the words and her versions are not exactly what's in print, but who cares? She thinks she's right, and I can't keep a straight face, so I guess she is! I love having them around. It's great entertainment!

A sunny Saturday in Normandy

After all the "storms" of late, it's great to take a drive around Bedford County countryside, where the cows are well-fed, the roads seem less traveled and the brooks are flowing with cool water.

MANY ROADS AROUND



There's a calm around Bill Russell and William Russell Roads in Normandy.

T-G Photos by Dawn Hankins

PRIME FARMLAND



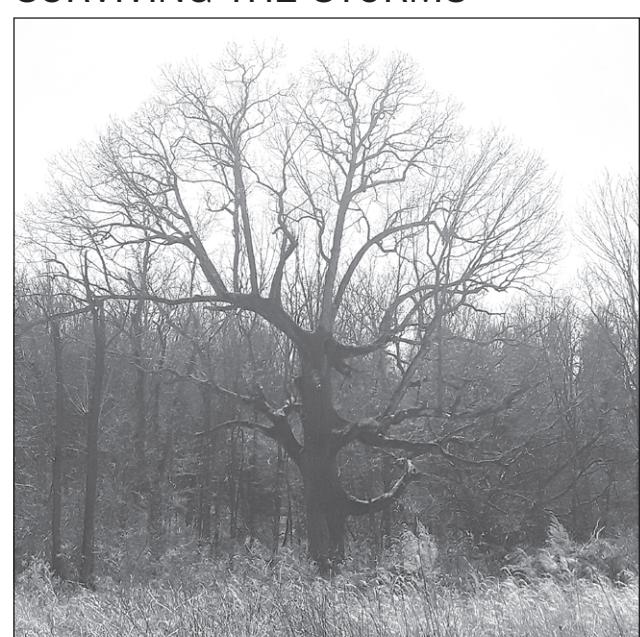
Normandy is well-known for having some prime farmland. But, over the last decade or so, many folks have moved to the Bill Russell Road area for obviously its peacefulness.

THE FARMHOUSE GATE



There's generally always an inviting farmhouse gate around, if you look hard enough.

SURVIVING THE STORMS



Many trees succumbed to recent storms, but this one stands tall like an aged person not willing to give up its independence.

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Ashley House
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Maleah Claxton



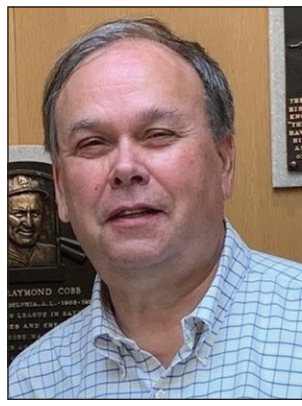
Purpose, goals, support, community investment

By United Way of Bedford County Executive Director Mark McGee

In my tenure as the executive director of United Way of Bedford County I have discovered that many people don't truly understand what we do.

Even though we are part of United Way Worldwide, and adhere to their rules and regulations, as a local entity we make local decisions on where the donations we receive are used.

We help provide support to 13 non-profit agencies and 14 programs, all either based in Bedford County or providing needed services to county residents. Our



Mark McGee

goal is to make Bedford County a better place to live for everyone regardless of financial, education or ethnic backgrounds.

I can't stress enough that every dollar we raise, beyond fees to the

state and United Way Worldwide, helps benefit residents of Bedford County. And like most non-profits we are appreciative of every dollar we receive. Also, like most non-profits the CoVID-19 pandemic has played havoc with our funding.

Each year our allocation committee spends many hours determining where the funds we have available will be distributed. Kayla Hillard chaired the allocations committee for 2022 with assistance from board members Angi Huffman, Kristin Brown, Vicki Hull and Ivan Jones. The committee studies extensive financial reports provided by agencies seeking funds. They hold face-to-face interviews with representatives from each agency. Not everyone gets approved.

The agencies approved

for 2022-2023 are Bedford County 4-H, Boys and Girls Clubs of Bedford County, Bedford Builds Habitat for Humanity, CASA Works, Child Development Center, (Early Intervention and Family Support), Contact Lifeline, First Choice Pregnancy, Caregiver Relief Program, Shelbyville-Bedford County Humane Association, Shelbyville-Bedford County Senior Citizens Center, Tennessee Poison Center, Hospice of the Highland Rim and Imagination Library of Bedford County.

We also provide funding for the Backpack Program which provides food for local students who might go hungry on weekends.

I realize that unless you have the need for one of these agencies you might not know they are partners

of United Way of Bedford County.

Support of United Way of Bedford County means we can provide more funding to our partners and even be able to increase our number of partners we help support.

I often receive calls from those in need in Middle Tennessee counties who do not have a United Way. Ask them how important it would be for them to have a local United Way to provide support.

We don't help those with individual requests directly, but we pay a fee to be part of the United Way 2-1-1 program which offers 24-hour-a-day, seven days a week, help to individuals.

We receive donations in several ways – sponsorships, employee campaigns, corporate donations and contributions for indi-

viduals.

Businesses—urged to be sponsors as well as initiating employee campaigns.

Basically, the partners we help fund can take you from the cradle to the grave.

Big donations are great, but as little as \$10 a month adds up to make a difference. Go to our website at www.unitedwaybedford.org to make a donation. Checks can also be sent to United Way of Bedford County, P.O. Box 1438, Shelbyville, TN 37162.

An investment in United Way of Bedford County means an investment in improving the lives of many of your friends and neighbors. Thank you for your support.

Sincerely,
 Mark McGee

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Reaching out to people in need

When you have an emergency, you call 9-1-1. When you need information, you call 4-1-1. When you need help with rent, food or many other crucial life issues you can call 2-1-1, the 24-hour, seven days a week help line sponsored by United Way Worldwide. United Way of Bedford County makes a substantial contribution to help provide financial sup-

port for the program. “The United Way of Bedford County Board of Directors is happy to provide funding for the service as we seek to help those in need locally,” UWBC executive director Mark McGee said. “We urge those needing assistance to make the free call.” Free resources provided by specialists in their respective areas include:

- health care services, free tax prep
- employment services
- money management
- rent and utility assistance
- SNAP eligibility
- senior services
- basic needs like food, clothing and shelter
- counseling and mental

- health
- domestic violence assistance
- legal help
- affordable housing
- childcare and after-school programs. Bedford County residents are making use of the program. In the past year there have been:
- 172 requests for housing and shelter
- 79 for food
- 100 for utilities
- 33 healthcare and COVID-19 requests
- 3 mental health and addictions
- 27 employment and income
- 19 clothing and household needs
- 20 government and legal questions

• 10 transportation assistance

• 4 education questions

• 12 disaster relief

• 17 miscellaneous requests

Bedford County is in the top five of 42 Tennessee counties served by the 2-1-1 program for housing and shelter requests for assistance. We are charged locally for those calls and usually require more than \$1,000 annually from the United Way of Bedford County budget.

