

SHELBYVILLE
Weekend
TIMES-GAZETTE

\$1

SATURDAY, AUGUST 6, 2022

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INSIDE

News

Local.....3A
Calendar.....4A
Faith.....5A
Lifestyles.....1B
Sports.....1C
Opinion.....4C
Comics.....3C
Classified.....6C

INSERT:

- 2 FSI
• Smart Source
• Parade

Rich sentenced

On Thursday, 5 days before his 26th birthday, Samuel Earl Rich of Shelbyville was sentenced to 53 years in prison on charges connected to the shooting (attempted murder) of Hannah Grace Perryman on Aug. 12, 2021. (See full story in T-G's Tuesday edition.)



Golf tees off

Sports/1C



Teacher honored

Local/8C



Storms 90/72

AWARD WINNING NEWSPAPER

UT-TPA PRESS AWARD 2022



Vol. 141, No. 62

INTRODUCING TCAT'S NEW FACILITY



This is a conceptual drawing for the new Tennessee College of Applied Technology facility. TCAT's facility will be a part of what is being named, "Bedford County Higher Education Center." Designs are by Bauer-Askew.

New TCAT site unveiled

Relocated campus will be state-of-the-art facility

By ZOË HAGGARD zhaggard@t-g.com

The design for Shelbyville's new Tennessee College of Applied Technology facility was approved last July by the State Building Commission.

According to TCAT-S President Laura Monks, this project will be completed in one phase, while the aim to open is the summer of 2024. That date is tentative, of course.

More events are planned for fall. The current TCAT facility on Madison was one of the first in the state, according to Monks. Built in 1964, it was called the State Area Vocational-Technical School. Now the 400-plus students and faculty have outgrown the mid-century building as well as called for some expansion of the six other TCATs throughout the state.

The design has the facility at 100,000 square feet for the whole campus, according to Monks. That's a jump from the current Madison Street facility's 67,000 square feet. The new campus will hold around 1,000 students.

Monks explained the new design will include a lot of glass and windows, which inspires collaboration. It's just another way to replicate that university feel.

"Just the atmosphere is going to be very much more open, more collaborative. It's something the City and the County can use as a recruitment tool," said Monks. There will also be more conference space for the community to use.

The state's budget is \$43 million with the project costing an estimated \$41.9 million.

But costs have gone up. "Projects really slow down because of costs," said Monks.

Roofing, insulation, glass (which has gone up in price by 40%), as well as products coming from Ukraine have delayed the timeline, Monks explained.

They are also having to mitigate wetlands and test for sinkholes at the new property, located on U.S. 231. Total, the TCAT-S facility will take up 20 acres of the 33-acre property purchased last year.

BC Higher Education Center

According to Monks, this particular project is called the Bedford County Higher Education Center. TCAT will be the main facility on the property, but it will also include classroom space for Motlow Community College and Middle Tennessee State University.

As demand for trained professionals increases, state officials continue to push for secondary education and vocational training.

Tennessee's Complete College Act of 2010 changed the funding formula from enrollment-based to outcomes-based in order to increase the number of college graduates in Tennessee.

"That was where you separated your universities from your community colleges and technical colleges. Then TBR [Tennessee Board of Regents] took a more focused approach on community and technical college," said Monks.

At the time, one of the major components of the conversation was the aging workforce. "We knew that the skills of the future, you had to have higher-level education—whether that be a technical degree, a certificate, an associate degree," said Monks.

Former governor Bill Haslam initiated the "Drive to 55" program—by 2025, 55 percent of Tennessee will have some kind of credential or degree.

However, COVID slowed that down as more and more people left the workforce. "We have stayed steady with our enrollment..." said Monks. But "our community college partners, some of them have gone anywhere from 5 to 10 or 11% drop in enrollment."

In total, TCAT-S averages around 600 students, including the MTech location at the Bedford County Business Complex on Dover Street and the Winchester

See TCAT, Page 2A

Union Ridge water lines to provide relief soon

By ZOË HAGGARD zhaggard@t-g.com

The Union Ridge waterline extension project in Wartrace is underway. Contractors, developers, and several local officials met Wednesday to discuss the next steps to take.

Many Union Ridge residents have contaminated wells that contain E. coli and sulfur. They have been asking for city water for over 30 years, but the town of Wartrace has never had adequate funds.

Now, through a \$1.2 million dollar Community Development Block Grant with funds from Bedford County's American Rescue Plan, the project to expand waterlines from Red Hill Road to Lazy Branch has been approved. The contractor will be Ward Construction while Robert Stigall will be the engineer.

The "three pots of money" complicates the invoice payments and pay requests process, according to Lorie Fisher, Economic and Community Development Director for South Central Tennessee Development District.

"This one is a little bit more complicated because we have the County—has their grant money paying part of the bill—the town's paying part of the bill through their local funds, and then also, the town has a grant," she explained. "But hopefully we will coordinate this." The payments from the City and County will be a few days apart.

Wartrace will use \$201,000 of its federal American Rescue Plan (ARP) funds as well as contribute \$137,196 in matching grants. The County will contribute just under \$48,000 from its ARP funds. Together this will make up the remaining costs after the state grant of \$625,000 is used.

Wednesday's meeting went over a few requirements the project must follow in order to keep within the parameters of the grant.

Fisher said the whole purpose of the grant is to serve low to moderate income people. That is, the service line from the meter to the house is paid for by the grant for the low to moderate income households.

An income survey was conducted to determine who on Union Ridge would fall under these economic categories.

"At the conclusion of that survey, it was mostly low to moderate income people. In fact, I think there were only two people from the project who were high income," said Fisher. "So, to show that these people are served, we have to put in that service line."

It also requires that the Tap fee, which is \$1700, be waived for the low to moderate income residents.

However, Fisher said what they want to avoid is after the installation of the service line, residents continuing to use their well water in addition to getting their free Tap service—that is, "cross connection." (Wells can still be used for outside faucets).

Fisher recounted a project in Lawrence County where after a service line was installed many residents decided to not pay for water, which wasted the grant funds and expense of the waterline installation. The county mayor ended up paying the contractor out of their county money to remove service lines, according to Fisher.

In order to avoid this, Wartrace will send out a letter requiring interested households to sign a contract within a 45-day period. Wartrace's water fees cost \$75 for homeowners and \$150 for renters.

But "This is a one-shot deal. When the contractor is there, he's not coming back," Fisher explained.

This is crucial to do because these waterlines can only serve up to 50

See Water, Page 2A

Wartrace continues history



Kimberly Walden rode the flag horse for the 2021 Wartrace Horse Show.

Annual horse show Saturday

By DAWN HANKINS dhankins@t-g.com

Saturday, Aug. 6, marks the 116th anniversary of the Wartrace Horse Show. There are over 30 classes this year.

The event, sponsored by Civic Enterprises of Wartrace, begins at 6 p.m., at Jernigan Field. General admission is \$5. Children ages 12 and under will be admitted free. Box seats are \$50.

Ronnie Sutton will once again serve as show chairman. Sutton notes that the trainer with the most entries gets \$100.

Classes include amateur riders on 3-year-old mares and the 3-year-old stallions Riders Cup class, which is always a favorite with its heavy competition.

See Wartrace, Page 2A

DEATH NOTICES

Julie Mae Cannon

August 6, 2022

Julie Mae Cannon, 78, of Shelbyville, passed away Tuesday, August 2, 2022, under the loving care and comfort of her family, Viviant Healthcare of Shelbyville, and Hospice Compassus.

The family will receive visitors 12 noon-2 p.m. Saturday, August 6, at Feldhaus Memorial Chapel. Burial will be in Thomasville, North Carolina at a later date.

Meredith Lynn Shriver

July 29, 2022

Meredith Lynn Shriver, 67, of Christiana, passed away Friday, July 29, 2022.

Funeral services were held Thursday, August 4, at Feldhaus Memorial Chapel with Brother Danny Anderson officiating. Burial followed in Green-Brown Cemetery on the family farm in Rutherford County.

OBITUARIES

John 'Jack' Little

August 1, 2022

John "Jack" Little, 89, of New Market, Tennessee, passed away Monday, Aug. 1, 2022.

Funeral services were held Thursday, Aug. 4, at Hillcrest Funeral Home, Rev. Bobby McGee officiating. Graveside services were held Friday, Aug. 5, at Willow Mount Cemetery.

He was an Air Force veteran, serving his country during the Korean War, and was an active member of Rocky Valley Baptist Church. Jack enjoyed woodworking and beekeeping.

In the 1960's he attended First Baptist Church-Sevierville and was an announcer at WSEV. Jack was also a public relations director for Mayor Rogers of Knoxville and a Tennessee Vols fan.

Jack was preceded in death by his wife, Maureen Little, mother of his children, Evelyn Rogers Little, parents, Leslie and Catherine Little, and brother, Earl Little.

He is survived by his daughters, Jackie Little Crowe and Suzy Taylor (Joel); grandchildren, Chris Taylor, Colbie Hoover (Brandon), Shelby Taylor (Shelley), Jesse Taylor (Kayce), Ethan Matthews (Kay); six great-grandchildren, fur babies and many dear friends.

Betty Pierce Young

July 31, 2022

Betty Pierce Young, 91, of Petersburg, passed away on July 31, 2022, at NHC in Pulaski.

Funeral services were held Thursday, August 4, 2022, at Higgins Funeral Home in Fayetteville with Rev. Tim Smith and Bro. Thomas Smith officiating. Burial followed in Boonshill Cemetery, beside her husband, Gilbert Ray Young, who passed in 2001.

Betty was born on January 8, 1931, in the Boonshill community to the late Allen D. and Nellie Ruth Noah Pierce. She was a member of the Boonshill Cumberland Presbyterian Church. Mrs. Young's favorite flower was Mister Lincoln Red Roses.

Survivors include her son, Allen Ray (Shirley) Young of Shelbyville; daughters, Melissa Young (late Joe) Armstrong of Petersburg, and Susan Young of Petersburg; grandchildren, Amanda (Kelly) Thompson, Allen Ray Young, Jr., Andrew Young, Kevin (Ivon) Fletcher, Kelley Merlo, Joseph Ray Armstrong, and Anthony Paul Armstrong (friend, Tina Balch); great-grandchildren, Brandy (Darryl) Paulus, Robert Colt Balch, Riley Caitlin Balch, Harmony Armstrong, Noah Armstrong, Jay Thompson, Hunter Thompson, Justin Thompson, Andrea Fletcher, Kevito Fletcher, Kimberly Merlo, and Jacob Merlo; and great-great-grandchildren, Alva Fletcher, Dominic Rylan Paulus, and Braxton Alexander Paulus.

Marlin Blackburn

August 3, 2022

Marlin Blackburn, 96, of Shelbyville, passed away peacefully at home on Wednesday, August 3, 2022, after a lengthy illness.

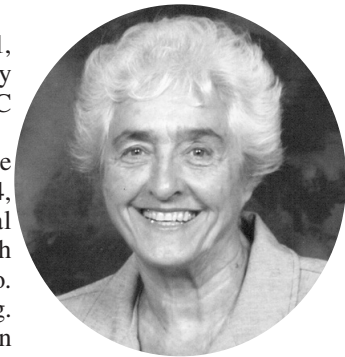
Funeral services were held Friday, August 5, 2022 at First Church of the Nazarene in Shelbyville with Rev. Andy Keffer and Rev. Ron DeWitt officiating. Burial followed at Hillcrest Memorial Gardens.

Marlin was born on April 13, 1926, to I.V. and Euless Blackburn of Poplin's Crossroads (Unionville). He left school to join the Navy during World War II, serving on the USS Dupage, an attack transport ship, during multiple campaigns in the South Pacific. His ship was attacked and crippled by a Kamikaze attack during the battle for the Philippines where several other members of his gun crew were killed.

He returned after the war to marry his wife of 71 years, Dorothy Marie Hooker Blackburn on September 29, 1950 in Rossville, Georgia. Marlin retired after a long career as a carpenter and home builder here in Shelbyville where he built numerous custom built homes. Marlin enjoyed working in the yard, building projects for his family, relaxing in the mountains and never, ever, passed up a chance to sit in one of his swings.

Marlin is survived by wife, Marie; brother, Harold Pete Blackburn of Unionville; son, Myron (Lisa) Blackburn of Murfreesboro; and daughter, Marlene (Blake) Cartwright of Shelbyville. He is also survived by three grandchildren, Justin Ryan Gordon (Ashley), Jody Martin Gordon, and Bud Cartwright; one great-granddaughter, Aubrey Raine Gordon and one very special caregiver, Beverly Pierce.

In lieu of flowers, the family requests memorial donations be made to Shelbyville First Nazarene Church. Doak-Howell Funeral Home is serving the family. www.doakhowellfuneralhome.com



Back row, from left: Alderman Sonia Miller, Randall Arnold with Ward Construction, Utilities and Public Works Manager Philip Miller, Engineer Robert Stigall, Alderman Allan Tabit, Lorie Fisher from South Central Tennessee Development District, Alderman Joe McCurry. Front row, Commissioner Don Gallagher, Bedford Mayor Chad Graham, Johnny Ward of Ward Construction, and Wartrace Mayor Cindy Drake.

Water

(Continued from Page 1)

households. Currently, 43 households have signed up for waterlines. Those numbers may change as residents decide they don't

want to pay for water.

"So, we have to be careful if more people want to build up there," said Fisher.

The town hoped to serve more people with the installation of a water tank but with the price of steel

rising, it was not feasible in the budget.

The project is expected to take 180 days and is planned to be completed in February of 2023.

Many residents and town officials will agree this project has been a long

time coming as application for this grant began in the fall of 2019.

"If it was easy, they'd already have water," said Stigall.

See photos on page 2 of the conference.

TCAT

(Continued from Page 1)

facility (which has around 120 students) and the Lincoln County facility (40 students).

At the new Shelbyville campus, Monks said, "We're looking to...build those classrooms out so we can hold 30-plus. The labs will be bigger to accommodate the needs as well."

Monks said they hope to add diesel technology, cosmetology, supply chain logistics, and construction trades to their 18 available degrees. These will come eventually in the second phase of construction.

The new facility will also neighbor Duksan

Electera, the new electrolyte manufacturer, at the 231 Industrial Park location. Monks said TCAT's industrial electricity and industrial maintenance degrees would feed into this type of career.

"We're ready," said Monks.

Higher education data

According to Tennessee Higher Education Commission data, as of 2022, Bedford's public high school graduation rate is 91.9%. This is higher than the state's average of 89.6%.

Some 47% of those high school graduates go to college (for Tennessee, it's 56.9%.) Those top colleges

selected by Bedford's 2020 graduates were Motlow, MTSU, TCAT-S, University of Tennessee-Knoxville, and Columbia State Community.

In Bedford, adults with some college education are at 17.7%, while adults with an associate degree or higher is 23.4%.

Monks said they hope to increase these numbers through TCAT program availability. Currently, they have 50 students from the Bedford County School System who come every day for half-day courses.

"This year, we anticipate that number doubling," Monks said. They also hope to go to the high schools, so students don't have to drive to the TCAT campus.

According to LWDA

(Local Workforce Development Area), in-demand occupations by projected growth for this County include mechanical engineers; physical therapist assistants; production, planning, and expediting clerks; substance abuse, behavior and mental health counselors; medical assistants.

"That's what is unique about the whole technical college system is the programs that you find at a particular TCAT are there because that is what is needed in that particular area," said Monks.

And with Tennessee growing as it is, "It's dire we have a workforce with technical skills."

Wartrace

(Continued from Page 1)

Bobby Sands of Columbia returns for another year as announcer. Farrier will be John

Schmidt of Shelbyville.

Judge will be Brandon Givens of Rutledge. Organist will be Brian Peery of Hampshire.

Robert M. West, DVM, of Cascade Veterinary Clinic will preside.

Regarding the Tennessee Walking Horse, Wartrace is historically famous—once home to the first World Grand Champion, Strolling Jim. Over the years, the stallion has had everything from

restaurants to marathon races named in his memory.

So, come on out for food, music and all things which make living in the Tennessee Walking Horse Capital so grand.

Watching al-Qaida chief's 'pattern of life' key to his death

By ZEKE MILLER and AAMER MADHANI
Associated Press

WASHINGTON — As the sun was rising in Kabul on Sunday, two Hellfire missiles fired by a U.S. drone ended Ayman al-Zawahri's decade-long reign as the leader of al-Qaida. The seeds of the audacious counterterrorism operation had been planted over many months.

U.S. officials had built a scale model of the safe house where al-Zawahri had been located, and brought it into the White House Situation Room to show President Joe Biden. They knew al-Zawahri was partial to sitting on the home's balcony.