What are some of the advantages of the 2-1-1 program?

- It is an easy to remember phone number.
- It helps people in need find health and human services in Middle Tennessee and beyond to improve their lives.
- There are no phone mazes (press 1 for no, press 2 for yes). Dial the 2-1-1 number and the caller is connected immediately after pressing 1 for English or 2 for Spanish.
- It is staffed by experts who are highly trained and nationally certified information experts and referral specialists. The 2-1-1 program is available to anyone no matter levels of income, race, gender or family status. The specialists listen, identify underlying problems, and connect people to resources in their community to help with their needs. The 2-1-1 program can be assessed by a toll-free phone call or on a computer. There are databases available with more than 10,000 health and human services programs. The services are free and confidential.

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Together, we are making a difference in the lives of our neighbors in need.

Thank you
 United Way of Bedford County for all you do for our community.



LOTS OF PUBLICITY



Submitted Photo

While we may be living in a "paperless society" it's still a given that a lot of hands are needed to make sure information gets out to the community about the great works being committed by United Way of Bedford County.



COMMUNITY EVENTS

The local Mardi Gras and Shrimp boil each year gives a lot of volunteers in the community the opportunity to be a part of something quite spectacular, called UNITED WAY OF BEDFORD COUNTY!

THE SENIOR CITIZENS CENTER IS PROUD TO BE AN AGENCY OF

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DAY OF CARING



Submitted Photos

United Way of Bedford County's Day of Caring program benefits many families who might just need a helping hand. It's a day set aside when people unite to support the nonprofit agencies and organizations that do so much for our communities every day.



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Kayla Hillard
 First Community Bank employee serves on the United Way Board of Directors



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FOOD IN BACKPACKS



In a discreet way, students at local schools receive food in their backpacks, due to generous donations from industry, businesses and individuals throughout the year.

Fun and Stuff The Bus

By **DAWN HANKINS**
 dhankins@t-g.com

This school year marks the 12th anniversary of the Backpack Program within Bedford County School System. Thanks to Bedford County United Way contributions, local students can be assured they're not going hungry on Saturday and Sunday.

Essentially, school social workers Marie McLean and Cynthia Cox are turning United Way giving into meals for hungry school kids.

School employees order easy-to-open, single-serve containers of peaches, pork and beans or spaghetti. The packs, which are sent home with students over the weekend or during long school breaks, may also include hygiene items.

Every part of the "backpack" program is kept confidential. Non-perishable foods are placed in a discrete container then slipped into the student's backpack to take



home over the weekend.

A weekend supply of food is provided for at-risk students that are identified by school guidance counselors. The food supply helps students get through the weekend when there are no school meals served.

A group of volunteers from the local Walmart Distribution Center forms an assembly line to bag the

items for this program.

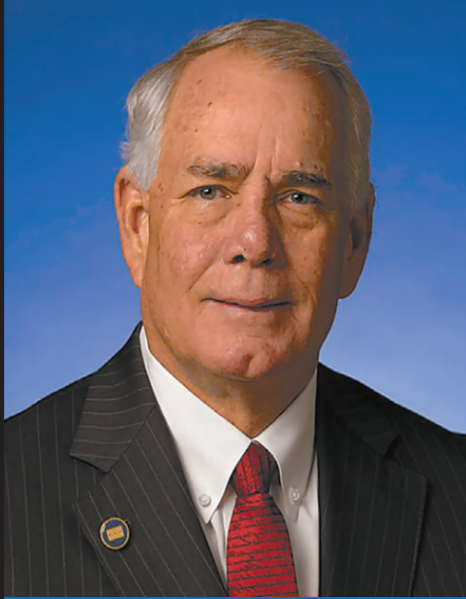
It's something they've done as a team mission for quite a while. Over the last several years, they have volunteered to come to our distribution center monthly to pack food bags for the entire month."

Each child receives 10 items in their bag, bringing a total of 6,000 items delivered out to schools per month.



Submitted Photos

Every year, great volunteers and board members turn out to work the Stuff the Bus program.



United Way



"I am honored to represent United Way, and the people of the 62nd district of Tennessee."

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PAT MARSH, STATE REPRESENTATIVE

Champs dominate Vikings for 7-AA title

By **CHRIS SIERS**
sports@t-g.com

UNIONVILLE — All season long, the Cascade Champions have had a series of goals, including winning a regular season and tournament title.

On Saturday night, the Champions (22-7) checked that latest goal off their list as they convincingly defeated host Community, 76-45.

One of the biggest positives for Cascade, according to coach Chris Lawson, wasn't just the star power from the starters, but the guys off the bench who are starting to round into their roles at the right time of the season.

"I felt like tonight, one of the differences of us playing really well and not playing well is we had some guys come in off the bench



The Cascade Champions pose with their newly acquired hardware after defeating cross-county rival Community in the District 7-AA championship on Friday night.

that brought a little bit of scoring and rebounding," he said.

Cascade exerted its will on the Vikings through the entirety of the four quar-

ters.

After opening the game on a 5-0 run, Community

rallied for six-straight points to take a slim 6-5 lead with 5:27 left in the

opening quarter.

► See **Champs**, Page 2B

T-G Photo by Chris Siers

DISTRICT 'QUEENS:

Community outlasts scrappy Forrest



The Community Viqueens pose with their newly-acquired hardware after defeating Forrest in the District 7-AA championship on Friday night.

By **CHRIS SIERS**
sports@t-g.com

UNIONVILLE — All season long, the Community Viqueens have been the top team in the District 7-AA standings.

In two previous meetings against Forrest (12-14), Community (22-7) posted convincing, double-digit wins over the Lady Rockets.

In their third meeting of the season in the District 7-AA tournament championship, the Viqueens took Forrest's best effort and were able to stand tall for a third time against the the Lady Rockets and win the championship game, 53-43.

"We've worked really hard

T-G Photo by Chris Siers

► See **Viqueens**, Page 2B

Lady Champs win upset for 3rd in 7-AA

By **CHRIS SIERS**
sports@t-g.com

UNIONVILLE — Simply put, the wins just haven't been there for the Cascade Lady Champions this year.