They had painstakingly constructed "a pattern of life," as one official put it. They were confident he was on the balcony when the missiles flew, officials said.

Years of efforts by U.S. intelligence operatives under four presidents to track al-Zawahri and his

associates paid dividends earlier this year, Biden said, when they located Osama bin Laden's longtime No. 2 — a co-planner of the Sept. 11, 2001, terrorist attacks on the U.S. — and ultimate successor at the house in Kabul.

Bin Laden's death came in May 2011, face to face with a U.S. assault team led by Navy SEALs. Al-Zawahri's death came from afar, at 6:18 a.m. in Kabul.

His family, supported by the Haqqani Taliban network, had taken up residence in the home after the Taliban regained control of the country last year, following the withdrawal of U.S. forces after nearly 20 years of combat that had been intended, in part, to keep al-Qaida from regaining a base of operations in Afghanistan.

But the lead on his whereabouts was only the first step. Confirming al-Zawahri's identity, devising a strike in a crowded city that wouldn't

recklessly endanger civilians, and ensuring the operation wouldn't set back other U.S. priorities took months to fall into place.

That effort involved independent teams of analysts reaching similar conclusions about the probability of al-Zawahri's presence, the scale mock-up and engineering studies of the building to evaluate the risk to people nearby, and the unanimous recommendation of Biden's advisers to go ahead with the strike.

"Clear and convincing," Biden called the evidence. "I authorized the precision strike that would remove him from the battlefield once and for all. This measure was carefully planned, rigorously, to minimize the risk of harm to other civilians."

The consequences of getting it wrong on this type of judgment call were devastating a year ago this month, when a U.S. drone

strike during the chaotic withdrawal of American forces killed 10 innocent family members, seven of them children.

Biden ordered what officials called a "tailored airstrike," designed so that the two missiles would destroy only the balcony of the safe house where the terrorist leader was holed up for months, sparing occupants elsewhere in the building.

A senior U.S. administration official, speaking on the condition of anonymity to discuss the strike planning, said al-Zawahri was identified on "multiple occasions, for sustained periods of time" on the balcony where he died.

The official said "multiple streams of intelligence" convinced U.S. analysts of his presence, having eliminated "all reasonable options" other than his being there.

Stormy weather ahead for weekend



Steve Norris

Weather

SHOWERS and thunderstorms will be a possibility every day through the weekend

and into much of next week with high temperatures in the mid-to-upper 80s and lows near 70.

We have a full moon coming up on August 11, but it will appear full the night before and after to the casual stargazer.

Did you know that heat lightning is actually lightning from a very distant thunderstorm? Back before radar was

invented, folks would be sitting out in the evening on a hot night, see lightning flashing in the sky, and think, "Well, there's no cloud so I guess it is heat lightning."

When you see lightning, there is a thunderstorm somewhere. Lightning can be seen from a storm 100 miles away on a clear night. The old wives' tale

that a hot, humid night can generate lightning without a thunderstorm, called "heat lightning," is exactly that — a meteorological myth. Heat lightning is just normal lightning from a thunderstorm too far away for you to hear thunder.

• Steve Norris is a trained meteorologist.

Their proudest moment



Desiree Mullis, with her husband Michael. Desiree leads a trauma class at the jail.



Nine ladies graduated after completing 12 steps of the jail's MRT program over about four months.

Jail hosts first MRT graduation



T-G Photos by Zoe Haggard

Many tears were shed as inmates visited with family and friends.



Lt. Cook shakes the hand of one of the graduates.



Women were given roses to give to their family members.

By **ZOË HAGGARD**
zhaggard@t-g.com

Bedford County Women's Correction Facility hosted a graduation ceremony Saturday for nine inmates who are completing the MRT program.

Commissioner Sylvia Pinson has been one of the facilitators of the program. When she first sat in one of the classes, she recalled, "I totally got engaged with the program. It's exciting...Success will be their graduation."

And for many of the women graduating, completing MRT has been one of their proudest moments.

"This is one of the first times I've ever been proud of myself...To come to a facility like this and have people like you guys to back us up and lead us like that...This is going to save a lot of lives," said one of the graduates.

Another graduate commented, "I have been in-and-out of the system a few times." She said she was asked what brought her to the program during one of the MRT classes.

"I felt very privileged to be incarcerated at the moment. And I will never change the statement... This is one of the proudest moments in my life. I am so proud of me."

Speaking at the graduation, Lt. Chris Cook, who leads the MRT program, said, "I hope at the end of the night y'all will see what a change these ladies have made . . . I hope y'all are as proud of them as I am."

MRT, or Moral Reconciliation Therapy, is a program the jail piloted beginning last April. It consists of 16 steps and participants must complete the first 12 in order to graduate.

The program is comprised of testimonials and questions that require participants to recount dark moments in their lives then come to terms with them.

"When I interviewed these ladies to be in this program, I told them I could only offer them one



Encouraging posters were hung on the walls at the Judicial Complex.

thing and that was hope. I wouldn't give them anything. What they got out of this program was as much as they were willing to put into it. And they put everything into it," said Cook.

Many of the ladies have been through unspeakable hardships—hardships they realized they put on themselves. But often times, there's another classmate who's gone through something harder.

In that way, the ladies begin mentoring each other, according to Cook. "I didn't even have to say anything," Cook said.

Cook said they tell each other, "You're no different. Everything you've done, I've done. So, you can do this too."

"It was the first time when I looked at those ladies, they looked different. They were sitting up. They had their heads held up. They were carrying themselves differently. And it was noticeable," said Cook.

This is especially an accomplishment since the program is not designed for participants to pass each step the first time. In order to pass a step, a participant must give a presentation—like recounting a major life event or giving a testimonial. The other classmates then vote on whether the presenter met all the requirements and if she genuinely understood the step.

Cook said it does a disservice to the presenter if classmates only vote yes. In the long run, not passing a step teaches the

women to push deeper. It takes time. And it's why it takes about four months to complete the first 12 steps.

Ronnie Prince has been the jail administrator since the early 2000s. He heard about MRT last year and decided to send Cook to the training.

When the program was up and running, Prince attended one of the classes, and said, "Those girls all had me tore up."

Desiree Mullis, founder of the Full Moon healing project and who leads a trauma class at the jail, added, "That right there is why these programs work. Because when you have somebody as passionate as Ronnie and Cook behind you to support the system, that is why this program at this jail is working so good."

During the graduation ceremony, inmates graduating from the program were able to visit with family members as well as say a few words. Through tears they thanked the jail staff for giving them such an opportunity as this.

"To everyone who has been involved in this program—I personally want to thank all y'all for helping me save my life and change my ways. MRT and your support has brought me out of darkness in a part of my life when no one else believed in me...and you made me believe in myself again," said one graduate.

Another woman commented, "Unfortunately, I've spent about 20 years in places like this. And it's

never been a positive experience until now . . . They really want to see change."

One inmate said, "I just want to praise Jesus for noticing my life and putting me in a place he knew existed to surround me with people who love me and care for me and help me."

"This is my first time in jail," said one graduate. "But this program has given me a lot of life skills to seriously succeed now. I work. I make my own money. And I have great friends."

Through the MRT graduation process, she, along with four others, were able to secure jobs at Tyson while also serving their prison sentence.

Sheriff Swing added, "It's our wish and our goal that everyone that leaves here is a success. If we do that, we've accomplished a lot."

Cook said this is their first MRT graduation, but it will not be their last.

They also hope to expand the program to the public. Classes will be offered in the next couple of weeks at Gateway Church on Madison Street in Shelbyville.

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ALBÉA AUGUST 10
Walk in Wednesday
CAREER FAIR
Mechanics Needed!!!
Please visit 1209 Madison St.
Shelbyville, TN 37160
Starting wage: \$18.56 & up
Hours for walk in - 9am-11am
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For Questions Contact: teresa.melton@albea-group.com

SADDLE UP for The 2022 TWHNC Souvenir Edition
Advertise Your Business And Put It In Front Of Thousands!
The Souvenir Edition will publish Saturday, August 27th!
This will be inserted in the paper, distributed to Bedford County Hotels, Restaurants, Businesses & more! This edition is also available online 24/7 at t-g.com
Reserve Your Space! dwomble@t-g.com 931-684-1200

Cascade Community SCHS Webb
Friday Night Lights Are Back
2022 BEDFORD CO. PIGSKIN PREVIEW
Publishing Tuesday, August 16th
Show your support & reserve your ad space now!
931-684-1200
Diandra-dwomble@t-g.com

Barbecue cleaning

Dear Heloise: Reading the recent letter concerning the dangers of cleaning brushes for grills compelled me to write about our experience. While attending a community barbecue, my husband consumed a hamburger that contained two metal brush bristles that had not been detected.

He ended up in the hospital for a tracheotomy, on a ventilator and having surgery to remove the bristles, which were lodged sideways in his esophagus and formed an abscess. Over the next few days, he went into heart failure and got his nourishment via a stomach tube. He eventually recovered, but we make it a point to tell people to eschew the brushes and use a raw onion cut in half for cleaning purposes. It makes the grill smell yummy and leaves no life-threatening metal parts behind! -- Shirley Gooding, via email

ATTIC ORGANIZING

Dear Heloise: I just read the hint where the reader arranged her attic in zones and made a map to find where everything is. Good idea, but my husband had a different idea to print 8x10 signs with names of what was up there and put them into plastic covers so he could track them at each area. Now, all he has to do is look for the sign: Christmas, Easter, Spring, etc. -- Jimmie Ruth Taylor, Bryant, Arkansas

PLASTIC WRAP IDEA

Dear Heloise: My neighborhood often has driveway parties where everyone comes and it's BYOB, with a snack or potluck item to share. I often bring a food item that fits on a paper plate so that I don't need to worry about leaving a dish or container behind. Wrapping food on a paper plate with plastic wrap does not always create a good seal to protect the food item while en route, and the plastic wrap often comes loose.

I've discovered that if I wrap the paper plate and food item in an oversized piece of plastic wrap and place the whole thing on top of a second empty paper plate, the

Hints from Heloise

Heloise



second plate holds the plastic wrap in place more securely, and the food stays safe. The same holds true for an item covered with aluminum foil. It also makes the whole thing a little easier to carry. -- Carin, The Villages, Florida

FINGERPRINTS BE GONE

Dear Readers: Have any fingerprints on appliances? Mix half vinegar and half water together. Use a soft terry towel. Dip the terry towel into the mix and then wipe off the fingerprints, and the surface will be shiny.

Vinegar is such an indispensable and safe household product, which can be used for cleaning, deodorizing and cooking. I've put together a six-page pamphlet full of vinegar uses that you can have by visiting www.Heloise.com or by sending \$5 and a long, self-addressed, stamped (78 cents) envelope to: Heloise/Vinegar, P.O. Box 795001, San Antonio, TX 78279-5001. FYI: To clean dirty hairbrushes, soak them overnight in a 50/50 mix of white vinegar and water. Rinse thoroughly. -- Heloise

PET PAL

Dear Heloise: This is Col. Mustard. My grandniece got him as a kitten, but couldn't keep it where she lives, so she gave him to her grandparents. He is five years old and weighs 18 pounds. If he had a ruff, you would think he was a lion cub. He loves to lay in boxes, but his greatest love is visiting the elderly housing near his home. And yes, they love him also. -- Jeannine Aucoin, Henniker, New Hampshire

Readers, to see Col. Mustard and our other Pet Pals, go to Heloise.com and click on "Pet of the Week."

Do you have a furry friend to share with our readers? Send a photo and a brief description to Heloise@Heloise.com. -- Heloise

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COMMUNITY CALENDAR

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.

Recreation Committee will meet at 5:30 p.m. Thursday, Aug. 11, at Town Hall.

Shelbyville City Council

The monthly meeting of Shelbyville City Council is scheduled for 6 p.m. Thursday, Aug. 11, at Shelbyville Recreation Center.

AUG. 12

Silver Alert program

Shelbyville-Bedford County Senior Citizens Center on J.G. Helton Drive will be having a Silver Alert program Friday, Aug. 12, at 10 a.m. Free Silver Alert Kits will be available. Contact Melissa or Sonia, 931-684-0019, for more information and to sign up.

Normandy music

The churches of Normandy will host the third Music on Front Street on Friday, Aug. 12 at 6:30 p.m.

AUG. 13

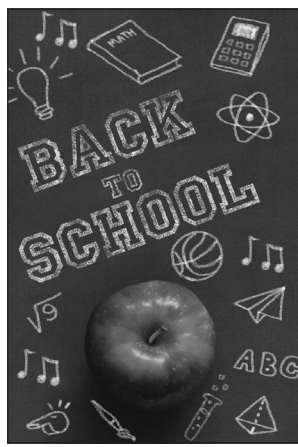
Safety class

A free safety awareness class for women ages 16-25, with emphasis on campus and college safety, will be held 9 a.m.-noon Saturday, Aug. 13 at the Shelbyville Police and Fire Departments' training center, 400 Elm St. inside King's Museum (old Central High building). Call 931-684-5811 ext. 4419 to sign up.

Wiser reunion

The Wiser Family Reunion is scheduled Saturday, Aug. 13, at the Aubrey Lewis Pavilion in H.V. Griffin Park. A potluck meal will be served around 12 noon. Tableware and paper products will be furnished.

Back-to-School Bash



Sevier Street First Baptist Church is hosting a Back-to-School Bash at 11 a.m. Saturday, Aug. 13. Free school supplies including a backpack, free food and free COVID vaccines (first and second doses and first and second boosters) will be available along with free blood pressure and blood sugar tests. Community Clinic of Shelbyville/Bedford County and Meharry Medical School are sponsors.

Wartrace Movie Night

"Encanto" will be shown at Wartrace Movie Night at 5 p.m. Saturday, Aug. 13, at the fire hall.

AUG. 14

Laity Club

Bedford County Laity Club will meet at 6 p.m. Sunday, Aug. 14, at Hickory Hill United Methodist Church. A meal will be furnished.

AUG. 15

Democratic meeting

The Bedford County Democratic Party will meet at 6 p.m. Monday, Aug. 15, at El Mexico, 724 N. Main St.

SATURDAY

Eagleville fish fry, auction

The Lanier Family Reunion Committee's annual fish fry and auction will be 11 a.m.-4 p.m. Saturday, Aug. 6, at the Eagleville Community Center, 317 Highway 99.

Hunter's Night Out

The annual Hunter's Night Out at Shelbyville Mills Baptist Church, Union Street, is scheduled Saturday, Aug. 6. A 3-D archery contest is scheduled at 5 p.m. and a free barbecue meal at 6:30 p.m. Many door prizes will be given.

Wartrace music

Pontiac Alley will perform from 5-7 p.m. Saturday, Aug. 6, at a free Music Under The Wellhouse event in Wartrace.

SUNDAY

Gospel concert

The Kellys will appear in concert at 6 p.m. Sunday, Aug. 7, at Longview Baptist Church, 101 Cooper Road near Unionville.

MONDAY

Religion class

Castle Ministries of Tennessee is holding free classes on "Understanding Tongues" Monday, Aug. 8, and "How to Seek the Lord" Monday, Aug. 15. Both will be held at 7 p.m. at 206 Madison St. Call to register at 931-773-3004.

Wartrace utilities

Wartrace Utility Committee will meet at 5:30 p.m. Monday, Aug. 8, in Town Hall.

TUESDAY

Bible study

The Senior Citizens Center will be starting a new Bible study class, every Tuesday at 10 a.m., beginning Aug. 9th. Barnett Payne will be leading the class. The class will be starting with 1st and 2nd Thessalonians. For more information, contact Sonia or Melissa at 931-684-0019.

Bell Buckle meetings

Bell Buckle Parks & Recreation Committee will meet at 4 p.m. Tuesday, Aug. 9, and the Bell Buckle Board of Mayor & Aldermen at 6 p.m. in Town Hall.

Wartrace meeting

A Wartrace economic growth meeting is scheduled at 5:30 p.m. Tuesday, Aug. 9 at Town Hall.

County Commission

Bedford County Commission will meet at 7 p.m. Tuesday, Aug. 9, at Bedford County Courthouse.

WEDNESDAY

Albea Career Fair

Albea, 1209 Madison St., is holding a walk-in Career Fair from 9-11 a.m. Wednesday. Mechanics are needed. Starting wage is \$18.56 and up. Interviews will be conducted onsite.

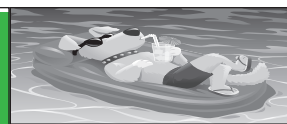
AUG. 11

Wartrace parks

Wartrace Parks and

August 2022						
S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

Holidays



AUG. 16

County committee meetings

Bedford County Commission's Rules and Legislative Committee will meet at 5 p.m. Tuesday, Aug. 16 at Bedford County Courthouse. Meetings of the Law Enforcement Committee and the Courthouse and Property Committee will immediately follow.

BOE meeting

Bedford County Board of Education will meet at 5:30 p.m. Tuesday, Aug. 16 at Bedford County School System headquarters, 500 Madison St.

Bell Buckle history

Bell Buckle Historical Commission will meet Tuesday, Aug. 16, at 6 p.m. in Town Hall.

Wartrace planning

Wartrace Planning Commission will meet at 6 p.m. Tuesday, Aug. 16, in Town Hall.

AUG. 18

Bell Buckle beautification

Bell Buckle Beautification Committee will meet at 6:30 p.m. Thursday, Aug. 18, in Town Hall.

AUG. 20

Horse show

The annual National Spotted Saddle Horse Show is scheduled Saturday, Aug. 20, at Jernigan Field in Wartrace.

AUG. 22

Wartrace meeting

Wartrace Board of Mayor and Aldermen will meet at 6 p.m. Monday, Aug. 22, in Town Hall.

AUG. 26

Cruise-In

Celebration City Car Club's Cruise-In will be Friday, Aug. 26, from 6-8 p.m. on the Shelbyville square. Food trucks will be present. Chase Clanton and Vintage Vibes will perform. Cruise-Ins are held each fourth Friday during warm weather months.

Bell Buckle music

The Escape Band will perform at Bell Buckle Park from 7:30-9:30 p.m. Friday, Aug. 26 at Bell Buckle Park to close the town's summer concert series.

SEPT. 15

Commodity distribution

South Central Human Resource Agency will hold a commodity distribution Thursday, Sept. 15, from 10 a.m.-noon at Bedford County Agriculture Center, Midland Road.

SEPT. 17

Alzheimer's Walk

The Walk to End Alzheimer's will be Saturday, Sept. 17, starting at the Jack Daniel's Welcome Center in Lynchburg. Register at act.alz.org/tullahomalynchburg.

Chalk art event

Shelbyville Parks & Recreation is hosting a Parking Lot Picasso Chalk Event from 9 a.m.-1 p.m. Saturday, Sept. 17 in Shelbyville Recreation Center's parking lot. All ages are welcome and prizes will be awarded. Register online at shelbyvilletnps.org/Course_Activities.

SEPT. 24

Police Fun Run

Shelbyville Police Benevolent Association will have its annual "Run Like You Stole Something" Fun Run fundraiser Saturday, Sept. 24, at 8 a.m. at Shelbyville Central High School. Sign up at https://www.reg2run.com/index.php/event_details/327 or contact Kim Nash at Shelbyville Police Department, 931-684-5811. The first 100 signups will receive a bag of goodies.

Aviation Day

Shelbyville Aviation Day will be Saturday, Sept. 24, from 10 a.m.-2 p.m. at Shelbyville Municipal Airport. Admission is free. Vintage airplanes, drones, and food vendors will be on the grounds.

ONGOING

Soup kitchen

Shelbyville Community Soup Kitchen serves meals from 4-5:30 p.m. Tuesdays and Thursdays at 336 S. Cannon Blvd. (corner of South Cannon and Pickle Street). Doors open at 3:45. Donations may be made to Shelbyville Community Soup Kitchen, P.O. Box 2259, Shelbyville, TN 37162, and are tax deductible under its 501c3 non-profit designation. Boxed non-perishables are available. Takeouts are no longer distributed.

NOTICE OF PUBLIC HEARING

This Notice is to inform the public that the **Shelbyville Housing Authority** in accordance with Section 511 of the "Quality Housing and Work Responsibility Act (QHWRA) of 1998" and HUD's implementing Regulations, will hold a Public Hearing on the Housing Authority's Public Housing Agency Plan (Five Year Plan) for the Fiscal Year Beginning January 1, 2023 - 2027. The Draft Public Housing Agency Plan and supporting documentation may be reviewed by all interested parties at the Shelbyville Housing Authority Office. The Office is located at 316 Templeton Street, Shelbyville, Tennessee. All interested parties are requested to make comments and recommendations before the Board of Commissioners adopts the Five Year Agency Plan and submits to HUD for approval.

The Public Hearing will be held as follows:

Date: September 21, 2022
Time: 12:00 Noon
Location: Tate Street Community Center
539 Tate Street, Shelbyville, Tennessee

Comments should be addressed to **Mr. Ronald Tillman, Executive Director, Shelbyville Housing Authority, P.O. Box 560, 316 Templeton Street, Shelbyville, TN 37160.** Comments should be sent on or before the date of the Public Hearing.

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A thought on school prayer

By Dawn Hankins
dhankins@t-g.com

Have you ever stopped in your busy day to pray for students and teachers?

If you know about the school system, signatures from parents have to be done on everything. So this isn't something that would be done in secret.

While there is the thing of separation of church and state, prayer can be done after school hours, at home with friends and family or just when a mutual group of parents decide that's how they want to start the school year with their children.

This doesn't just have to be done at church. Preachers will back that up.

Some parents are opting for home schooling, simply because they want to incorporate Bible teachings within their child's curriculum. Sad but true.

I remember growing up here in the Bedford County School System. While I might be a bit "old school," I don't think that's the case when it comes to stating it would be nice for students to have the option of scripture readings at the beginning of a class time.

Sure, there are positive reinforcements given within public education. But what is that, exactly?

I personally feel that prayer or daily devotions in the classroom should be left up to each school district. After all, some communities are more immersed into church and community than others. Perhaps that is Bedford County?

Here's maybe why we should spend a little daily affirmation time. OK, I'm not talking about SN&L versions.



T-G Photo by Dawn Hankins

When you commute to work each day, daily affirmations are sometimes seen from behind the windshield.

If you know about the school system, signatures from parents have to be done on everything. So this isn't something that would be done in secret.

I think it would be good for perhaps a child comes to school after being abused. Or perhaps it would encourage a child who's parents have divorced?

Such scriptures taught by Jesus can reassure anyone that love is the greatest of all things. It's that simple.

Will I go out on a limb and say I'd like to see prayer back in school, perhaps. But as a preacher once said,

it was the Christians who stood back and let it get taken out in the first place. So now, we've a lot of work to do to put it back into the schools. If that ever happens again.

I have mixed emotions, having come from a generation where that's how we started our school day. I remember our teachers simply read the devotion or scripture, no proselytizing, and we moved on with our school work.

With the teacher or students guiding that daily reading, think about how a child's life could change. Students who do not wish

to participate (per parental decision) could go with teacher assistant to another room for a secular book reading time. Or, vice versa, students wanting to hear the devotion could go to another area.

I praise those who start off the year with prayer around the flagpole before school starts. If you don't believe me, ask them how much better it makes them feel by doing this.

I think you will find that most students relish that kind of positive reinforcement. But if it is not offered, how will they know?

CHURCH ACTIVITIES

Send church news and events to tgnews@t-g.com.

Baptist

Calvary Baptist Church's message will be "Becoming A More Effective Servant." The service will be livestreamed.

The message at **Edgemont Baptist Church** will be "Satan Desires to Rule You" from Proverbs 16:18. Services are livestreamed.

The Kellys will be leading morning worship by singing the entire service at **Grace Baptist Church**.

The Kellys will appear in concert Sunday evening, Aug. 7 at **Longview Baptist Church**, 101 Cooper Road near Unionville.

Sevier Street First Baptist Church will celebrate its 57th anniversary and homecoming at 10 a.m. Sunday. Minister Nathan Marable will be guest speaker. Lunch will be served after the service.

Christian (Disciples of Christ)

First Christian Church will recognize and pray for church leaders for the upcoming calendar year Sunday, recognizing that "the local church is the hope of the world."

Church of Christ

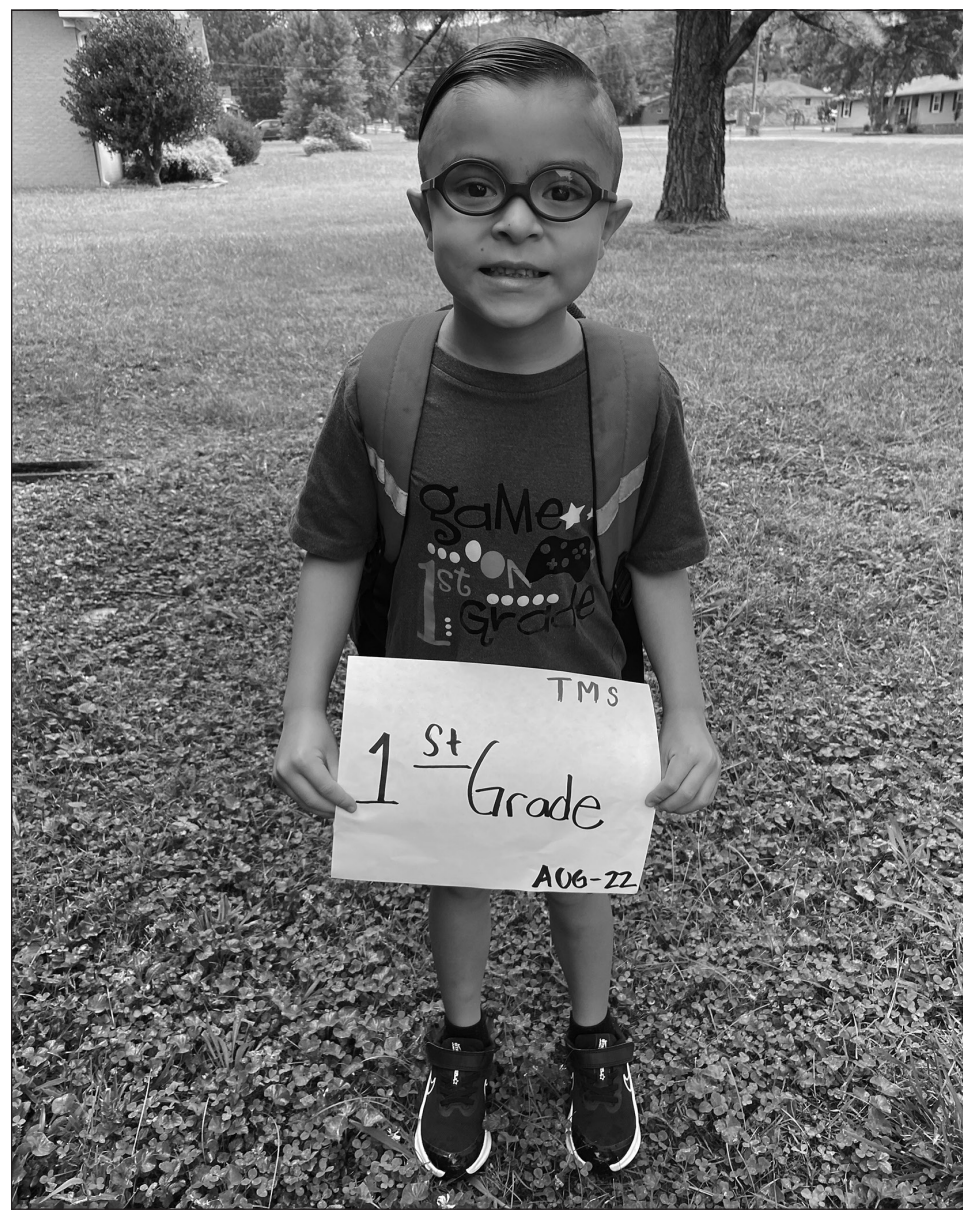
Topics Sunday at **Bell Buckle Church of Christ** will be: Sunday morning class, 9 a.m.: "True Worship Is Essential For Fellowship" (Isaiah 58); 10 a.m. sermon, "Don't Be An Ear Looper (Mark 14); 5 p.m. sermon, "God Can And Will Fulfill His Promise To You" (1 Peter 1).

Southside Church of Christ's series on "The Superior Teachings of Jesus" continues Sunday morning with the lesson "Jesus got it Right About Love" from Matthew 22:34-40. The Summer Series continues Wednesday with Charlie Pope speaking on "A fellowship which submits to one another." Sunday morning and Wednesday services are livestreamed at cofcsouthside.com.

Presbyterian

First Presbyterian Church's sermon will focus on Luke 12:32-40, "Do not be afraid, but be ready for the coming of the Son of Man." Services are livestreamed on Facebook.

FIRST DAY PHOTO



Submitted Photos

Victor Prieto started 5th grade this week and Emanuel Prieto is in first grade-both at Thomas Magnet. Their family took these back-to-school photos on Monday.

Foreign language class has health benefits: study

Adults undoubtedly recall their school days when schedules included a class devoted to foreign languages. Some students embrace foreign language classes, while others may question their value. Those in the latter camp may be surprised to learn just how much they benefit from studying a foreign language.

Dementia might not be foremost on the minds of school-aged youngsters, but their foreign language class could be delaying its onset by a significant margin. A 2010 study published in the

peer-reviewed journal *Neurology* found that bilingual patients with probable Alzheimer's disease reported the onset of symptoms 5.1 years later than monolingual patients.

Authors of the study concluded that lifelong bilingualism confers protection against the onset of Alzheimer's disease, which underscores the value of learning a foreign language as a young person and maintaining that knowledge throughout adulthood.

A recent study from Microsoft found that the average attention

span is now 8 seconds, which marks a significant decline since 2000, when the average attention span was 12 seconds. Researchers behind the report suggest the prevalence of screens, particularly the use of multiple screens at once, has led to that decline. But bilingual individuals may be able to buck that trend.

Researchers at the School of Psychology at the University of Birmingham suggest that bilingualism could lead to better sustained attention and attentional monitoring, thus improving stu-

dents' ability to remain focused and block out distractions.

Most adults likely need no reminder that the current world is one that requires an ability to multi-task. Learning a foreign language can make it easier to navigate that world. A 2012 study funded by the National Institutes of Health found that bilingual children had a greater ability to multi-task than monolingual children. The NIH study utilized a switching task to gauge monolingual and bilingual children's ability to pay attention, plan, orga-

nize, and strategize.

Bilingual children were faster at switching than their monolingual counterparts, which could set them up to be more successful in a world that has increasingly valued the ability to multi-task.

Foreign language courses do more than teach kids how to speak a non-native tongue.

The benefits of such courses on students' brains is well-documented and can produce some immediate and long-lasting results.

Town & Country Garden Club meets

Program is summer floral ideas

STAFF REPORT

Town and Country Garden Club met at River Bend Country Club on June 15 and 20.

Florist Leanne Moore presented a program on "Ideas for summer arrangements." She discussed how to make a floral centerpiece.

Arrangement / specimen winners at the June meeting were: Nancy Reak, Naomi Luna and Kim Allison.

Becky Nichols gave some tips on making arrangements.

Winners of the flower arrangements and specimens at the July meeting were: Charlene Judd, Naomi Luna and Nancy Fayard.



LEANNE MOORE



FLORAL WINNERS



SPECIMEN WINNERS



BECKY NICHOLS

Wedding flowers, always a must

While wedding trends come and go, flowers will always have a place at the wedding table. The blooms that brides and grooms choose and how they decide to display them can say much about the couple's style.

Many modern couples are opting for statement pieces with their flowers to rival the big and bold ideas they're incorporating elsewhere into their occasions, such as in cakes and clothing. In fact, floral designer Tom Uberuaga says traditional hurricane vase centerpieces are outdated and only focus the eye on the middle of the table.

Uberuaga prefers guests enter the wedding and have their senses stimulated by flowers from all angles. Large flower installations, as well as blooms popping up in unexpected places, are some of the hot trends for couples to keep their eyes on.

There's no need to worry about seeing over table centerpieces or flowers getting in the way of photo moments. Thanks to hanging flowers and floral chandeliers, flowers are quite literally moving up in the world.

Hanging floral pieces can add instant drama and make a large visual impact. Florists can hang flowers from beams over tabletops to increase visual impact, whether as individual baskets, single stems or floral swags.

Hanging floral chandeliers are dramatic but naturally expensive. Think about a large installation that forces guests to look up into a sea of greenery and flowers. The smell and the sight can be breathtaking.

Why should wreaths only be reserved for front doors and holiday decor? A welcome floral wreath can be placed by the entryway to a chapel or reception hall with a heartfelt sentiment that shows guests how much they're appreciated.