For coach Kendall Hampton, finding the right combination on the floor has been a task among various injuries and sickness up and down the roster throughout the year.

But at the most important time of the season, a perfect storm swirled in the District 7-AA consolation round and the Lady Champions (4-22) put forth their best effort of the season, which allowed Cascade to knock off Grundy County (8-17) to wrap up third-place.

In two prior meetings this season, Grundy County utilized its hot-shooting of point guard Carlee Smartt and the Lady Yellow Jackets claimed double-digit wins over Cascade.

During Friday night's battle for third-place, Hampton tasked freshman Sophie Ray with locking down the Grundy County sharpshooter—and she did just that.

"Sophie was a defensive MVP. If you give her an assignment and that kid works harder than anyone I've ever coached. We held her (Smartt) to three field goals. The last few times we played them, she's been their leading scorer," Hampton said.

Cascade went to work early and got a balanced attack from senior Jordan Green, freshman Kaydence Miller and Ryan to open up a 6-0 lead until Smartt drilled a 3-pointer with 3:15 left in the opening frame.

But after Smartt's made triple, it was Green who took over for the Lady Champs and scored the Lady Champs' final six points of the quarter to push the lead out to 12-5 by the end of the frame.

Grundy County eventually started seeing shots falling to open the second quarter and after being fouled and sent to the line with 5:19 left, Smartt missed the front end of a pair of free throws, but connected on the second, to cut Cascade's lead to one point.

Miller answered the score by Smartt with her first of three 3-pointers with 4:11 left in the half.

► See **Lady Champs**, Page 4B

Eagles just short in 6-4A clash

By **GARY JOHNSON**
gjohnson@t-g.com

The never-give-up Golden Eagles once again lived up to that description, battling from a double-digit deficit late in the game before settling for a 53-51 overtime loss to No. 2 Coffee County in the District 6-AAAA tournament championship on Saturday night at the Rick Insell Gymnasium.

Shelbyville Central cashed in on six huge 3-pointers in the fourth quarter, including the game-tying trey by Tyler Trice with under 10 seconds left to play.

The four-minute overtime period was for the most part uneventful as only six points was scored, but the four by the Red Raiders secured them the district title.

Shelbyville Central has an opportunity to tie the game or win it with a 3-pointer in the closing seconds of overtime but was unable to get off a shot.

"I just want to give a lot of credit to my guys. Yesterday, we watched some film from a prior team I used to coach and they were down 18 points with less than five minutes left to play and they came back to win the game. After watching that, the message was no matter what the scoreboard



Three members of the Shelbyville Central Golden Eagles were awarded for their play this season. Earning awards were (from left) Jayshon Jones (All-District/All-Tournament), Devyn Heath (All-District/All-Tournament) and Jason Ragland (All-Tournament).

says, just keep grinding and we did that for sure," Shelbyville Central coach Kody Howard said.

"We were in a time out down 10 points late in the game and I told them we are going to come back and win this game. These guys did everything they could and they did put us in a position to win this game. I would not want to be with any other group of kids than the guys I've got."

It was a very close battle for three and a half quarters with Coffee County posting leads of 18-16 at the end of

the first frame, 22-20 at the intermission and 32-29 going into the fourth quarter where the Red Raiders spread the floor about midway through the period and scored a few uncontested baskets off some defensive breakdowns.

The Shelbyville Central's lone-range bombers went to work as Devyn Heath and Joe Harris connected on a pair of treys, with Zay Reese joining Trice with one.

Conner Shemwell led the Red Raiders with 11 points followed by Aiden

Abellena with 10.

Ragland finished with 13 points while Reese collected a dozen to lead the Eagles.

Shelbyville Central and Coffee County with host region opening-round games on Saturday night with opponents and start times to be determined.

Coffee County 18 4 10 17 4 — 53
Shelbyville Central 16 4 9 20 2 — 51
Coffee County: Dayne Carter 17, Brady Nugent 4, Aiden Abellena 10, Phineas Rollmen 6, Conner Shemwell 11, Jolin Osborne 1, Cooper Reed 2, John Dobson 2
Shelbyville Central: Jayshon Jones 4, Zay Reese 12, Devyn Heath 7, Joe Harris 6, Jason Ragland 13, Tyler Trice 9
3-Point goals: Shelbyville Central (7): Reese 2, Heath 2, Harris 2, Trice; Coffee County (4): Carter 3, Shemwell.
Halftime score: Coffee County 22, Shelbyville Central 20.



The Cascade bench celebrates after the final buzzer sounds in the District 7-AA championship.

T-G Photos by Chris Siers



Jackson Davis flies to the rim and fights through Community's Cole Crockett (24) and Maki Fleming (11).



Viking senior Stratton Lovvorn hauls in a rebound after a Cascade miss.

Champs

(Continued from Page 1B)

Cascade answered on a layup by Jackson Davis after he came up with a steal against the Vikings.

Cascade didn't trail again.

"Cascade came in and just wanted it more than we did. They gave a championship effort and executed their game plan to perfection and deserve to be district champs," Viking coach Robbie Davis said.

After taking a one-point lead with 5:27 to go in the first, Community (14-15) managed just two more points in the quarter—a pair of free throws by Stratton Lovvorn and a layup by freshman Jason Cullum.

Whileshots just wouldn't fall for Community. Cascade saw an issue of its own creep up in the first quarter, with starters Saebyn Burris and Justis Carter both picking up two fouls in the frame, which forced Lawson to turn to the bench.

But the depth on the Champs' roster proved valuable as Zach Crosslin, Chance Brown and Isaac McElroy all contributed from points on the board, to rebounds, to key defensive effort.

"There's been a few times they've gotten down on themselves. I've just tried to continuously encourage them. Shots will fall, you'll get a chance, things will go your way. I have to give them credit. They show up every day, work hard and do everything that's asked of them. They gave us a huge lift," Lawson said.

Cascade relied on the efforts of Jackson Davis in the second quarter.

Of his game-high 24 points, Davids went for 10 in the second quarter by fighting his way to the rim, drawing fouls and getting to the free throw line.

"Jackson is so crafty. He's tough to guard, especially when you set ball screens for him. Most of the time, if you've got

three guys that all have to be guarded, and for us, I think we have seven or eight guys that have to be guarded. Tonight, I think that's where that kind of showed up. Jackson played well, then we had three or four other ones—it's just a tough matchup for anybody," Lawson said.

Community on the other hand continued to struggle with offensive consistency.

Five different Vikings scored in the second, but all five were held to just two points in the quarter.