A floral curtain of hanging flowers can line a chuppah or drape the altar in beautiful blooms. Couples who would like a fairy-tale entrance also can make their debut as a couple by coming through a flower curtain at the reception. Martha Stewart Weddings says a cascade of flowers and greens can be romantic and elegant.

Who says flowers have to be overhead or on a table? With a plexiglass dance floor, or one made from some other transparent material, flowers can be underfoot, creating a magical floral carpet.

Brides needn't carry their bouquets, they can wear ethereal and whimsical floral pieces around their necks or on their waists instead.

Couples are urged to speak with their florists about the innovative ways they can make flowers an even more awe-inspiring component of their weddings.



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VANDERBILT  HEALTH



Happy places

Sitting by the lake in the Northwoods of Western Minnesota is one of my 'Happy Places.'

I love the breezes blowing through the trees and over the water... watching the fish jump... squirrels running across the lawn and up and down the pines... and the rabbits scurrying from one hiding place to another.

The sunrises on the lake were beautiful.

I watched the rippling water turn from grey to yellow and then gold and then to bright, light blue as the sun came up, and up.

All weeklong I was the earliest riser, and I was able to start everyday gazing out on His creation, with the Lord speaking to me, and me speaking to the Lord.

Lynn and I were able to come home refreshed and renewed.

We're blessed!

Although I'm a Fisher-of-Men, I'm not much of a fisherman, and I didn't do any fishing while at my sister's lake home.

But I love to eat fish anytime, anywhere.

While up North, I was able to eat a wonderful, broiled walleye filet at a quaint little café sitting amongst the beautiful fields of potatoes, sugar beets, potatoes, and corn.

It was delightful!

While at my sister's home, I kept reading a quote from Herbert Hoover changing on the wall.

Hoover of course was our 31st president and an avid fisherman.

He wrote, "To go fishing is the chance to wash one's soul with pure air, with the rush of the brook, or with the shimmer of the sun on blue water. It brings meekness and inspiration from the decency of nature, charity toward tackle-makers, patience toward fish, a mockery of profits and ego, a quieting of hate, and a rejoicing that you do not have to decide a darned thing until next week. And it is discipline in the equality of men—for all men are equal before fish."

As I sat on the deck looking at the lake, the breezes blowing, I kept thinking, this is "the chance to wash my soul with pure air...with the shimmer of the sun on blue water..."

"It brings meekness and inspiration from the decency of nature...a quieting of hate, and a rejoicing..."

Hallelujah!

It was great to be in eastern North Dakota and western Minnesota, the land that raised me...if only for a time.

But, then we came home to Tennessee, the land that claimed me, ready to begin again...

•Doug Dezotell is the pastor of Cannon UMC. He can be contacted at dougdezotell@gmail.com or call him at 931-607-5191.



Students attending last Saturday's Back-to-School bash at Harris Middle signed this 'thank you' to those responsible for organizing the fun event.

Two teens organize Back-to-School Bash

Mission accomplished

Well, they did it. Cascade Middle School students Charlie Pirtle and Noah Fletcher pulled off a great Back-to-School Bash last Saturday at Harris Middle, as reported by those in attendance.

The two teens also organized a backpack drive this summer for students in need within the school system.

From games to visiting with local law enforcement, K-5 students seemed to have a great time.

Organizing an event of this magnitude has taken up these junior high kids' whole summer vacation. This will be Charlie's second year at Cascade Middle and Noah's first, yet they weren't shy about reaching out to the community to support their outreach.

It takes a lot of confidence and leg-work, they discovered. But they're two young men on a mission.

They're hoping to organize the bash to all students in the near future. They were very appreciative of Cooper Steel, churches and businesses which contributed this year.



Local law enforcement officers greeted students during the back-to-school event last Saturday.



Noah Fletcher and Charlie Pirtle thanked Cooper Steel for its amazing contributions to Saturday's Back-to-School Bash.



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Are these the good old days for reminiscing?

While grocery shopping with my mother in the 1970s, I enjoyed peering at the “Golden Age” Sunday comics in “Good Old Days” magazine and developing an appreciation of the cartoon antics my father remembered from his boyhood.

In the early 1980s, as part of a school magazine fundraiser, my (then-future) wife wheedled her grandfather into purchasing a much-enjoyed subscription to “Reminisce.”



Danny Tyree
Tyrades

**“Memories/
 Light the
 corners of my
 mind...”**

— as sung by Barbra Streisand

I am overjoyed that these two magazines are still around to remind a powder keg of a nation about simpler times. Simpler times when the moon might still be made of green cheese and a man’s word was his bond and hips knew their place and kids would play outdoors until dark, turning over every rock to find bugs (as opposed to finding new pronouns).

Both periodicals are chockful of articles about how swell the country used to be for its citizens. Granted, the theme issues spotlighting Black gay communists with polio are a little thinner than most, but surely that’s the exception that proves the rule.

These magazines are priceless time capsules, and not the disturbing kind of metal time capsule that gets buried and forgotten. (“Stop digging. I think we’ve finally found where Grandpa buried the ti—no, wait! It’s just Mittens. Ewwww! Junior, I thought I told you to...”) Obviously, these magazines are a thoughtful gift for seniors, whether they are confined to a nursing home bed or experiencing an active lifestyle of tennis and travel.

Retirees from coast to coast can all enjoy reading about station wagon vacations, Sinclair gas stations, Lucy and Ethel, Dick and Jane books, the old swimming hole, poodle skirts, drive-in theaters, snapping green beans with grandma and figuring out how one could eventually produce exactly 2-point-5 children. (“Do you like me? Check yes or no and provide references for how good you are with fractions.”)

Don’t stop there. Folks a generation younger can use the recollections from their parents’ peers to modify their own mid-

life crisis. (“Who needs a sports car and a trophy wife??? I’m cashing in my retirement account early and stocking up on asbestos!”)

I’m not finished. The nostalgia magazines are especially appropriate for young people who respond with rolled eyes and a dismissive “I don’t even know what that is” anytime an elder uses perfectly legitimate words such as “Fonzie,” “encyclopedia salesman,” “phone book” or “house call.”

Hand the youngsters a stack of magazines and then play dumb yourself. (“Co-sign a loan? What is this ‘co-sign’ terminology? Move into the basement? You kids and your newfangled slang!”)

Of course, with the passage of time, the original readership of the magazines passed away (“Be sure to mark the grave this time, Junior!”), so the emphasis has slowly shifted from the Gay 90s and Roaring 20s to the Greatest Generation and the Baby Boomers.

Following that pattern, someday the readers will think of the 2020s as “the good old days.” I shudder to think of the articles.

“That time the house caught on fire, and I had to choose between my knitted mask and my participation ribbon!”

“My most embarrassing childhood moment: when the doctor cut my umbilical cord before I could start recording for my TikTok audience!”

Sigh

The magazine rack: be there or be square. Because Mittens would have wanted it that way.

• *Danny Tyree welcomes email responses at tyreetyrades@aol.com and visits to his Facebook fan page “Tyree’s Tyrades.”*

STUFF THE BUS DONATION



Amanda Crews, left, and Jeff Haynes look over school supplies donated by Peoples Bank of Middle Tennessee for United Way of Bedford County’s “Stuff the Bus” drive.

Photo by Mark McGee

Tips for effective remote learning

An increased reliance on virtual home instruction has many students rethinking their organizational strategies and daily school schedules. Learning at home is different from being in a traditional classroom environment, but with some effective strategies, students can persevere without missing a beat.

Stick to a schedule. Many students are successful because they follow a schedule. The Center for Social and Emotional Foundations of Early Learning says that routines and schedules are important because they influence a child’s emotional and cognitive development. Children feel secure with schedules, which may help them recognize what’s expected of them.

When learning at home, students should strive to maintain as consistent a schedule as possible, including bedtimes, wake times, hours devoted to learning, and time to get outside or engage in downtime activities.

Connect live if possible. There are many free tools and resources available that enable teachers to provide live video lessons or to record them so students can watch them later. Similarly, social networking apps and virtual meeting programs enable students to connect digitally. This can be helpful for collaborative learning assignments or just to see a familiar face.

Stick to tools that work. Once students find apps or systems that work, they should stick with them, offers Khan Academy, an educational tutoring resource. There are many factors outside of one’s control during virtual instruction, but maintaining consistency with tools and schedules is one way to feel more confident and secure.

Check student accounts frequently. Just like students, teachers may be learning as they go in regard to remote learning strategies. Students should be sure to check school email



accounts or other places where teachers post assignments a few times per day so that they stay on top of all assignments and are aware of due dates.

Reach out to instructors. Allegheny College suggests students contact their teachers if they are unsure of how to participate in remote learning environments. Ask questions about assignments, get clarification on key topics and be sure to tune into any remote chats or virtual “office hours.”

Stay in touch with guidance, if needed. Remote learning is a new experience for many students, and there may be certain struggles or road blocks. It can be easy to grow frustrated with equipment failures or lack of in-person interaction. Schools employ qualified therapists and guidance counselors who are just a click, call or email away if issues need to be talked through. Students should utilize all resources made available to them.

How to prevent head lice

As a new school year begins, parents may grow nostalgic about their own school days. Though thoughts of recess and field days may be the first memories parents think of, they no doubt also recall the less enjoyable parts of school, including annual tests for head lice.

Head lice screenings are no longer required by many school systems. According to the New Jersey Department of Health, classroom or school-wide screening has not been proven to be necessary or effective at controlling the spread of head lice, which is one reason why many schools no longer require testing at the start of a new school year. However, head lice can still affect kids, so it’s important that parents recognize what lice is and how to prevent it.

What is head lice?

The NJDOH notes that head lice are small insects that are around 1/16- to 1/8-inch long. Despite their size, head lice have claws that allow them to cling to hair shafts and suck blood from the heads of their hosts.

How is head lice spread?

Much of the reasoning behind testing for head lice at school had to do with how lice spread. According to the Centers for Disease Control and Prevention, head lice are spread most commonly by direct hair-to-hair contact, though in rare instances they can spread through shared clothing or belongings.

How can head lice be prevented?

The CDC recommends various strategies to pre-

vent the spread of head lice. Parents can keep a watchful eye on kids during play dates and educators can do the same during recess to ensure children aren’t engaging in ways that can spread head lice.

- Avoid hair-to-hair contact during play and other activities at home, school, playgrounds, and other times when kids gather in close contact.
- Don’t let kids share clothing, especially hats, scarves, coats, ribbons, and barrettes.
- Do not share combs, brushes or bath towels.
- Disinfect combs and brushes used by an infested person by soaking them for five to 10 minutes in water that is at least 130 F.
- Discourage kids from lying on beds, couches, pillows, and carpets that have recently been in contact with an infected person. Kids also should avoid

stuffed animals that have been in contact with an infested person.

- Lice can survive for one to two days after falling off an infested person. So any clothing, bed linens or other items worn or used by an infested person over the previous two days should be machine washed in hot water (no less than 130 F) and dried on the high heat drying cycle. Dry clean items that cannot be placed in a washing machine and store other items in a sealable plastic bag for two weeks before reusing.
 - Avoid fumigant sprays or fogs, as the CDC notes that such products can be toxic if inhaled or absorbed through the skin.
- Schools may no longer test for head lice, but kids can still become infested. Parents can emphasize various strategies to prevent infestations.

Our Wedding Policy ...

The Times-Gazette now runs all wedding, engagement and anniversary announcements on Saturday. Pictures and announcements must be received 10 days prior to the issue in which you’d like your announcement to appear. Wedding announcements must be received no later than six weeks after the date of the wedding. Forms can be picked up at our offices, at 323 E. Depot St. in Shelbyville, or may be filled out and submitted from our web site at www.t-g.com. Wedding and engagement announcements may also be submitted to our office in person, or by e-mailing tgnews@t-g.com. Forms must be neatly printed or typed, and the spelling of all names should be double checked before submitting them to us. A phone number must be included.

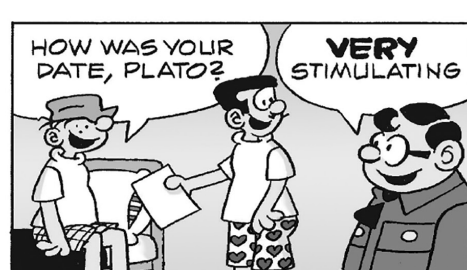
Celebrating a new school year

Grand time had at K-5 bash



SHELBYVILLE TIMES-GAZETTE

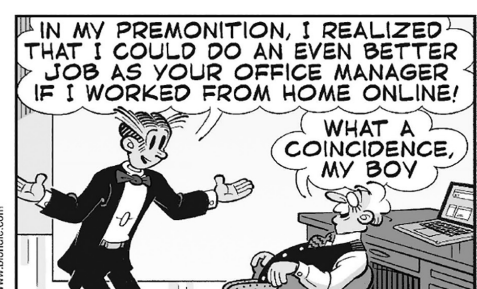
Mort Walker's beetle bailey



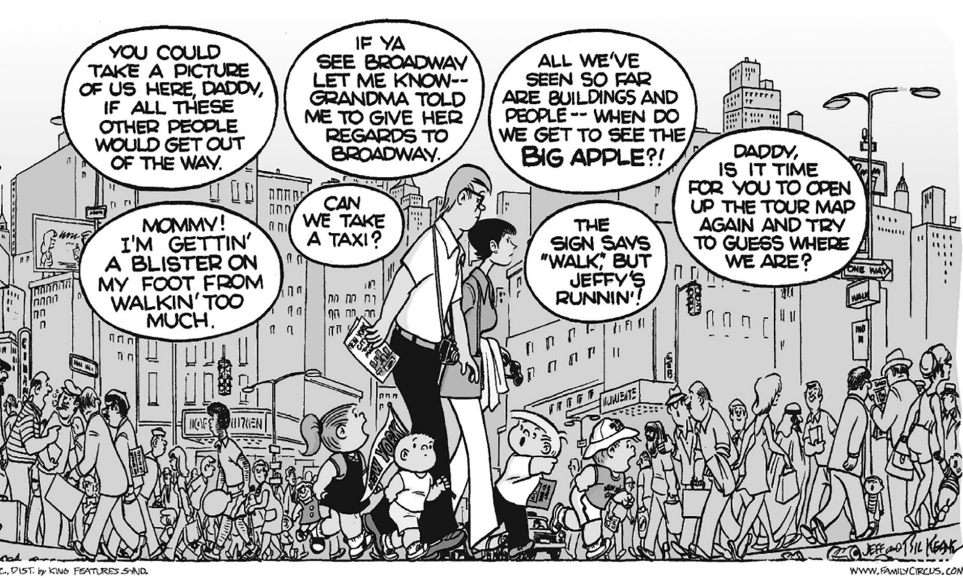
Hank Ketchum's Dennis the Menace TASTE BUDS



BLONDIE BY SEAN KELLY & JOHN MARSHALL



The FAMILY CIRCUS BY BILL KEANE



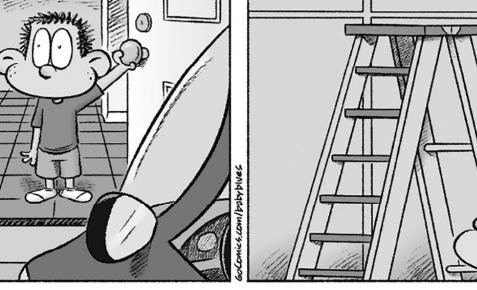
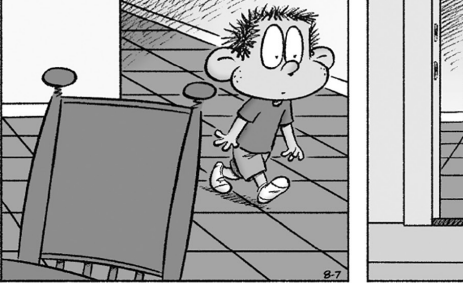
PICKLES BY BRIAN CRANE



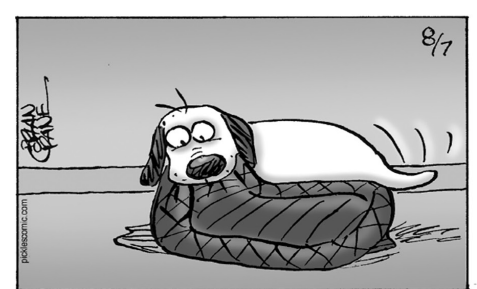
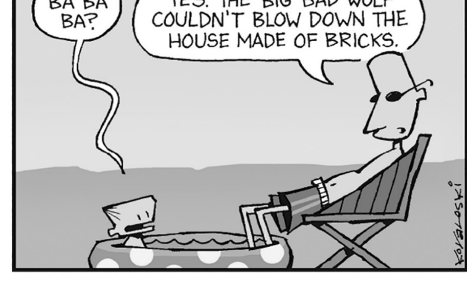
Baby Blues



Rick Kirkman & Jerry Scott



BY JOHN KOVALESKI



DADDY DAZE



SALLY FORTH

by Francesco Marciuliano

MY PEOPLE ARE BACK.

OH, WELL. NICE VACATION WHILE IT LASTED.

AHHH...

IT'S SO NICE TO BE HOME AGAIN AFTER A LONG TRIP...

EVERYTHING WELCOMING AND COMFORTING...

IT JUST BRINGS A SMILE TO MY HEART.

I NEVER WANT TO DUST, CLEAN OR WASH THIS MUCH HOUSE EVER AGAIN.

SAME HERE. I SAY WE TRADE IT FOR AS MANY TREEHOUSES AS WE CAN GET AND THEN JUST KEEP MOVING FROM ONE TO THE NEXT WHEN THEY GET DIRTY.

IT'S SO NICE TO BE HOME AGAIN AFTER A LONG TRIP...

EVERYTHING WELCOMING AND COMFORTING...

IT JUST BRINGS A SMILE TO MY HEART.

I NEVER WANT TO DUST, CLEAN OR WASH THIS MUCH HOUSE EVER AGAIN.

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The PHANTOM

by Lee Falk

DARLING, ON YOUR SECOND TIME HERE, WHO WAS THE EXPERT?

MY HIEROGLYPH READER?

A REMARKABLE YOUNG WOMAN FROM GERMANY... MINA BRAUN...

IF YOU WANT TO KNOW ABOUT HER, THAT TALE GOES BACK TO THE DAY HER GRANDFATHER DIED IN THE WATERS OFF EDEN... 1945...

MINA BRAUN... QUITE A BRILLIANT MIND. YOU'D LIKE HER.

SCIENTIST, HISTORIAN, EGYPTOLOGIST...

"HER GRANDFATHER AND THE KRIEGSMARINE CREW HE COMMANDED DIED THERE ON A MISSION TO FIND THE TEMPLE OF THE GODS."

SHE LED A TEAM OF DIVERS TO THE WATERS OFF EDEN...

"MINA ORGANIZED A SEARCH FOR THE WRECK, A SEARCH FOR THE ANCIENT SCROLL THAT HAD LED THE NAZIS HERE."

ON THE VERGE OF LOSING A WORLD WAR, WHY WOULD THE NAZIS...?

!! OH NO!

IF THE CULT THAT HAD WORSHIPPED HERE KNEW HOW TO BREED A RACE OF SUPERMEN, BERLIN WANTED THAT BIOTECHNOLOGY.

Tony DePaul & Jeff Weigel 8-7-22

"MINA BRAUN LEARNED OF THE SCROLL'S EXISTENCE IN A DIARY KEPT BY HER GREAT-UNCLE, HER GRANDFATHER'S BROTHER."

DARLING, THE PROFESSOR ON THE VIDEO... SO HORRIBLY SLAUGHTERED BY THAT AWFUL CREATURE!

HE...!

GERMAN... YES...

UNTIL NOW, I THOUGHT THE SCROLL AND THE DIARY WERE THE ONLY HISTORICAL ACCOUNTS OF THIS PLACE.

NOW I WONDER IF MINA'S GRANDFATHER HAD CONFIDED THE PURPOSE OF HIS SECRET MISSION TO SOMEONE ELSE BESIDES HIS BROTHER.

Hi and LOIS

by BRIAN and GREG WALKER

JUST HAVE TO FIT THESE LAST COUPLE THINGS.

WHERE ARE YOU GOING?

TO ACADIA NATIONAL PARK.

YOU SURE HAVE A LOT OF GEAR.

WE NEED IT.

FOR WHAT?

CAMPING, HIKING, FISHING, KAYAKING...

WHAT ABOUT GOLF?

I ALMOST FORGOT MY CLUBS!

ZITS

BY JERRY SCOTT AND JIM BORGMAN

TWIST! TWIST!

SWISH! SWISH! SWISH!

GULP!

JEREMY 1 DIRTY BREAKFAST DISHES 0

THE LOCKHORNS

BY BUNNY HOEST AND JOHN REINER

"GUESS WHO I RAN INTO TODAY?"

"IT WASN'T TOO BAD THIS TIME... WE ONLY GOT TWO NOISE COMPLAINTS."

"MAYBE WALKING UNDER A LADDER BEING BAD LUCK IS MORE THAN JUST A SILLY SUPERSTITION."

FUNKY WINKERBEAN

by TOM BATIUK

COME ON, DAVE! HIT IT!

WONG!

OH, HA... WHAT ARE YOU DOING!?

GLENN! FOLLOW THROUGH!

WHY DO YOU CALL OUT DIFFERENT NAMES WHENEVER YOU MAKE A MISTAKE?

BECAUSE I DON'T WANT EVERYONE TO KNOW WHO'S HITTING ALL OF THOSE BAD SHOTS!

SLYLOCK FOX and COMICS FOR KIDS

BY BOB WEBER JR.

While Sir Hound sat reading in his chair, a burglar opened the room's squeaky door, walked up behind him and knocked him out with a blow to the back of the head. Slylock Fox told Sir Hound soon after and frightened off the burglar. But nobody had told Slylock a friend had arrived and frightened off the thief. How did he make that deduction?

Solution -- -- -- -- --

Spot six differences between these panels.

Answer -- sill, anchor, starfish, clam eyes, tooth and octopus spot.

"I CAN'T BITE OFF MORE THAN I CAN CHEW, LORETTA... I CAN'T EVEN CHEW WHAT I BITE OFF"

HOW TO DRAW a mouse

WEBER/satv 8-7

YOUR DRAWING

Today's terrific artist is Daisy, age 11

King penguin chicks stay with their parents for ...

- 3 weeks
- 9 weeks
- 18 weeks
- 26 weeks
- 15 months

Answer -- -- -- -- --

Teachers, parents and grandparents! Share fun puzzle comics with youngsters every day at www.slylockfox.com

"I'M NOT BEING A WALLFLOWER... I'M CHARGING MY PHONE"

REGIONS SUPPLIES STUDENTS



Photo by Mark McGee

Regions Bank collected school supplies in July for United Way of Bedford County's "Stuff the Bus" campaign. The supplies are distributed to schools in the county for students in need. From left, Jayna Council and Cynthia Gregory of Regions Bank.

How school shopping has changed since 2020

Students and their parents may visit area stores or browse online looking for items to make the coming school year a success. Those lists have looked similar for decades, but shopping for school supplies in the pandemic era may prove to be a unique experience.

Though hundreds of millions of adults and adolescents have now been vaccinated against COVID-19, there figures to be some lingering effects of the pandemic during the upcoming school year. That could affect which school supplies families buy in the weeks to come. Here's a look at some of the latest trends.

- A shift from physical stores: According to data from IBM's U.S. Retail Index, the pandemic has accelerated a shift away from physical stores to digital shopping by about five years. It's likely that school shoppers will turn to the internet for their supplies, which means local brick and mortar shops should increase their web presence and digital shopping capabilities to reach online shoppers. This includes omni channel fulfillment, such as buy online and pickup in store (BOPIS) options.

- Reassessment of what's essential: The pandemic may have changed which items consumers consider

essential. For example, clothing became less significant as a greater number of students were enrolled in virtual learning. Back-to-school shoppers may purchase less clothing and focus more on tech items, among others.

- Traditional supplies become less necessary: In 2020, Deloitte forecasted that a shift in preferences and intentions would result in parents buying fewer traditional supplies, such as notebooks and office supplies, as they chose to invest in digital resources to supplement children's education. That shift likely will continue into this school year.

- Support for local retailers: Community spirit grew in the early days of the pandemic and continues now. Many people prefer to shop in locally owned stores. Eighty percent of customers surveyed feel more or as connected to their communities, according to the business industry consultant company Accenture.

- Customers are trying new brands and products: Shoppers are trying new products out of curiosity as well as necessity. Back-to-school shopping may include novel brands and other items that may not have been readily purchased in years past.

BACK TO THE CRAYONS



T-G Photo by Zoe Haggard

First graders at Learning Way Elementary enjoyed their first full day of school on Tuesday. Some of the first weeks, teachers note, are when students learn how to listen and learn other class rules.

First day of Kindergarten?

First rule for parents? Keep it short and sweet.

On the first day of kindergarten, there can sometimes be clinging, crying and venting among newbies. Some kids say bye to their loved ones with no tears. Either way, the first day of kindergarten is a milestone moment for children that their parents will remember forever.

Sure parents, go ahead and shed those tears. Just do that away from your 5-year-old.

Data from the U.S. Census Bureau indicates that around five million children attend an organized preschool or daycare facility in the United States, while Statistics Canada reports that roughly 52 percent of children in non-parental child care are in a daycare center, preschool or childcare center.

Children who attend preschool or daycare may make a relatively seamless transition to kindergarten. However, it's still a good idea for parents to take steps to prepare youngsters for kindergarten in advance of the first day of school.

- Attend orientation or related events. Elementary schools typically are housed in much larger buildings than preschools or daycares, and that size can be intimidating for children. Attending kindergarten orientation or related events as a family can help children see their classrooms, meet their teacher and potentially their classmates.

- Meet other kids in the neighborhood. Some children attend preschools or daycares close to home, while others may go to facilities near a parent's office. Regardless of where kids go to daycare or preschool, they're likely to meet new youngsters



in kindergarten. Introducing them to other kids in the neighborhood who will be going to kindergarten as well can calm children's nerves. Seeing a familiar face on the bus and/or in class can put youngsters at ease.

- Avoid lengthy goodbyes. Parents may get a little teary-eyed on their children's first day of kindergarten, but drawing out goodbyes as kids get on the bus or walk into school will ultimately make it harder on children. Limit your goodbye to a hug and kiss and some words of

encouragement. Keep the emphasis on the positive and the fun that's to be had so kids arrive at school in a good frame of mind.

- Remind youngsters you'll be there to pick them up at the end of the day. Let children know that, just like daycare and preschool, mom or dad will be there to pick them up at school or the bus stop at the end of the day. This sense of the familiar can calm kids' nerves and reassure them that a smiling face will be there at end of the school day.

Cheesy Chicken Crunchers

These kid-friendly baked chicken fingers have extra protein from the cheese that's added to the crispy cereal coating.

Servings: 6

- 1 C. all-purpose flour
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 4 egg whites
- 1/2 C. milk

- 1 1/2 C. corn flake cereal
- 1 C. shredded Cheddar cheese
- 6 chicken breast fillets; cut into strips
- Nonstick cooking spray

Preheat oven to 375 degrees. Set up three bowls with the following: 1) flour mixed with a pinch of salt and pepper; 2) an egg wash made by beating the eggs and milk together; 3) corn flake cereal mixed with cheese.

Coat a 13- x 9-inch baking pan with nonstick cooking spray. Dip chicken in flour, then into egg wash, then roll in cereal mixture, coating entire piece of chicken and place on baking pan.

Discard any unused cereal mixture after coating chicken. Bake for 25 minutes, turning halfway through to ensure even browning.

Serve with ketchup, honey mustard or BBQ sauce if desired.

TDOE Launches 2022 TCAP Family Portal

With “Know more, Learn More TN” campaign

Nashville, TN—With the 2022-23 school year beginning across the state, the Tennessee Department of Education has launched the “Know More, Learn More TN” campaign to encourage all Tennessee parents and families to log in to the redesigned [TCAP Family Portal](#) for on-demand access to their student’s TCAP assessment results.

This year, the Family Portal has been redesigned to improve user friendliness, offer clarity of the printed state score report, and provide more actionable resources for families and includes several new features—personalized student video reports in five languages, sample questions, questions for parents to engage with their student’s teacher about their scores, and historical data to track student achievement over time.

“Thanks to the commit-

ment of educators, parents, and district and school leaders, Tennessee students saw major academic improvements revealed in the 2021-22 TCAP results, bouncing back to pre-pandemic proficiency levels,” said Commissioner Penny Schwinn. “Now, parents and families can take the next step to log in to the TCAP Family Portal and continue partnering with their student’s teachers in essential discussions to support their student’s progress and how best to support their future success.”

Parents and families can [watch this short video](#), reference [this graphic](#), or follow these three simple steps to access the TCAP Family Portal:

Find their student’s “unique access code” or “USID” on the bottom right-corner of the printed state score report. Visit the Family Portal at

[KnowMoreLearnMoreTN.tnedu.gov](#).

Log in to find information on your student’s performance, a personalized video in your home language, questions to ask their teacher, and where they may need additional support.

• **To note:** If a parent does not have a score report to reference, they should contact their school and ask for their student’s state ID number. They will add two zeroes in front of that seven-digit number to create an account.

“We were thrilled to serve as one of the nine sites on Memphis-Shelby County Schools’ Trending Up: TCAP Performance Tour,” said Brandon Hill, Principal, Treadwell Middle School, Memphis-Shelby County Schools. “At the events, District and school leaders shared with hundreds of parents the gains that MSCS made in every grade on the 2022 TCAP and instructions on how to access their chil-

dren’s results. We look forward to working with the state and families to continue the awareness of portal access and MSCS academic gains.”

“We know that when children have families who are engaged in their education, they are more likely to be successful. At Knox County Schools, we work incredibly hard to encourage and support these efforts, and we couldn’t be more proud of the number of our families who are logging on to the State’s TCAP Family Portal to view their student results,” said Dr. Jon Rysewyk, Director of Schools, Knox County Schools. “The TCAP Family Portal is a great resource to assess the academic progress of students, and I would encourage families to take advantage of this tool.”

“We believe that all parents should have timely access to their children’s academic performance and progress. A strong partnership between parents and

teachers is key to driving academic success at all grade levels. The ability of parents to access TCAP/EOC scores through the TCAP Family Portal is a key factor in supporting this partnership and empowers parents to advocate for their children’s academic needs from the first day of school,” said Gary Lilly, Director of Schools, Collierville Schools. “We highly encourage active participation in our schools from all stakeholders. The number of parents who are taking advantage of the TCAP Family Portal is just one indicator of the level of parental involvement and support that our district enjoys as we partner to maximize student success.”

“Montgomery Ridge is excited about the release of the 2021-22 TCAP results and to celebrate the hard work of our students and teachers over the past few years as they have risen to the challenges we have all faced,” said Kevin Myers, Principal, Montgomery

Ridge Intermediate School, Maryville City Schools. “Just as exciting is the work the TDOE has done to make this information accessible to our parents and families strengthening the partnership between school and home to support their child’s progress!”

TCAP measures the mastery of grade level standards and includes summative assessments for English language arts, math, science, and social studies for grades 3-8, high school end-of-course (EOC) exams in English I and II, Algebra I and II, Geometry, Integrated Math I, II, and III; Biology, and U.S. History.

The department will continue to update the Family Portal in the coming weeks. Later this summer, the department will add a Lexile measure to give parents more details about their student’s reading progress.

Visit the department’s [TCAP webpage](#) for more information.

Menus for families choosing plant-based meals

If your family is trying to stick to more of a plant-based menu this school year, here’s some quick dinner ideas. Chances are, you’ve already educated your children on what’s healthy and why you’re changing your diet plan.

Some children have medical issues while others just think better under a well advised and healthy menu. It’s up to the parents to make the decision toward a healthier dinner, but kids still may adjust slowly.

With a little creativity and lots of color and taste, we believe these recipes from The Dairy Alliance, will satisfy even the pickiest eater. These tasty dishes reveal that dairy has a place in a plant-based menu.

Don’t forget to serve a nice, cold glass of milk with these tasty dishes.

Mushroom and Arugula Flatbread

This easy flatbread features mushrooms and mozzarella cheese—both sources of calcium that can help build healthy bones.

Servings: 8

- 1 (11-oz.) package thin-crust refrigerated pizza dough
- 2 tsp. olive oil
- 1 (8-oz.) package sliced cremini mushrooms
- 1 (8-oz.) package sliced shiitake mushrooms
- ½ tsp. garlic powder
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1 Tbsp. fresh thyme leaves or 1 teaspoon dried thyme
- 1 ½ C. mozzarella cheese, divided



2 C. fresh arugula
Preheat oven to 400 degrees. Line a large baking sheet with parchment paper. Unroll dough onto parchment and pull with hands to stretch into free form rectangle, about 11-x-15 inches. Crimp around edges of dough with fingers to form a small rim, bake 5 minutes, and remove from oven.