By halftime, Cascade had built a 15-point lead, largely in part to the effort on the defensive end of the court.

"Defensively, as far as our game plan, it was executed no matter who we put in. We held them to 45 points. That's what I'm most happy with at this time of the year, everybody is engaged and we're able to execute, especially on the defensive end," Lawson said.

In the third quarter, Brown knocked down a pair of key 3-pointers to help spur on a 22-point Champion quarter, while Crosslin gave Cascade big minutes in the paint.

"Tonight, I'm so happy to see Zach Crosslin and Chance Brown to play the way they played. They gave us a huge lift," Lawson said.

Throughout the third quarter, Community continued to struggle with consistency on the offensive end of the court and got just one catch and shoot 3-pointer by Lovvorn with 1:18 to go in the quarter.

Lovvorn was limited in his time on the court after picking up his fourth foul with 6:10 left in the quarter.

While offense was still limited for the Vikings, Maki Fleming did his job in getting to the line and stopping the clock in the fourth quarter.

Although Fleming went 5-for-6 in the quarter, Cascade closed out the game with a 19-point fourth quarter effort to secure the first district tournament

title with Lawson at the helm.

Nine different Champions scored in the District 7-AA championship game, with Davis' 24 points leading all scorers.

Clanton chipped in 14 points, while Thomas Gentry added 11.

As a team, Cascade connected on seven treys in the game, with Brown knocking down three.

Fleming was the lone Viking to reach double figures as he led the Vikings with 11 points.

While the 7-AA title went to the Champions, both Community and Cascade will host Region 4-AA quarterfinal games on Saturday.

"Playing that first-round game at home is so important. Our goal is to get to the final 32. We have some good character kids on our team and I know they will respond well this week in practice. You will see a different intensity from us on Saturday night," Davis said.

For Lawson and the Champions, it's a week of adjustments on deck as Cascade prepares for a different style of basketball in the upcoming region tournament.

"We have to get refocused and start talking about going through the region tournament. We'll kind of work on how we want to play those teams. It's a little bit different style of basketball, with those teams coming from the other district in our region. We're going to have to get prepared and come up with a game plan for them," Lawson said.

Both Cascade and Community will host the Region 4-AA quarterfinals in an elimination round of the postseason on Saturday night at 7 p.m.

Community 10 10 13 12 — 45
 Cascade 18 17 22 19 — 76
 Community: Maki Fleming 11, Stratton Lovvorn 9, Cole Crockett 8, Jason Cullum 6, Landon Lovvorn 5, Trace Broiles 2, Ramone Hernandez, Jacob Flanagan 2.
 Cascade: Jackson Davis 24, Lucas Clanton 14, Thomas Gentry 11, Chance Brown 9, Justis Carter 5, Saebyn Burris 4, Isaac McElroy 3, Zach Crosslin 3, Jayden Gulick 3.
 3-Point goals: Cascade (7): Brown 3, Gentry 2, Clanton, Gulick; Community (2): S. Lovvorn, L. Lovvorn.
 Halftime score: Cascade 35, Community 20.



The Community bench erupts after Breanna Whitaker drills a 3-pointer late in the fourth quarter.

T-G Photos by Chris Siers



Haley Mitchell steps back and knocks down a 3-pointer in the first quarter against Forrest on Friday night.



District 7-AA tournament MVP Breanna Whitaker drives to the lane and scores for the Viqueens. She scored 14 points to help lead Community to the district title.

Viqueens

(Continued from Page 1B)

hard to be in this situation. We finished the job. Forrest did a heck of a job. They were prepared. It took us a while to settle in. In the end, we hit big free throws, took care of the basketball and got enough stops," Viqueen coach Cody Pierce said.

Forrest's game-plan was to play through sophomore post Cadence Chapman, but the Lady Rockets struggled to establish the offense in the half court during the first quarter and the Viqueens were able to catch several points in transition off Forrest turnovers.

Community jumped on the Lady Rockets in the first quarter and 2:12 into the game, the Viqueens held a commanding 9-2 lead.

Forrest proved scrappy, however, and was able to keep Community from growing the lead beyond seven points in the first quarter.

By the end of the first frame, Community held an 18-11 lead.

With virtually everything going the home team's way, it was Forrest that was able to flip the script and rally for a 25-24 lead at the half.

In the second quarter, Community managed just six points—just three field goals by Zoey Dixon, Haley Mitchell and Shelby Cawthon.

While the Viqueens were limited to six points in the quarter, Forrest stormed ahead with the efforts of Chapman down low and a pair of timely 3-pointers by Megan Mealer.

After a big shot in the arm by Mitchell in the first quarter, who scored 10 points, including a pair of 3-pointers, Community just couldn't get shots from the perimeter to fall.

Community appeared to buck that trend in the third frame with a 7-0 run that stretched over two minutes until M.J. Simmons scored on a drive to the basket with 4:15 left in the quarter.

But after Simmons' score, Community struggled to get shots to fall.

With 55 seconds left in the third, Forrest's Ryann Lewis drove the lane, hit a

layup and picked up a foul in the process.

She completed the three-point play the old fashioned way and put the Lady Rockets up, 33-31, with under a minute left in the quarter.

Zoey Dixon ended a near four-minute scoring drought when she swished a trey through the nylon with 22 seconds to go in the period.

Community didn't trail again.

Dixon followed and opened the fourth quarter with another 3-pointer to give the Viqueens a two-possession lead.

"In the first half and a lot of the third quarter, we didn't hit those shots. I told them at halftime to trust yourself and trust your teammates. Those shots will start going in. They have all year. Just trust yourself. We hit some big three's in the end and it made a difference," Pierce said.

Community got three 3-pointers in the 19-point fourth quarter, with makes by Dixon, Addison Brothers and Breanna Whitaker.

After Whitaker drilled her 3-pointer with 2:01 left, Simmons came up with a steal off a Forrest in-bound pass and hit the layup to put Community up by 10 with 1:45 left in the game.

In the final two minutes, the game's pace slowed dramatically as both teams hit the bonus and spent time at the charity stripe.

For Community, it was Simmons and Whitaker who combined for a perfect 6-of-6 attempts at the stripe in the fourth quarter.

Forrest got big production from point guard Macyn Kirby, who scored eight points in the quarter, and was also a perfect 4-of-4 attempts at the line.

In the end, the Viqueens were able to execute in the clutch and check off a season goal of winning the District 7-AA tournament championship.

While the Lady Rockets' goal was to take advantage of the size in the post with Chapman and Lewis, Community's defense kept Chapman in check for most of the night and Lewis struggled to stay on the floor while battling foul trouble.