While dough bakes, heat olive oil in a large nonstick skillet over medium heat. Add mushrooms, salt, pepper and garlic, cook for about 10 minutes or until mushrooms darken and lose most of their liquid. Stir in thyme, remove from stovetop and set aside.

Sprinkle ¾ cup of mozzarella evenly over precooked crust; top with mushroom mixture, spreading it evenly across rectangle. Sprinkle arugula leaves evenly over mushroom mixture and top with remaining ¾ cup cheese. Bake 8-10 minutes or until crust is lightly browned and cheese is melted. Remove to cutting board and cut into 8 squares.

Creamy Spinach Risotto with Roasted Tomatoes

The key to making the creamiest risotto is folding in whipped heavy cream and lots of Parmesan cheese of course! Don’t fear. This Italian staple can

be made easily in under 45 minutes right at home. Experiment with other vegetables like asparagus, mushrooms, fresh peas or arugula. Try topping with shrimp, scallops or lobster for an amazingly decadent meal.

Servings: 6

- 3 Tbsp. butter
- 1 medium shallot, diced
- 3 cloves garlic, minced
- 2 C. arborio rice
- ½ C. white wine
- 5 C. vegetable stock, warmed
- 1 C. vegetable stock
- 4-5 C. fresh spinach leaves, stems removed
- ½ C. heavy whipping cream
- 1 C. grated parmesan cheese,

- divided
- sea salt and pepper to taste
- Roasted Tomatoes
- 2 pints cherry tomatoes, any variety
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 1 tsp. Italian seasoning
- ½ tsp. salt
- ¼ tsp. black pepper

In large shallow, straight-sided pan, such as cast iron 3.5 or 4-quart braiser, over medium heat, melt butter and add shallots and garlic, season with pinch of salt and pepper. Sauté until tender. Add arborio rice and toast for about 3-4 minutes. Deglaze with wine, stir constantly until all of it has been absorbed into the rice. Gradually stir in stock, 1 to 2 cups at a time, stirring until it has been absorbed and then repeat the process until the arborio rice is cooked al dente. Turn heat to low so the mixture doesn’t scorch. Stir in fresh spinach until wilted and well combined. Whip the heavy cream until stiff peaks, gently fold whipped cream into risotto followed by half a cup of the parmesan cheese, salt and pepper. Remove from heat. Divide equally into serving bowl. Serve topped with roasted tomatoes, parmesan cheese and protein of choice (optional).

Preheat oven to 400°F. Place tomatoes in a large cast-iron skillet. Add butter and drizzle with olive oil. Season with salt, pepper and Italian seasoning. Toss until evenly coated. Roast for approximately 15 minutes, or until tomatoes are blistered.

How much should a backpack weigh?

Backpacks are handy tools that carry an array of gear. Students rely on them to hold books, while hikers and campers utilize backpacks to carry items such as food and beverages that keep them safe on trails. Even office workers may turn to backpacks to carry laptops or other tools of the trade.

Backpacks are handy resources, but overstuffed backpacks may cause injury. Backpacks should only carry weight that people can handle, and there are guidelines that can help people safely utilize backpacks.

The weight of a backpack depends on the age of the person using it. Generally speaking, adults should not exceed 20 percent of total body mass when loading backpacks. That means a healthy person weighing 200 pounds should not carry more than 40 pounds in his or her backpack.

In regard to children, researchers indicate that a child’s backpack should weigh no more than 10 percent of what the student weighs. Those findings are based on a Spanish study involving 49 primary school-aged children. Therefore, if a child weighs 70 pounds, he or she should only carry up to 7 pounds in the backpack.

Individuals also should follow a few other backpack recommendations to alleviate injuries. It’s not a good idea to wear a backpack hanging from only one shoulder. A backpack should be worn on both shoulders, and ideally with a lumbar strap. This will help to prevent muscular pains by providing well-rounded support.

A backpack with wide, padded straps can minimize pressure on the shoulders, back and collarbone. Backpacks made of lightweight material will not add much additional weight to what’s being carried. Another tip is for children and adults to pack the heaviest

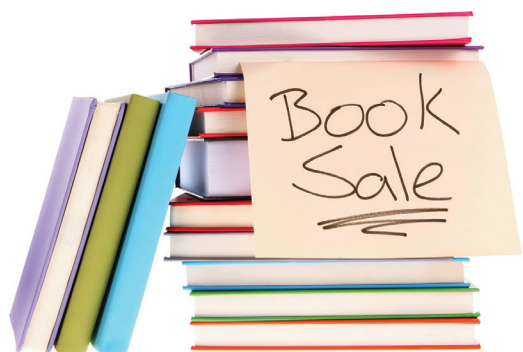


item carried in the backpack closest to the center of the back to minimize strain.

Failure to follow guidelines may result in pain and injuries and have negative effects on balance, which

may increase the risk of falls or other injuries.

Whenever possible, individuals may want to use trolley backpacks, which are on wheels. They can be dragged, alleviating the need to carry heavy loads.



Used Book Sale is Back!

Check out Shelbyville-Bedford County Public Library

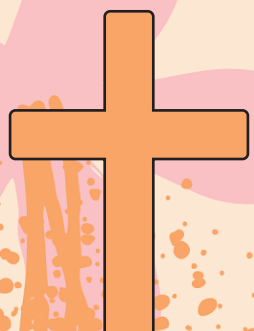
Shelbyville-Bedford County Public Library, in cooperation with the Friends of the Library, will have a used book sale in the community room from Tuesday, Aug. 16 through Saturday, Aug. 20, from 9 a.m. to an hour before closing time each day.

Hardcover books, DVDs, and audiobooks will be available for \$1 each. Paperbacks and children's picture books will be 50 cents each.

For more information, please contact library staff at (931) 684-7323 or check the SBCPL Facebook page for updates.



BEDFORD COUNTY DEVOTIONAL PAGE



This Devotional And Directory Is Made Possible By These Businesses Who Encourage All Of Us To Listen Or Attend Weekly Services

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142 Richdale Lane, Shelbyville • 931-703-0949
Pastor: Ray Armstrong • www.fellowshipforchrist.com
Sunday School - 9:45 am • Praise & Worship - 11:00 am
Wednesday Refueling - 6:30 pm

First Church of the Nazarene
834 Union St., Shelbyville • 931-684-3664
Rev. Andrew Lee Keffer • shelbyvillefirstnaz.com
Sunday School - 9:00 am • Morning Service - 10:00 am
Prayer Meeting - Wednesday at 6:30 pm
Youth Meeting - Wednesday at 6:30 pm

Grace Baptist Church
1019 Madison St., Shelbyville • 931-684-1087
Pastor: Bro. Bobby McGee
Sunday School - 9:00 am • Sunday Worship - 10:00 am
Wednesday night 6:00 pm

Longview Baptist
101 Cooper Rd., Unionville • 931-294-2281
Rev. Jonathan Osterhaus
longviewbaptistchurch.org • servingoursavior@yahoo.com
Sunday School - 9:30 am • Worship - 10:30 am & 6:00 pm
Life Points (age 3 - youth) - 5:45 pm • Wednesday Worship - 6:00 pm

Unity Baptist Church
EC Arnold Lane, Shelbyville
Pastor: Frelan George
Sunday Worship - 11:00 am • EVERYONE WELCOME

St. William of Montevergine Catholic Church
500 South Brittain Street, Shelbyville • 931-735-6004
Father Edwain Cardona • st.williamshelbyville.org
Masses: Saturday - 5:30 pm; Sunday - 9:00 am Misa - 11:00 am Mass
Monday, Thursday, Friday - 8:00 am Mass/Misa
Wednesday - 7:00 pm Misa

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Times-Gazette SPORTS

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Saturday, August 6, 2022



ABOVE: Tatyana Greene putts on Hole 3 on Tuesday at Henry Horton. She shot a 39.

LEFT: Haley Mitchell chips her way onto the green on Hole 3.

RIGHT: Logan Miller tees off on Hole 6 during Tuesday's tri-match. He finished with a 45.

T-G Photos by Chris Siers

Lady Champions dominate in tri-match

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

CHAPEL HILL — The Cascade Lady Champions had a solid showing in Tuesday's tri-match against Community and Forrest with the one-two punch of Tatyana Greene and Anna Clanton.

The Lady Champion pair shot a combined 77 to win the girls'

match at Henry Horton.

Clanton took medalist honors with a 38 and posted the lowest score of the day, while Greene finished with a 39.

For the Viqueens, it was a combined 126 from Haley Mitchell and Sara Brooke Neill, with Mitchell carding a 61, while Neill finished the round with a 65.

In the boys' side, it was Forrest

that took the team win with a combined 189.

Noah Brown carded the lowest score of the day for the Rockets with a 38.

Logan Miller turned in the top score for the Vikings with a 45.

Mason Russell finished his day with a 48, while Blaine Paschal and Drew Harris finished with a 51 and 53, respectively.

Bryce Adams, the lone Champion golfer, turned in a 55 for his round.

Cascade gets a break until August 24 and will participate in the Golden Classic Invitational at Willow Brook Golf Course.

Community will be back on the course on Monday at Hillcrest Country Club, facing Giles County and Richland.

Boys
Forrest (189)
Community (207)
Logan Miller 45
Blaine Paschal 51
Mason Russell 48
Drew Harris 53

Cascade (NS)
Bryce Adams 55

Girls
Cascade (77)
Tatyana Greene 39
Anna Clanton 38

Forrest (107)
Community (126)
Haley Mitchell 61
Sara Brooke Neill 65

NFL appeals suspension for Watson

By **ROB MAADDI**
AP Pro Football Writer

The NFL is seeking an indefinite suspension of at least one year plus a fine in appealing a disciplinary officer's decision to suspend Cleveland Browns quarterback Deshaun Watson for six games for violating the league's personal conduct policy, a person familiar with the filing told The Associated Press.

The person, speaking on condition of anonymity because the matter isn't public knowledge, also said Watson would be required to undergo treatment before he could be reinstated. The league initially recommended an \$8 million fine and asked during settlement negotiations for at least a \$5 million fine plus a 12-game suspension that never materialized, another person involved in the talks told the AP.

The NFL's appeal gives Commissioner Roger Goodell or someone he designates authority to impose a stiffer penalty. League spokesman Brian McCarthy said it's still to be determined whether Goodell or someone else will hear the appeal.

Former federal judge Sue L. Robinson issued her ruling Monday after Watson was accused by two dozen women in Texas of sexual misconduct during massage treatments while he played for the Houston Texans.

In her 16-page report, Robinson described Watson's behavior as "more egregious than any before reviewed by the NFL."

But her punishment fell far short of the NFL's request. So, the league on Wednesday exercised its right to appeal, per the collective bargaining agreement.

The players' union has until the end of business Friday to respond in writ-

ing. The union could challenge the appeal ruling in federal court, setting the stage for a prolonged fight. Both sides could still reach a settlement to avoid a lengthy battle. The NFLPA didn't immediately comment on the appeal.

McCarthy said there's no timeline for Goodell or his designee to make a ruling.

According to the league's personal conduct policy, the appeal will be processed on an expedited basis. Also, it will be "limited to consideration of the terms of discipline imposed" and "based upon a review of the existing record without reference to evidence or testimony not previously considered."

The policy also states the "decision of the Commissioner or his designee, which may overturn, reduce, modify or increase the discipline previously issued, will be final and binding on all parties."

This is the first time since the new CBA was signed in 2020 that the league and the NFLPA turned to a jointly appointed disciplinary officer to determine violations of the personal conduct policy. In the past, Goodell has served as judge and jury to impose penalties on players.

By appealing, the NFL is giving that power back to Goodell, who can chose another person to levy any punishment.

A league official told the AP before Watson's three-day disciplinary hearing concluded in June that the NFL wanted to avoid an appeal.

But the league proceeded with one amid a backlash from some fans and intense public pressure in the media. Beyond that, there were other factors.

A person familiar with
▶ See **NFL**, Page 2C

Proposed NCAA transfer rule changes go back to committee

By **RALPH D. RUSSO**
AP College Football Writer

A recommendation to change transfer rules for Division I college athletes that included unlimited opportunities to switch schools with immediate eligibility was bounced back to a committee for more research by the NCAA's D-I Board of Directors on Wednesday.

The transfer rule proposals were among several that came out of the NCAA's Transformation Committee and were moved along by the Division I Council two weeks ago.

"We have some questions about the proposed transfer package, and we will take up this topic again on Aug. 31 at our next meeting. Many of us have concerns about the impact name, image and likeness is having on the transfer process, and we want further analysis on that issue and its potential impact on graduation rates before taking action." University of Georgia President and board chairman Jere Morehead said in a statement.

The board did adopt Transformation Committee recommendations that would allow schools to provide more financial benefits to athletes.

"Schools can now pay for more to support a student's academic pursuits, purchase insurance such as critical injury or illness and loss-of-value, and fund participation in elite-level training, tryouts and competition," Transformation Committee co-chairs Greg Sankey, commissioner of the Southeastern Conference, and Julie Cromer, athletic director of Ohio University, said in a statement.

The proposed changes to transfer rules also included implementing sport-specific windows during an academic year when athletes would be required to enter their names in the transfer portal to be immediately eligible the following year.

Athletes in winter and spring sports would be required to provide written notification of transfer for 60 days following the NCAA championship selections in their sport.

In fall sports, including football, there were two entry windows proposed. The first would begin the day following championship selection and last 45 days. The second would be from May 1-15.

The Student Athlete Advisory Committee raised concerns about the transfer windows.

"SAAC fully supports sever-

al aspects of the transfer concept, but we believe that transfer windows unnecessarily restrict student-athletes' freedom of movement," Missouri volleyball player Brynna Carlsson said.

The proposal that raised a red flag among coaches and administrators was changing the rule to allow athletes to transfer as often as they wanted and play immediately, as long as they are academically eligible and progressing toward a degree.

Currently, all athletes are given a one-time exception that allows them to transfer and be immediately eligible at their new school.

For athletes in high-profile sports such as football and basketball, that one-time exception was granted only last year. It had been in place in other sports for years.

"Based on that dialogue, we will work to refine our proposal to address how transfer policies align with ongoing academic eligibility and degree progress requirements and deal with current and emerging issues facing college athletics," Cromer and Sankey said. "Additionally, we will have the chance to learn more about the latest input from student-athletes around transfer windows."

PGA Tour sued over suspensions

By **DOUG FERGUSON**
AP Golf Writer

Phil Mickelson, Bryson DeChambeau and nine other players who defected to the Saudi-funded LIV Golf filed an antitrust lawsuit Wednesday against the PGA Tour, the first step in a legal fight that could define the boundaries of where players can compete.

The lawsuit, filed in U.S. District Court in San Francisco, claims the PGA Tour has used monopoly power to try to squash competition and has unfairly suspended players.

A separate motion was filed asking for a temporary restraining order to allow Talor Gooch, Matt Jones and Hudson Swafford to play in the FedEx Cup playoffs, the PGA Tour's postseason,

which begins next week.

The lawsuit also revealed that PGA Tour Commissioner Jay Monahan suspended Mickelson for two months in March for his role in recruiting players to LIV Golf. It said Mickelson's request in June to be reinstated was denied because he played in a LIV Golf event and that he was suspended until March 2024 for playing in another one.

Monahan responded to the lawsuit with a terse memo to his players in which he referred to "11 of your former colleagues" suing the tour and continued to refer to LIV Golf as the "Saudi Golf League."

Saudi Arabia's sovereign wealth fund is the primary source of the money paying exorbitant signing bonuses and providing \$25

million purses for 48-man fields. Several players are in their 40s and no longer ranked among the top 50 in the world.

Monahan said players knew the consequences of signing up for the rival league.

"We have been preparing to protect our membership and contest this latest attempt to disrupt our tour, and you should be confident in the legal merits of our position," Monahan wrote.

"Fundamentally, these suspended players — who are now Saudi Golf League employees — have walked away from the tour and now want back in," he wrote. "It's an attempt to use the tour platform to promote themselves and to freeride on your benefits and efforts."

LIV Golf said in a statement: "The players are right to have brought this action to challenge the PGA's anti-competitive rules and to vindicate their rights as independent contractors to play where and when they choose. Despite the PGA Tour's effort to stifle competition, we think golfers should be allowed to play golf."

Its CEO, Greg Norman, has said LIV Golf would be willing to financially support any legal matters. Last month, four European tour players won a temporary stay from a U.K. judge that allowed them to play in the Scottish Open.

Mickelson reportedly signed a deal worth \$200 million to join the Saudi-funded venture, with DeChambeau in the \$150
▶ See **PGA**, Page 2C

SPORTS CALENDAR

SCHS baseball golf tournament

The Shelbyville Central baseball team will host a golf tournament on August 22 at River Bend Country Club. The shotgun start will begin at 1 p.m., following lunch, which will be served at noon. For more information, call River Bend Country Club at 931-684-7300.

PGA

(Continued from Page 1C)

million range. And those are just signing bonuses. Seventeen players already have made more than \$1 million in three tournaments or fewer.

The PGA Tour denied releases for players to compete in LIV events and suspended them as soon as they put a ball in play. Some players, like Dustin Johnson, Patrick Reed and Sergio Garcia, chose to resign their PGA Tour membership.

At the heart of the lawsuit are allegations the PGA Tour is using its might as the strongest tour in golf to bully players and anyone else that could get involved with LIV Golf. It accused the tour of intimidating a tent vendor and a technology company, among others, with whom LIV Golf was trying to do business to launch its series.

It also claims the tour's threats to ban players ultimately forced LIV Golf to pay more in signing bonuses to get the players it wanted, and forced the rival league to change its startup plans to only eight events this year. LIV Golf announced a 14-tournament schedule for next year.

"The Tour's conduct has substantially diminished and impaired the entry of the promoters that could meaningfully

threaten the PGA Tour's monopoly, which has stood unchallenged for decades," the lawsuit contends.

The tour has stood by its belief that it is a membership organization with regulations that players choose to accept. That includes a code of conduct and a requirement to play at least 15 tournaments a year to keep full membership.

Players typically are allowed three releases a year to play overseas events held the same week as a PGA Tour tournament. The tour does not allow releases for conflicting events in North America.

Two LIV Golf events were held in the U.S., first in Oregon last month and then last week at Trump National in New Jersey. Three more this year are scheduled for courses near Boston, Chicago and Miami.

Monahan has been forceful in his comments about LIV Golf, referring in June to the tour being unable to compete with "a foreign monarchy that is spending billions of dollars in attempt to buy the game of golf."

"We welcome good, healthy competition. The LIV Saudi golf league is not that," he said. "It's an irrational threat, one not concerned with the return on investment or true growth of the game."

NFL

(Continued from Page 1C)

the league's thinking cited Watson's lack of expressed remorse, which Robinson noted in her report, the fact he didn't report the first incident when it happened and he wasn't truthful with the league's investigators.

Robinson questioned Watson's testimony in her report, saying: "It is difficult to give weight to a complete denial when weighed against the credible testimony of the investigators who interviewed the therapists and other third parties."

Watson, who played four seasons with the Texans before sitting out last season and then being traded to Cleveland in March, recently settled 23 of 24 lawsuits filed by the women who alleged sexual harassment or assault during massage treatments in 2020 and 2021. Two grand juries in Texas declined to indict Watson on criminal complaints brought by 10 of the women.

Robinson concluded that Watson violated three provisions of the personal conduct policy: sexual assault; conduct posing a genuine danger to the safety and well-being of another person; and conduct that undermines or puts at risk the integrity of the NFL.

She declined to suspend Watson for a full year based on precedents and the league's current policy. But Robinson concluded a longer suspension could be justified if it was already outlined in the personal conduct policy.

"While it may be entirely appropriate to more severely discipline players for non-violent

sexual conduct, I do not believe it is appropriate to do so without notice of the extraordinary change this position portends for the NFL and its players," Robinson wrote in her report.

Watson has continued to practice with the Browns while awaiting resolution to his case, which has raised questions about the league's handling of off-field player behavior, inconsistencies in its personal conduct policy and its overall support of women.

The Browns have been in a state of limbo as well, not knowing when or if Watson will be able to play this season.

Cleveland traded three first-round picks to Houston for the three-time Pro Bowl QB and signed him to a five-year, \$230 million contract.

Watson will lose only \$345,000 if the suspension is unchanged because his base salary this season is \$1.035 million.

Watson didn't comment to the AP when asked for a reaction to the league's decision to appeal. He was then escorted inside the Browns' facility by a member of the team's security staff.

The three-time Pro Bowler had just wrapped up Cleveland's seventh practice of training camp and was still on the field when the league's appeal announcement was posted.

Watson had a conversation with Peter Jean-Baptiste, the team's vice president of communications, before spending a few minutes signing autographs for military members and their families.

He was embraced by one woman who said she told Watson to "stay strong."

SHADY SPOT ON THE COURSE



These two fawns found a shady spot to watch area golfers during a high school match on Tuesday afternoon at Henry Horton Golf Course.

T-G Photo by Chris Siers

SHELBYVILLE SHARKS SWIMMING AWARDS



After the conclusion of the summer swim schedule, the Shelbyville Sharks held their awards night for all the swimmers who participated this summer. Awards given out this year were Age Group High Points, Super Sharks, Always a Shark Award and the Greg Garner Award winners.

Submitted photos



The Greg Garner Award is presented each year to a swimmer who has demonstrated character and sportsmanship. This year's winner is Ally Maybee, seen here receiving the award from last year's winner Ben Betzelberger.



Overall High Point Winners, Grace Moody and Ben Betzelberger.

Senators working on bill to tackle NIL issues

By RALPH D. RUSSO
AP College Sports Writer

Sens. Tommy Tuberville and Joe Manchin have reached out to college sports leaders, including the Southeastern Conference commissioner, for feedback and ideas on how to regulate the way athletes are compensated for their names, images and likenesses.

Tuberville (R-Ala.), a former college football coach who led Auburn to an undefeated season in 2004, and Manchin (D-W.Va.) announced Wednesday that their staffs have already begun drafting a NIL bill that they said would will be in compliance.

"The lack of meaning-

ful leadership and a lack of clarity in this area resulting from Alston (Supreme Court decision) means that the U.S. Congress must act to set clear ground rules for student-athletes and institutions alike," the senators wrote in a letter to Southeastern Conference Commissioner Greg Sankey. "Like you, we have the common goals of protecting student-athletes, ensuring fair competition and compensation, and preserving the time-honored traditions of college sports."

Manchin is friends with Alabama football coach and West Virginia native Nick Saban.

Sankey and Pac-12 Commissioner George

Kliavkoff met with Tuberville, Manchin and other lawmakers during a lobbying trip to Capitol Hill in May.

College sports leaders, including outgoing NCAA President Mark Emmert, have repeatedly called for help from Congress in regulating name, image and likeness compensation since even before the NCAA last summer lifted its restrictions on athletes cashing in on their fame.

The NCAA removed its ban on NIL compensation for athletes without setting detailed uniform rules. A patchwork of state laws has created a complicated landscape for college athletic departments and

allowed boosters to become involved in ways that challenge the NCAA's ability to enforce the broad rules that are in place.

At least eight bills related to college sports have been filed by federal lawmakers over the past four years — some more narrowly addressing NIL and others targeting other athlete benefits and issues. There has been no substantive movement on any of them.

One of them, the College Athlete Bill of Rights put forth by Democrats Cory Booker and Richard Blumenthal in 2020, is set to be reintroduced by the senators, SI.com reported Wednesday.

Battery powered vehicles are wrong move

Rise to take exception to Mr. Ayers' article of Saturday last. While purporting to aggrandize the "EV revolution," no one of ordinary intelligence can escape the notion Mr. Ayers real thesis is all things D are wonderful and all things R are evil. I am very supportive of good jobs being created locally and throughout Tennessee. Locally we finally have in place the people and policies to foster present and future growth. I am fortunate in that most of the people involved are friends and I support them completely. But I digress. I think the Ds headlong rush into battery powered

automobiles is the greatest fraud ever perpetrated on the American people! They fail to inform us that a battery is a bucket! It generates no electricity. It is simply a \$12,000-\$20,000 "gas tank" with a finite lifetime. It is completely analogous to a \$50 normal gas tank with an infinite life. Well known is the fact our present electric grid is marginal in meeting demand during the summer months. This electric grid which will "fill up" the vehicle battery with fuel (electricity) generated 80% by fossil fuel plants, yet EVs are to replace the use of fossil fuels, re the Ds. I have never heard from the Ds an estimate

of how many fossil fuel generating plants will have to be built to prop-up the present grid to support EVs. The Ds are great at applying convoluted and near insane logic to solving problems. A couple of examples: if we outlaw law abiding citizens from owning guns, then criminals will automatically forego the use of guns. How about if we want drunk drivers to stop killing sober drivers we outlaw sober drivers? Such is the intellectual dishonesty of the Ds. Also their self-designated superior intellect denotes no ancillary trait of creativity else they would, applying their logic, outlaw cancer



Carl McClanahan
Guest Columnist

and poverty. Remember the Ds are the folks who don't know the difference between a man and a woman but want you to believe they can define and fix the problems with the Earth's climate! There is a fuel on the near horizon that will be the fuel of the future, but that is for another day.

• Carl McClanahan is a resident of Shelbyville.

Bye United Way

It was a little more than four years ago I was named executive director of United Way of Bedford County.



Mark McGee
My Take

It was a good job, and it came along at the right time for me. I thank Joseph Forsee, Janet Clarkson, Bryan Nerren and the late Jonathan Price for selecting me. But with any job there is a time when you know it is time to go. That revelation came to me a couple of months ago and I submitted my resignation. Health issues made me realize you don't know how much time you have left. I want to be able to do more things I enjoy. There were good moments and some disappointing moments during my tenure. COVID-19 brought so many changes in the way some companies do business. Some companies changed ownership and their priorities changed. Economic issues also became a factor. For all those companies, banks and industries that supported United Way of Bedford County during my four years I thank you. United Way of Bedford County helps a number of local organizations and all of the money raised stays in Bedford County. I appreciated the support from the board. Members moved on and new ones were added, but they all have had the desire to make Bedford County a better place to live. I don't know what the board has planned for the future of United Way of Bedford County. Those decisions are out of my hands. Whatever they decide I would urge everyone to step up and contribute in both money and time to help make it successful. There are going to be changes which is inevitable whenever personnel leave an organization. Most of the events sponsored by United Way of Bedford County were already in

place before I became executive director. I have already heard some innovative ideas expressed by some board members. I hope they will be able to see those to fruition successfully. While I hesitate to single out any person or business for fear of offending those not mentioned I have to make one exception. I was often a stranger in a strange land when it came to this job. Dawn Hobbs, a board member and a former executive director of United Way of Bedford County, guided me through the wilderness. I often joked I wanted to have a T-shirt made that said WWDD (What Would Dawn Do?). Thank you, Dawn for your guidance and patience. I am leaving this job, but I am not retiring. Writing has always been my passion and I plan to use the extra time I will have to expand on my work with the Times-Gazette, The Walking Horse Report and Lipscombsports.com, the official website for Lipscomb University athletics. I will still be a co-host along with Neal Gordon and Gary Dearing of "Sports Saturday" on WDUC-FM, 93.9 "The Duck". I also have a book or two I would like to complete. So, good-bye to United Way of Bedford County. Board chair Maleah Claxton has taken charge. I am confident whatever the board members decide the organization will thrive.

• Mark McGee is executive director of United Way of Bedford County and a former editor of the Times-Gazette.

Social media fuels white nationalism

White nationalists keep showing up in the hearings of the U.S. House committee investigating the Jan. 6, 2021, insurrection. Evidence is mounting that white nationalist groups who want to establish an all-white state played a significant role in the violent attack on the U.S. Capitol that left five dead and dozens wounded. Thus far, the hearings "have documented how the Proud Boys helped lead the insurrectionist mob into the U.S. Capitol building in Washington, D.C.," journalist James Risen wrote in the Intercept. Based on July 12, 2022, testimony from a former Oath Keepers member, the white nationalist group coordinated with the Three Percenters, another group of white nationalists, and the Proud Boys in mobilizing their extremists groups to rally in Washington, D.C., on Jan. 6, as asked by President Trump in his Dec. 16, 2020, tweet. Analysis of the world, from experts

among other examples. An expansive, online network In the 1990s, former KKK leaders including David Duke rebranded white supremacy for the digital age. They switched KKK robes for business suits and connected neo-Nazi antisemitic conspiracies with broader anti-Black, anti-immigrant and anti-Islamic racism. From the 1990s to the late 2000s, this movement largely built discreet online communities and websites peddling racist disinformation. In fact, for years one of the first websites about Martin Luther King Jr. that a Google search recommended was a website created by white nationalists that spread neo-Nazi propaganda. In 2005, the white nationalist website Stormfront.org had 30,000 members – which might sound like a lot. But as social media expanded, with both Facebook and Twitter opening to anyone with an email address in 2006, its views got a lot more attention. By 2015, 250,000 people had subscribed to become members of Stormfront.org. Between 2012 and 2016, white nationalists on Twitter saw a 600% increase in Twitter followers. They have since worked to bring white supremacy into everyday politics. The Tech Transparency Project, a nonprofit tech industry watchdog group, found that in 2020 half of the white nationalist groups tracked by the Southern Poverty Law Center had a presence on Facebook. Without clear regulations preventing extremist content, digital companies, in my view, allowed for the spread of white nationalist conspiracies. Racist activists used algorithms as virtual bullhorns to reach previously unimaginable-sized audiences. Enter the 'alt-right' White nationalist leaders, such as Richard Spencer, wanted an even bigger audience and influence. Spencer coined the term "alt-right" to this end, with the goal of blurring the relationship between white nationalism and white conservatism. He did this by establishing nonprofit think tanks like the National Policy Institute that provided an academic veneer for him and other white supremacists to spread their views on white supremacy. This strategy worked. Today, many white nationalist ideas once relegated to society's fringes are embraced by

the broader conservative movement. Take, for instance, the Great Replacement Theory. The conspiracy theory misinterprets demographic change as an active attempt to replace white Americans with people of color. This baseless idea observes that Black and Latino people are becoming larger percentages of the U.S. population, and paints that data as the result of an allegedly active attempt by unnamed multiculturalists to drive white Americans out of power in an increasingly diverse nation. A recent poll showed that over 50% of Republicans now believe in this conspiracy theory. Protesters waving Trump flags storm the U.S. Capitol while police officers try to hold them back. Pro-Trump protesters and police clash on Jan. 6, 2021, at the U.S. Capitol. Lev Radin/Pacific Press/LightRocket via Getty Images In 2016, during Trump's presidential campaign, Vice Magazine co-founder Gavin McInnes formed the Proud Boys to further the goals of the alt-right by protecting white identity with the use of violence if necessary. Proud Boys members are affiliated with white nationalist ideas and leaders, but they deny any explicit racism. Instead, they describe themselves as "Western chauvinists" who believe in the supremacy of European culture but also welcome members of any race who support this idea. Along with pro-gun militias such as the Oath Keepers and Three Percenters, the Proud Boys are an experiment in spreading white nationalist ideas to an online universe of potentially millions of social media users. Why do people join these groups? Data from manifestos posted online by white nationalist groups shows that many mass shooters share a few common characteristics – they are young, white, male and they spend significant time online at the same websites. The alleged shooter in the killing of 10 Black people in a predominantly Black neighborhood in Buffalo on May 14, 2022, described his reason as wanting to stop what he feared as the elimination "of the white race." His fears that people of color were "replacing" white people came from 4chan, a social media company popular among the alt-right. In 2019, nine African American church mem-



Sophie Bjork-James

bers were murdered in Charleston by a young white man who became radicalized through Google searches that led him to openly white supremacist content. Massacres in a Walmart in El Paso, Texas, at two mosques in Christchurch, New Zealand, and at a synagogue in Poway, California, all took place after the shooters began spending time on 8chan, an imageboard popular with white supremacists and the home of QAnon posts. For many of these individuals, the most important part of their radicalization was not about their home life or personality quirks, but instead about where they spent time online. A racially diverse democracy at stake The reasons men join groups like the Proud Boys and Oath Keepers – and even some liberal groups – is less clear. A former Proud Boy member offered one reason: "They want to join a gang," Russell Schultz told CNN on Nov. 25, 2020. "So they can go fight antifa and hurt people that they don't like, and feel justified in doing it." Antifa is a loose-knit group of usually nonviolent activists who oppose fascism. Other former extremist group members describe seeking camaraderie and friendship, but also finding racism and antisemitism. But more than any other issue, racial demographic changes are providing recruitment opportunities for white nationalists, many of whom believe that by the year 2045 white people will become the minority in the United States. In July 2021, the most recent date for which statistics are available, the U.S. Census Bureau notes that of the estimated population of 330 million American citizens, 75.8% are white, 18.9% are Hispanic, 13.6% are Black and 6% are Asian. What is also becoming clearer is that the spread of white nationalism endangers the idea of a democratic nation where racial diversity is considered a strength, not a weakness.