"They're a lot bigger than we are. They have two pretty good posts. It's tough. You have to have good help side and we did have pretty good help side all night," Pierce said.

Kirby's 16 points was the lone Lady Rocket to reach double figures, but led all scorers on Friday night.

Community on the other hand put four players in double digits, with Mitchell and Whitaker knocking down 14 apiece.

Simmons and Dixon also added 10 as well.

Community took home plenty of season accolades as part of the run that led to the district title.

The Viqueens' awards were highlighted by Simmons, who won the regular season district MVP, Whitaker, who won the tournament MVP and Pierce, who won Coach of the Year honors.

Friday night's district title marked the 12th-straight by the Viqueens and guarantees a home Region 4-AA quarterfinal game next Friday.

All season long, Pierce and the Viqueens have had a series of goals and after Friday, Community has now checked off winning a regular season and tournament district title.

Community hopes to continue its win-streak into the region and check off another goal, as well.

"All year long, we've talked about we've had goals to with the district season, with the district tournament and our next goal is to win the region tournament," he said.

In order to do that, Pierce says his team has to continue winning the battle off the glass and protect the basketball.

"We just have to continue to do what we do every game—play good defense, take care of the basketball and rebound," he said.

Community will host the Region 4-AA quarterfinal on Friday at 7 p.m.

Forrest 11 14 8 10 — 43
 Community 18 6 10 19 — 53
 Forrest: Macyn Kirby 16, Addison Bunty 8, Megan Mealer 6, Cadence Chapman 6, Ryann Lewis 5, Carli Warner 2.
 Community: Haley Mitchell 14, Breanna Whitaker 14, M.J. Simmons 10, Zoey Dixon 10, Addison Brothers 3, Shelby Cawthon 2.
 3-Point goals: Community (7): Dixon 2, Mitchell 2, Whitaker 2, Brothers; Forrest (4): Mealer 2, Bunty 2.
 Halftime score: Forrest 25, Community 24.



Shelbyville Central senior Jason Ragland led the Eagles in scoring with 13 points against Coffee County in the District 6-AAAA championship on Saturday night. Story, 1B.

FC nips Eaglettes in 6-4A consolation

By GARY JOHNSON
gjohnson@t-g.com

Shelbyville Central's Golden Eaglettes feel just a little short in a 57-54 loss to Franklin County in the District 6-AAAA Tournament consolation on Friday night at the Rick Insell Gymnasium.

The Eaglettes will be the No. 4 seed in the upcoming region tournament and will play on the road against an opponent to be determined on Friday evening.

Coffee County defeated Warren County to claim the district championship.

After leading 11-7 at the close of the first quarter, Shelbyville Central was outscored 15-4 in the second stanza to trail 29-26 at halftime.

The Eaglettes cut the lead to 41-40 going into the fourth quarter but Franklin County was able to secure the victory.

Lucy Barnes led the winners with 15 points. Heidi Seay contributed 13

while Danica Stovall collected 10.

Paige Blackburn led the Eaglettes with a game-high 22 points.

Lanaya Young added 11 tallies.

Franklin County 7 22 12 16 — 57
Shelbyville Central 11 15 14 14 — 54
Franklin County: Madison King 6, Katie Walker 6, Danica Stovall 10, Daryn Morris 7, Heidi Seay 13, Lucy Barnes 15.
Shelbyville Central: Jady Lee 3, Jaz Western 6, Jaleigha Harris 4, Paige Blackburn 22, Lilly Brown 7, Lanaya Young 11, Abbi Storey 1.
3-Point goals: Franklin County (7): King 2, Morris 2, Seay 2, Stovall; Shelbyville Central (7): Paige Blackburn 6, Lee.
Halftime score: Franklin County 29, Shelbyville 26.



Eaglette Lilly Brown battles for the ball inside the paint in district tournament action on Friday night.



Paige Blackburn led all scorers with 22 points, including six 3-pointers in Shelbyville Central's matchup with Franklin County in the District 6-AAAA Tournament on Friday night.

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Region 3-AAAA tournament
February 25-26

COMMUNITY HS
Region 4-AA tournament
February 25-26

CASCADE HS
Region 4-AA tournament
February 25-26

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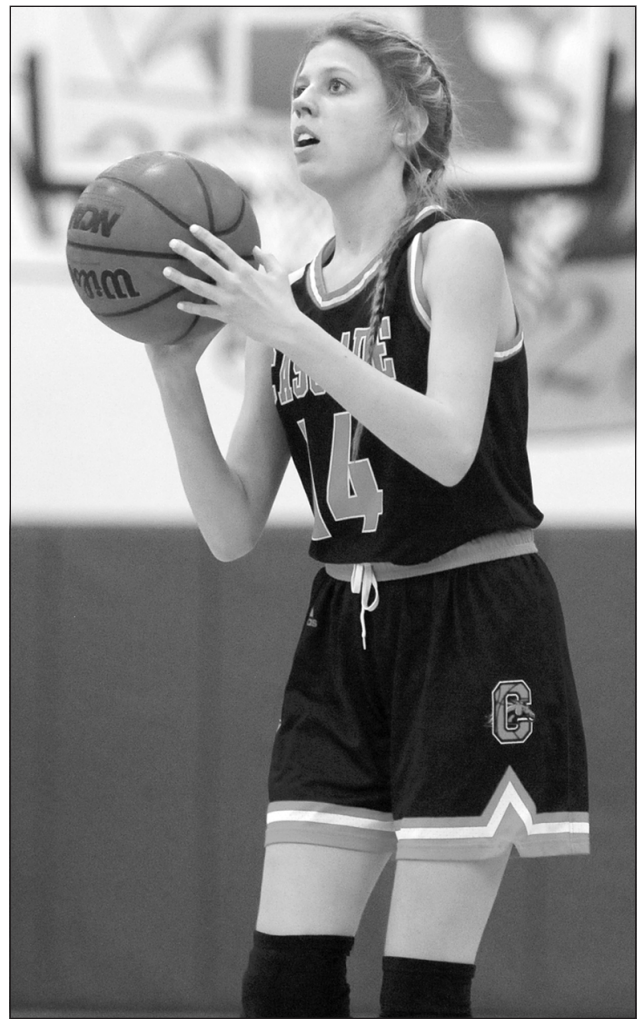
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Lady Champion senior Jordan Green (32) posted a season-high 20 points to lead Cascade to the upset win over No. 3 Grundy County on Friday night.



Caroline Stone battles her way through the Lady Yellow Jacket defense and fights her way to the rim for two points. Stone finished with eight points for the Lady Champs.