• Sophie Bjork-James is Assistant Professor of the Practice in Anthropology at Vanderbilt University.

LETTERS TO THE EDITOR

Real Estate Tax and Reappraisal

As I understand Tennessee law, when property in a taxing entity - city and county here - is reappraised the tax rate per \$100 is supposed to be adjusted so that the total revenue for the entity is essentially unchanged by the reappraisal. Usually this means the rate per \$100 decreases. This does not mean the total tax bill on an individual property decreases. That individual tax bill could increase, decrease or remain the same. The law was intended to prevent the entity from using the reappraisal to avoid specifically voting for a tax increase.

Charles Brumbelow 37160



General County Election Results
The Times Gazette will have election information in the Tuesday, Aug. 9, print edition and online at t-g.com, beginning Thursday.
Follow the T-G's Facebook page.

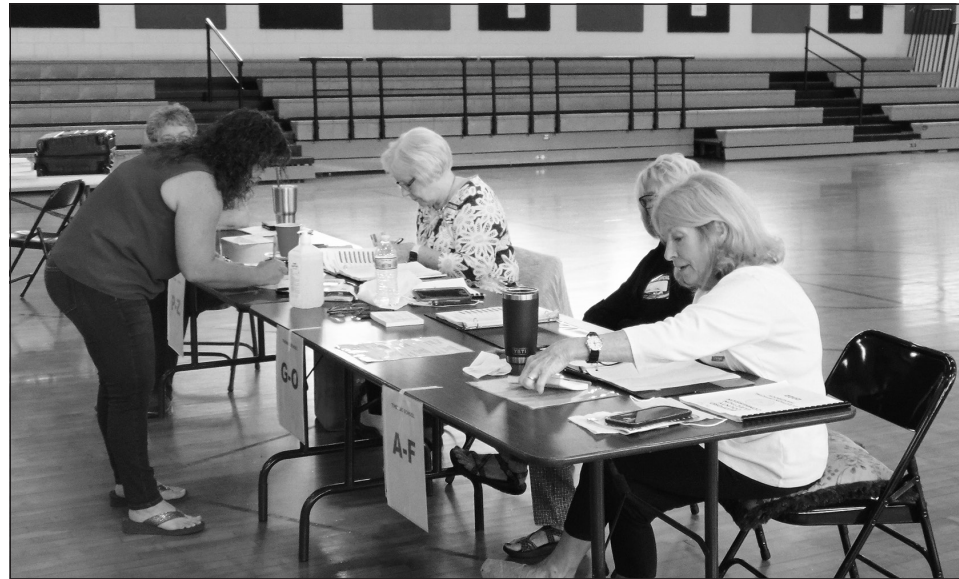


CASTING VOTES



T-G Photos by Zoe Haggard

Several voters were out casting their ballot around noon on Thursday. See election results on the Times-Gazette website, www.t-g.com.



Tennessee sues Walgreens over opioid prescription onslaught

By JOHN RABY
Associated Press

Tennessee's attorney general said Wednesday he has sued Walgreens, accusing the drugstore chain of contributing to the state's opioid crisis by failing to maintain effective controls against the abuse of prescription pain pills.

The lawsuit seeking unspecified civil penalties was filed in Knox County Circuit Court by Attorney General Herbert H. Slatery III and alleges violations of Tennessee's Consumer Protection Act.

The lawsuit said that between 2006 and 2020, Walgreens retail stores in Tennessee dispensed more than 1.1 billion oxycodone and hydrocodone pills. One pharmacy alone in Jamestown dispensed enough opioids over that period to supply each resident with 2,104 pills.

"Walgreens did not flood the State of Tennessee with opioids by accident," Slatery said in a statement. "Rather, the fuel that Walgreens added to the fire of the opioid epidemic was the result of knowing — or willfully ignorant — corporate decisions. Walgreens ignored numerous red flags and failed to detect and prevent the abuse and diversion of dangerous narcotics."

In a statement Wednesday night, Walgreens said it "never manufactured or marketed opioids, nor did we distribute them to the pain clinics and 'pill mills' that fueled this crisis."

"We will continue to defend against the unjustified attacks on the professionalism of our pharmacists, dedicated healthcare professionals who live in the communities they serve."

The suit said Walgreens created a public nuisance and for years failed to perform due diligence or train its pharmacists on how to recognize suspicious activity for opioid abuse and diversion. The suit said Tennessee Walgreens pharmacies dispensed opioids to patients from at least 31 different states.

From June 2013 to March 2014, Walgreens pharmacies in Tennessee dispensed 103,000 pills prescribed by an obstetrician in Germantown. Nearly 20% of those were for out-of-state patients, the suit said.

Walgreens filled numerous opioid prescriptions for children as young as 2. A dentist in Erin wrote such a prescription that was 2.5 times the recommended maximum daily dose of opioids for an adult, the lawsuit said.

The opioid addiction and overdose epidemic has been linked to more than 500,000 deaths in the U.S. over the last two decades.

State and local governments, Native American tribes, unions, hospitals and other entities have filed more than 3,000 lawsuits involving the opioid epidemic in state and federal courts.

Drugmaker Johnson & Johnson finalized a \$5 billion national settlement earlier this year. National drug distribution firms AmerisourceBergen, Cardinal Health and McKesson finalized one worth \$21 billion. OxyContin maker Purdue Pharma is trying to persuade a court to let it move ahead with a deal that could include up to \$6 billion from members of the Sackler family.

Another way to know what's too old to eat

By JILL ROBERTS
University of South Florida

Florida's outbreak of listeria has so far led to at least one death, 22 hospitalizations and an ice cream recall since January. Humans get sick with listeria infections, or listeriosis, from eating soil-contaminated food, undercooked meat or dairy products that are raw, or unpasteurized. Listeria can cause convulsions, coma, miscarriage and birth defects. And it's the third leading cause of food poisoning deaths in the U.S.

Avoiding unseen food hazards is the reason people often check the dates on food packaging. And printed with the month and year is often one of a dizzying array of phrases: "best by," "use by," "best if used before," "best if used by," "guaranteed fresh until," "freeze by" and even a "born on" label applied to some beer.

People think of them as expiration dates, or the date at which a food should go in the trash. But the dates have little to do with when food expires, or becomes less safe to eat. I am a microbiologist and public health researcher, and I have used molecular epidemiology to study the spread of bacteria in food. A more science-based product dating system could make it easier for people to differentiate foods they can safely eat from those that could be hazardous.

Costly confusion

The United States Department of Agriculture reports that in 2020 the average American household spent 12% of its income on food. But a lot of food is simply thrown away, despite being perfectly safe to eat. The USDA Economic Research Center reports that nearly 31% of all available food is never consumed. Historically high food prices make the problem of waste seem all the more alarming.

The current food labeling system may be to blame for much of the waste. The FDA reports consumer confusion around product dating labels is likely responsible for around 20% of the food wasted in the home, costing an estimated US\$161 billion per year.

It's logical to believe that date labels are there for safety reasons, since the federal government enforces

rules for including nutrition and ingredient information on food labels. Passed in 1938 and continuously modified since, the Food, Drug, and Cosmetics Act requires food labels to inform consumers of nutrition and ingredients in packaged foods, including the amount of salt, sugar and fat it contains.

The dates on those food packages, however, are not regulated by the Food and Drug Administration. Rather, they come from food producers. And they may not be based on food safety science.

For example, a food producer may survey consumers in a focus group to pick a "use by" date that is six months after the product was produced because 60% of the focus group no longer liked the taste. Smaller manufacturers of a similar food might play copycat and put the same date on their product.

More interpretations

One industry group, the Food Marketing Institute and Grocery Manufacturers Association, suggests that its members mark food "best if used by" to indicate how long the food is safe to eat, and "use by" to indicate when food becomes unsafe. But using these more nuanced marks is voluntary. And although the recommendation is motivated by a desire to cut down on food waste, it is not yet clear if this recommended change has had any impact.

A joint study by the Harvard Food Law and Policy Clinic and the National Resources Defense Council recommends the elimination of dates aimed at consumers, citing potential confusion and waste. Instead, the research suggests manufacturers and distributors use "production" or "pack" dates, along with "sell-by" dates, aimed at supermarkets and other retailers. The dates would indicate to retailers the amount of time a product will remain at high quality.

The FDA considers some products "potentially hazardous foods" if they have characteristics that allow microbes to flourish, like moisture and an abundance of nutrients that feed microbes. These foods include chicken, milk and sliced tomatoes, all of which have been linked to serious

foodborne outbreaks. But there is currently no difference between the date labeling used on these foods and that used on more stable food items.

Scientific formula

Infant formula is the only food product with a "use by" date that is both government regulated and scientifically determined. It is routinely lab tested for contamination. But infant formula also undergoes nutrition tests to determine how long it takes the nutrients - particularly protein - to break down. To prevent malnutrition in babies, the "use by" date on baby formula indicates when it's no longer nutritious.

Nutrients in foods are relatively easy to measure. The FDA already does this regularly. The agency issues warnings to food producers when the nutrient contents listed on their labels don't match what FDA's lab finds.

Microbial studies, like the ones we food safety researchers work on, are also a scientific approach to meaningful date labeling on foods. In our lab, a microbial study might involve leaving a perishable food out to spoil and measuring how much bacteria grows in it over time. Scientists also do another kind of microbial study by watching how long it takes microbes like listeria to grow to dangerous levels after intentionally adding the microbes to food to watch what they do, noting such details as growth in the amount of bacteria over time and when there's enough to cause illness.

Consumers on their own

Determining the shelf life of food with scientific data on both its nutrition and its safety could drastically decrease waste and save money as food gets more expensive.

But in the absence of a uniform food dating system, consumers could rely on their eyes and noses, deciding to discard the fuzzy bread, green cheese or off-smelling bag of salad. People also might pay close attention to the dates for more perishable foods, like cold cuts, in which microbes grow easily. They can also find guidance at FoodSafety.gov.

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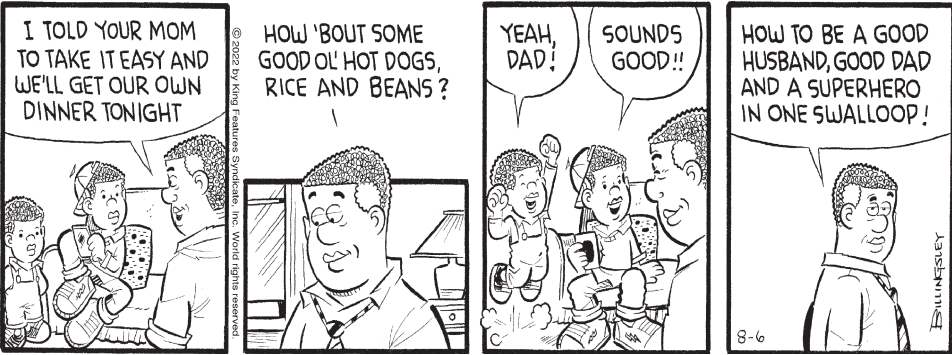
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SUDOKU

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

Level: Beginner

THATABABY © by Paul Trap



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to kindergarten.
Each number corresponds to a letter.
(Hint: 1 = O)

- A. 25 23 4 16 16 17 1 1 10
Clue: Space for learning
- B. 15 18 19 7
Clue: Age for first schooling
- C. 21 7 4 25 6 7 17
Clue: One who educates
- D. 16 25 6 1 1 23
Clue: Education building

Here's How It Works:

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

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

ANSWER:

Answers: A. classroom B. five C. teacher D. school

BC Pre-K teacher among state top 9

Learning Way's Rachel Porter in the finals

Staff Report

Tennessee Department of Education has announced its nine finalists for the 2022-23 Tennessee Teacher of the Year award. Representing Bedford County in that group is Learning Way Pre-K teacher Rachel Porter.

These nine move forward for state recognition and to serve on the Tennessee Teacher Advisory Council. Bedford County superintendent Tammy Garrett had the opportunity to congratulate Porter this week.

What's this teacher's secret?

In Pre-K, the goal is to teach the very young students social skills—how to get along with others and how to follow directions and a routine—as well as topics like basic words and sounds.

"They explore everything through play. That's something we do in pre-k," Porter said. Whether it be through games or coloring, they get to explore a wide range of topics in ways that interest them. Porter adds that her favorite part is reading to the kids.

There's a total of seven volunteer Pre-K (VPK) classes in the Bedford County School System, with Learning Way having two of them. The State of Tennessee awards grants for developing a VPK classroom, so the process of adding more often takes time.

And there's a bit more hands-on work that goes into a pre-k classroom. At Learning Way, Pre-K is dismissed by 1:15 p.m. By law, if the hours were extended, they would have to have a designated nap time.

It's not uncommon for Porter to have one of her young students fall asleep on her lap or on the floor during story time. Perhaps they're tired or perhaps they just like her presence.

Either way, she's now one of the state's top teachers for the coming school year.

State finalist info

The nine finalists represent each of the eight Center of Regional Excellence (CORE) areas in the state, as well as the Shelby County-Municipals area. The 2022-23 Tennessee Teacher of the Year, and winners for each grand division of the state, will be selected from this group and announced during an honorary banquet this fall.

"Educators are the backbone of Tennessee schools and communities, and have continued to demonstrate their dedication, professionalism, and unmatched passion to educating our students," said Commissioner Penny Schwinn. "I am proud to recognize these nine teachers who have gone above and beyond to ensure Tennessee students are set up for success."

"I would certainly like to congratulate Rachel Porter on her being a finalist for the Teacher of the Year award," said House Speaker Pro Tempore Pat Marsh, who represents Bedford County. "We are very fortunate to have Rachel in our Bedford County Schools and want to wish her the very best of luck with this award! We have some of the greatest teachers in the whole US here in Tennessee and our legislature is proud to work with them as they teach our children how to be successful."

Finalists will have the opportunity to serve on Commissioner Schwinn's Tennessee Teacher Advisory Council for the duration of the 2022-23 school year. The council is composed of expert teachers who provide feedback and inform the work of the department throughout the academic year.

The Tennessee Teacher of the Year awardee will represent Tennessee in the



T-G Photos by Zoe Haggard

For her commitment and genuine love for teaching Pre-K students at Learning Way Elementary, Rachel Porter is one of nine state finalists for the top teacher award. The state's top teacher will be honored at a ceremony this fall.



Rachel Porter, as a state finalist, is moving forward to serve on the Tennessee Teacher Advisory Council. This was her Pre-K class last school year; she anxiously awaits the arrival of her new students next week.



Rachel Porter



Bedford County Schools Superintendent Tammy Garrett, right, congratulates Learning Way Pre-K teacher Rachel Porter for making it to the finals of the 2022-23 Tennessee Teacher of the Year.

Tennessee's nine finalists for 2022-23 Teacher of the Year are:

CORE Region

Shelby/Municipals
Southwest
Northwest

Teacher

Melissa Collins
Robert Sparks
Kerri Newsom

West Tennessee School

John P. Freeman Optional School
Jackson Central-Merry Early College High School
Dyersburg Primary School

District

Memphis-Shelby County Schools
Jackson-Madison County Schools
Dyersburg City Schools

CORE Region

Mid Cumberland
South Central
Upper Cumberland

Teacher

Kim Inglis
Rachel Porter
Aleta Apple

Middle Tennessee School

Black Fox Elementary
Learning Way Elementary
Woodland Park Elementary School

District

Murfreesboro City Schools
Bedford County Schools
White County Schools

CORE Region

Southeast
East Tennessee
First Tennessee

Teacher

Kristin Burrus
Margaret Bright
Meg Foster

East Tennessee School

STEM School Chattanooga
Lenoir City Elementary School
Elizabethton High School

District

Hamilton County Schools
Lenoir City Schools
Elizabethton City Schools

- Engage regional teachers of the year in education policy through the Teacher Advisory Council.

- Encourage participation by every school in the state so that all areas across the state and all types of teachers are represented.

- Provide a network for teachers to share effective practices.

- Encourage a sense of professionalism in teaching.

- Encourage greater participation in building a strong community-school partnership.

Teachers of the Year are selected competitively through five cycles: school, district, region, grand division, and state in three

grade bands: pre-k-4, 5-8, and 9-12. **Please note that these levels refer to the grade(s) taught by the teacher and not to the grade structure or designation of the school.**

Teachers selected at each cycle receive local recognition and awards underwritten by local sources. State

recognition and awards include a banquet honoring the nine region-level Teachers of the Year.

The Tennessee Teacher of the Year also represents Tennessee in the National Teacher of the Year selection process, which is sponsored by the Council of Chief State School Officers.