Freshman Kaydence Miller takes aim and drills a 3-pointer in the third quarter. Miller finished with 11 points.

Lady Champs

(Continued from Page 1B)

The two teams continued to battle and once again, it was Smartt at the free throw line who cut Cascade's lead to one point after a pair of makes. "There was a small span in the second quarter, which was the only quarter they out-scored us, where we gave them four-straight offensive rebounds. After that, we really just went after it and I think that was the difference in the game," Hampton said.

Cascade opened the second half with a stop when Green forced a turnover and got the ball to senior Lani Jones, who drilled a 3-pointer from the top of the key to put the Lady Champs up by four.

While Green was the work horse for the Lady Champs through most of

the game, it was fellow senior Caroline Stone who did the lion's share of work off the block in the third frame.

She rattled off five-straight points and after she missed the back-end of a free throw attempt, got her own rebound and found Miller on the wing for another 3-pointer to stretch the Cascade lead to 10 points with 4:47 remaining in the third.

Cascade went on to stretch the lead to 15 points following a basket off the block by Stone with 3:19, but Grundy found an answer with 10-straight points, including back-to-back 3-pointers by Smartt and Jaidys McDaniel.

Cascade, in the meantime, was scoreless from the floor for over three minutes until Makenna Lamb drilled a trey with 13 seconds left to push the lead back to nine points at the end of the quarter.

The Lady Champions continued to work the glass and maintained a 9-10 point lead through much of the fourth quarter.

"We really have struggled with boards as of late. We spent a lot of time this week focusing on that," Hampton said.

But Grundy County wouldn't go quietly and proved just how effective the Lady Yellow Jackets could be in short spurts.

With Smartt effectively shut down on the offensive end of the court, it was Grundy County's Abigail Childers who rattled loose for 11 points in the final quarter, including three 3-pointers.

Grundy County was also effective at drawing fouls and stopping the clock.

Following a Cascade miss on a one-and-one attempt with 1:49 to go, Childers hauled in the rebound and drew the foul where she was able to knock down the

front-end of her one-and-one attempt.

That scenario repeated itself on the next two possessions and Childers brought the Lady Yellow Jackets within five on a 3-pointer with 1:15 left.

She followed with another triple to pull within two points with 50 seconds left.

With time dwindling, Grundy County was forced to foul to stop the clock and within the final 50 seconds, it was the battle-tested Lady Champion seniors that delivered in the clutch to secure the win.

In the final minute, Cascade combined for an 8-of-10 effort at the free throw line from its seniors on the floor.

"We really just have to start playing smarter there. I feel like they (Grundy County) are a team that plays like they have nothing to lose. When it gets close at the end, they're going to throw some shots up and a

lot of times they're going in. We just have to maintain that composure. We've got girls on the floor that I know are going to hit foul shots and handle the ball. I think I had four seniors out there—that's what you want from your seniors," Hampton said.

As a team, Cascade went 11-of-18 in the fourth quarter from the free throw line, but saw Green close her season-high effort with a monster quarter.

She finished with 20 points, including nine more points, which led the Lady Champs.

"I knew she (Green) would have the opportunity in this game to step up and be hard for them to defend. We've been waiting on her to find that confidence to know she's capable of that and she did it this game. I hope this carries over into the region," Hampton said.

It wasn't just the efforts

of Green that landed the Lady Champions the victory.

Freshman Kaydence Miller pitched in 11 points, while Jones also added 11.

As a team, Cascade shot it well from the perimeter, with Miller knocking down three to lead the way.

While District 7-AA sports just four teams, the win keeps Cascade away from the No. 1 seed from District 8-AA during the Region 4-AA quarterfinals on Friday night.

Cascade will face the No. 2 seed in the Region 4-AA quarterfinals on the road on Friday evening at 7 p.m.

Cascade 12 11 21 22 — 66 Grundy Co. 5 17 13 20 — 55 Cascade: Jordan Green 20, Lani Jones 11, Kaydence Miller 11, Caroline Stone 8, Makenna Lamb 7, Sophie Ray 6, Abrielle Presley 3. Grundy Co.: Abigail Childers 21, Carlee Smartt 12, Jaidys McDaniel 10, Charslie Campbell 4, Wrylee McDaniel 4, Katherine Lusk 2, Kaylee Smartt 2. 3-Point goals: Cascade (7): Miller 3, Jones, Green, Presley; Grundy Co. (7): Childers 3, J. McDaniel 2, C. Smartt. Halftime score: Cascade 23, Grundy Co. 22.

DISTRICT 7-AA GIRLS AWARDS

Following the conclusion of Friday night's District 7-AA tournament championship, several players from Cascade and Community High Schools were named to the all-district and all-tournament teams.



Community saw five players earn all-tournament honors for their efforts in the District 7-AA tournament. Those players who were nominated to the all-tournament team are (from left) M.J. Simmons, Zoey Dixon, Haley Mitchell, Addison Brothers and tournament MVP Breanna Whitaker.



For their efforts during the regular season, Community saw five Viqueens named to the All-District team. Those honored are (from left) MVP M.J. Simmons, Addison Brothers, Zoey Dixon, Breanna Whitaker and Haley Mitchell.



Cascade's Jordan Green (left) and Lani Jones earned all-tournament recognition.



Cascade's Caroline Stone was the lone Lady Champion named to the All-District 7-AA team.

DISTRICT 7-AA BOYS AWARDS

Following the conclusion of Friday night's District 7-AA tournament championship, several players from Cascade and Community High Schools were named to the all-district and all-tournament teams.



Five players for Cascade earned All-District honors for their efforts in the 2021-2022 season. Those earning recognition were (from left) Co-MVP Justis Carter, Isaac McElroy, Thomas Gentry, Jackson Davis and Lucas Clanton.



For their efforts in guiding Cascade to the District 7-AA championship, five Champions were named to the all-tournament team. Earning recognition were (from left) Thomas Gentry, Jackson Davis, MVP Lucas Clanton, Justis Carter and Zach Crosslin.

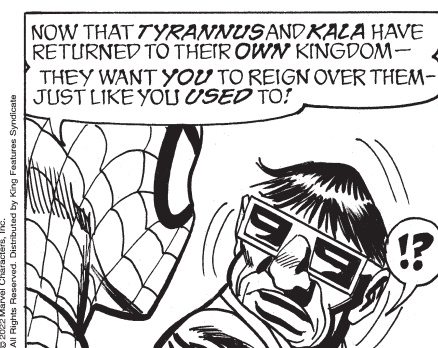


Two Vikings were named to the regular season All-District team. Earning all-district recognition were Maki Fleming (left) and Co-MVP Stratton Lovvorn.

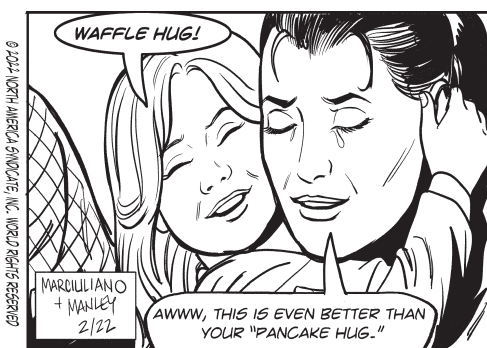
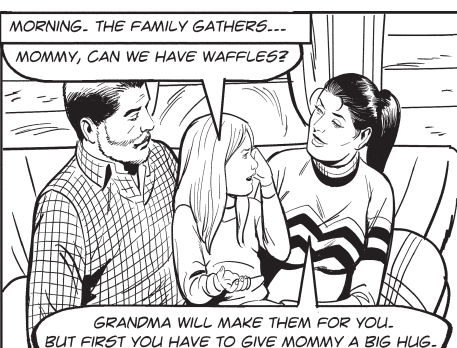
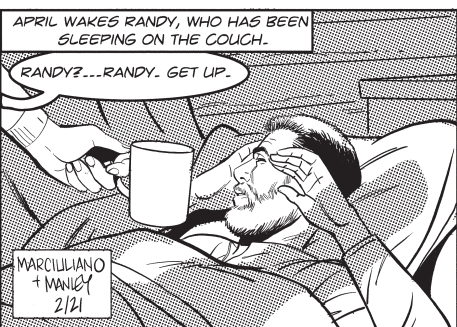


Three Vikings were named to the District 7-AA All-Tournament team. Those named to the team were (from left) Trace Broiles, Maki Fleming and Stratton Lovvorn.

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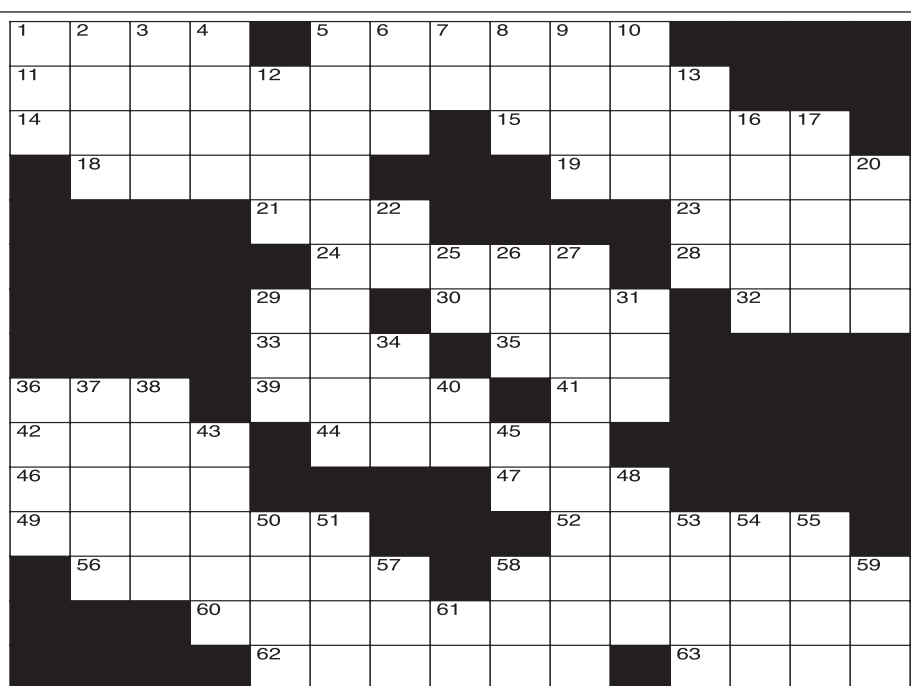
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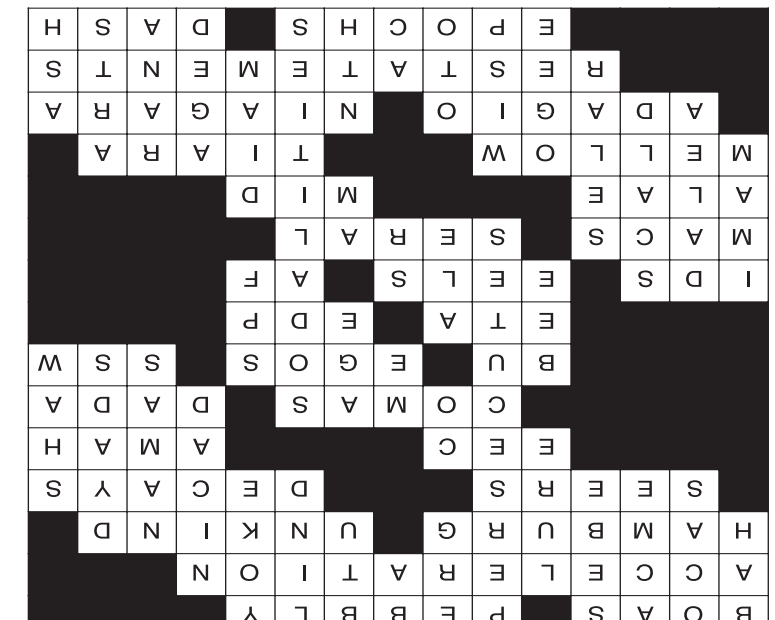
CLUES ACROSS

- 1. Constrictors
- 5. Abounding in rocks
- 11. Speed
- 14. German city
- 15. Lacking sympathy
- 18. Visionaries
- 19. Wastes away
- 21. One precursor to the EU
- 23. Nursemaid
- 24. Unconsciousnesses
- 28. Baby's word for father
- 29. Equal to 64 US pints (abbr.)
- 30. Senses of self-importance
- 32. Midway between south and southwest
- 33. When you hope to get there
- 35. Electronic data processing
- 36. Passports and drivers' licences are two
- 39. Fishes
- 41. Air Force
- 42. Personal computers
- 44. Ecological community
- 46. Wings
- 47. Halfway
- 49. Cool, calm and collected
- 52. Jewelled headdress
- 56. Musical composition
- 58. ___ Falls
- 60. Repeating remarks
- 62. Periods in one's life
- 63. Hyphen

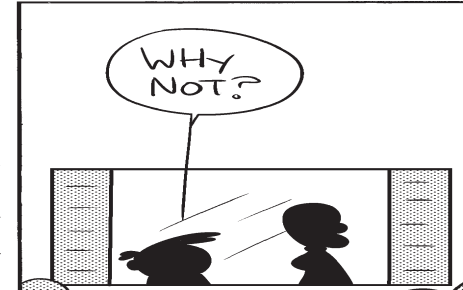
CLUES DOWN

- 1. ___ Humbug!
- 2. Devices that alert pilots (abbr.)
- 3. Grocer
- 4. One point east of southeast
- 5. Subjects to hostility
- 6. Work unit
- 7. Atomic #56
- 8. British thermal unit
- 9. "Elusive Butterfly" singer
- 10. Egg part
- 12. Device
- 13. Rechargeable power source
- 16. Ancient sage
- 17. Consist of two elements
- 20. "Pygmalion" writer
- 22. "The Centennial State" (abbr.)
- 25. Of I
- 26. Get older
- 27. Brotherhoods
- 29. Buzzing insect
- 31. Sunscreen rating
- 34. Brew
- 36. Leader
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Junior's dad
- 43. Horse mackerels genus
- 45. Morning
- 48. Unit of linear measurement (abbr.)
- 50. Double curve
- 51. Small, twisted bunch
- 53. Developed
- 54. Mars crater
- 55. Humanistic discipline
- 57. Word element meaning ear
- 58. Last or greatest in an indefinitely large series
- 59. Wood residue
- 61. It cools your home

PUZZLE SOLUTION



TAKE IT FROM TINKERSONS® by Bill Bettwy



ASTROGRAPH

- ARIES – Mar 21/Apr 20**
A sense of adventure compels you to travel to a new destination, Aries. You may have something in mind or you can throw a dart at the map and enjoy the trip.
- TAURUS – Apr 21/May 21**
Don't be surprised if relationships seem a little more intense than normal, Taurus. Everyone is a little keyed up and the extra energy is on display in daily interactions.
- GEMINI – May 22/June 21**
People could play important roles in your life right now, Gemini. Partnerships are especially fortuitous. After all, two minds are better than one for problem-solving.
- CANCER – June 22/July 22**
Cancer, there's much productivity this week as you find yourself thrust into yet another project. Once you sail through it, things will calm down.
- LEO – July 23/Aug 23**
Leo, this week you are invited to enjoy yourself. Feel free to live life as much as you can for as long as you can. Plan a retreat with a special someone.
- VIRGO – Aug 24/Sept 22**
Try to be as efficient as possible to save time and money in the days ahead, Virgo. See where you can streamline things and find ways to conserve your resources.
- LIBRA – Sept 23/Oct 23**
Libra, this may be a busy week for you, so take a few moments each morning to center yourself and focus your energy before you dive in to your list of tasks.
- SCORPIO – Oct 24/Nov 22**
Money has been on your mind for some time, Scorpio. Figure out ways that you can increase your income — if only temporarily. Once you catch up on bills, you can relax.
- SAGITTARIUS – Nov 23/Dec 21**
Sagittarius, you will likely be deep in your feelings this week, exploring many different emotions. It can be tiring, so find some activities to give your brain a break.
- CAPRICORN – Dec 22/Jan 20**
Life may seem surreal this week as your subconscious seems to be guiding many of your decisions, Capricorn. Go with the flow for the time being.
- AQUARIUS – Jan 21/Feb 18**
It is a good idea to connect with your friends while you can, Aquarius. You may not have an opportunity for some time, so reach out and make a plan to get together.
- PISCES – Feb 19/Mar 20**
Pisces, certain personal goals may need your attention at this time. Rearrange your priorities for the next few days.

- FAMOUS BIRTHDAYS**
- FEBRUARY 21**
Sophie Turner, Actress (26)
 - FEBRUARY 22**
Julie Walters, Actress (72)
 - FEBRUARY 23**
Emily Blunt, Actress (39)
 - FEBRUARY 24**
Floyd Mayweather, Jr., Athlete (45)
 - FEBRUARY 25**
Jorge Soler, Athlete (30)
 - FEBRUARY 26**
Michael Bolton, Singer (69)
 - FEBRUARY 27**
Kate Mara, Actress (39)

TUESDAY EVENING

FEBRUARY 22, 2022

Table with columns for time slots (7:00-11:30) and rows for various TV channels (ABC, CBS, NBC, FOX, etc.) listing programs like Jeopardy!, The Tonight Show, and various reality shows.

WEDNESDAY EVENING

FEBRUARY 23, 2022

Table with columns for time slots (7:00-11:30) and rows for various TV channels (ABC, CBS, NBC, FOX, etc.) listing programs like Goldbergs, The Wonder, and various reality shows.

THURSDAY EVENING

FEBRUARY 24, 2022

Table with columns for time slots (7:00-11:30) and rows for various TV channels (ABC, CBS, NBC, FOX, etc.) listing programs like Station 19, The Tonight Show, and various reality shows.

FRIDAY EVENING

FEBRUARY 25, 2022

Table with columns for time slots (7:00-11:30) and rows for various TV channels (ABC, CBS, NBC, FOX, etc.) listing programs like Shark Tank, The Tonight Show, and various reality shows.

SATURDAY EVENING

FEBRUARY 26, 2022

Table with columns for time slots (7:00-11:30) and rows for various TV channels (ABC, CBS, NBC, FOX, etc.) listing programs like NBA, The Tonight Show, and various reality shows.

SUNDAY EVENING

FEBRUARY 27, 2022

Table with columns for time slots (7:00-11:30) and rows for various TV channels (ABC, CBS, NBC, FOX, etc.) listing programs like American Idol, The Tonight Show, and various reality shows.

MONDAY EVENING

FEBRUARY 28, 2022

Table with columns for time slots (7:00-11:30) and rows for various TV channels (ABC, CBS, NBC, FOX, etc.) listing programs like The Bachelor, The Tonight Show, and various reality shows.

TUESDAY EVENING

MARCH 1, 2022

Table with columns for time slots (7:00-11:30) and rows for various TV channels (ABC, CBS, NBC, FOX, etc.) listing programs like Judge Steve Harvey, The Tonight Show, and various reality shows.



Heritage South, Stuff the Bus



Submitted Photo
Eakin Elementary is one school benefitting from many programs from United Way of Bedford County. Even COVID-19 couldn't stop the work being done for kids.



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