

SHELBYVILLE TIMES-GAZETTE

Bell Buckle • Flat Creek • Normandy • Shelbyville • Unionville • Wartrace

75 CENTS SATURDAY, DECEMBER 24, 2022 www.t-g.com



1 Day Til Christmas



Christmas thoughts

Faith & Family/5A



Police blotter

Local/6A



Five top bowl games

Sports/1B

A PRIZE WINNING NEWSPAPER

UT-TPA PRESS AWARDS 2022



Merry Christmas from the Times-Gazette!



The Shelbyville Times-Gazette staff wishes our hometown a very Merry Christmas and a blessed 2023!

Photo by Jessica Boyce

Hooper, Graham talk industrial recruitment

By ZOË WATKINS
zwatkins@t-g.com

•First of two parts
With 2023 just around the corner, Shelbyville-Bedford Partnership CEO Shane Hooper and Bedford County Mayor Chad Graham reflected on the county's industrial climate today and where it's going.

According to the U.S. Census, Shelbyville is growing at 1.9% while Bedford County is growing at a rate of 1.8% a year. Though this rate is faster than Tennessee as a whole, according to Hooper, Bedford has been growing at this rate for a while.

So, the growth is coming. Now, it's matter of bringing the kind of growth you want.

"We have got to provide our people a better way forward," said Hooper.

Graham added, "All the mayors across the state of Tennessee are dealing with rapid growth, even in rural settings. And they're going to have to find other ways to generate property tax."

The goal of industrial recruitment is to bring more and better jobs for the people and to bring in revenue—from sales tax, capital investment, and hotel/motel funds, according to Hooper.

"The industrial climate is there to provide for those two items of better jobs and revenue," said Hooper.

"The discussion needs to be, what are our revenue streams? What does our tax revenue look like?" Hooper said. "We get revenues from industries."

In this way, the last source for taxation is the individual.

An economic model

Hooper explained, "When we have industries, they get taxed on their capital investment." There are companies in Bedford that bring in \$3 million worth of equipment, which gets taxed, thus maximizing existing resources.

So, how do we bring in the right kind of industry to help with this revenue stream?

Well, industrial and retail recruitment are not linear, according to Hooper.

For instance, you have soil sampling, title searches, jurisdictional water reports, resistivity training, data reports, incentives, tax comparisons, growth projections, labor participation rates, educational retention levels, site development comparisons—to name just a few.

"And you have to work the entire area. You have to work retail and manufacturing; you've got to make sure public education and safety are good," Hooper explained.

"It used to be industrial recruitment was more about place. Now, it's about the people," said Hooper.

Quality of place and life

Creating a business-friendly environment starts with having a qualified workforce. The Shelbyville-Bedford Partnership has made workforce development one of their top priorities, according to Hooper.

"Who's working for the 53 percent of Bedford's high school graduates that go directly into the workforce? That's where our workforce development programs come in," said Hooper. For example, they bring in 8th graders and seniors to the Calsonic Arena for a career fair, featuring local industries.

But attracting a workforce also comes from
▶ See Talk, Page 2A

Santa's story time



T-G Photo by David Melson

Santa Claus stopped by Shelbyville-Bedford County Public Library on Wednesday to share a Christmas story and a few goodies. Keep your eyes to the skies Saturday night and use your imagination. You just might see Santa and a few reindeer flying past.

Total cost of new school estimated at \$39 million

By ZOË WATKINS
zwatkins@t-g.com

The Bedford County Board of Education met in a regular meeting Thursday, Dec. 15, to discuss the design development budget for the new Cartwright Elementary School.

Contractors from Bell Construction along with Bart Kline, from the architectural firm Kline-Swinney, gave a brief presentation of the cost based on 50% of the building drawings and the site drawings, which are 99% complete.

"Part of our job is to do a health check as the design's going on to make sure we have a budget that's tracking and that there are no surprises," explained Glenn Moreland, Bell's director of preconstruction.

Based on the two types of drawings, a rough estimate for the total cost to build this school is around \$39.3 million. Of that number, \$34.6 million will go to building process, while \$4.7 million will go to site construction, which includes asphalt, flat concrete, parking lots, and landscape.

Falling numbers

This \$4.7 million number is lower than the \$6 million the school board and the contractors workshopped several months

ago.

This total number can go down to \$38.9 million with a few "cost saving" cuts (such as 'haul off site'), according to Bell's Eric Pyle, executive vice president of building operations.

These numbers are based on written bids that were sent out to 96 subcontractors (about 30 of which were within 45 miles of the job site) who provided the best and lowest proposals for each grain of construction in the design development package, according to Moreland.

The building drawings are only at 50% now as the architect goes through a schematic design phase (about 25% of the drawings) before going to the design development phase—when the engineers start drawing—until they reach the final permit drawing phase. All this takes time to get to, according to Kline.

"So, we're right on our schedule, right in line with the schedule from the beginning," said Kline.

They plan to have the full building drawings completed around the end of January or early February.

Board member Glenn Forsee asked how much the board has already paid Kline-Swinney for their work so far, which

▶ See Cost, Page 2A



FIRED UP OVER BICYCLES

It's been a tradition of more than 60 years for Shelbyville firefighters to give toys including bicycles - lots and lots of them - to needy children at Christmas. This year was no exception, as civic groups, churches and individuals pitched in to help out.

Shelbyville Fire Department photos

HOME RENOVATIONS
FREE ESTIMATES
Licensed • Insured
From Floor to Roof & Everything in Between
Custom Built Decks
Post Frame Buildings
Kitchen/Bath Redesigns
Jerry Reid
931-575-1733

LETTERS TO THE EDITOR

Answers wanted on city power policies

To the Editor:

Over the last several months, we've had conversations with hundreds of Shelbyville residents concerned about apparent policy changes at Shelbyville Power to cut off electrical service with less notice (including the phasing out of cutoff warning doortags) and without accepting partial payments from families struggling to keep the lights on. Some residents on fixed incomes and assistance programs explained that the assistance checks they receive are often late through no fault of their own, and Shelbyville Power sometimes cuts off service (incurring an avoidable and costly reconnection fee) before they can get those checks turned around to the power company.

Dozens of Bedford County Listening Project members have gathered 187 signatures (and more every day) petitioning Shelbyville Power to publicly announce what changes are being made in the implementation of cutoff notice and partial payment policies, and why they are being made right as winter is coming on.

On November 9th, we delivered the first 100 signatures on that petition by hard copy and email to Shelbyville Power, requesting that General Manager Jason Reese respond to our petition by November 21st. The Shelbyville Power website and Facebook page subsequently updated information about a new policy regarding door tags, saying that Shelbyville Power will no longer put doortag warnings on residences with pending cutoffs (a policy which will inevitably lead to unnecessary and disruptive electrical shut-offs to customers who don't even realize it is happening), but we never received an answer from Manager Jason Reese regarding our petition or additional questions about the partial payments policy. An article on our petition was printed in the Times-Gazette on December 10th along with comments by Jason Reese which still left several of our questions unanswered. After more than six weeks waiting to get clarity on both the doortag and partial payment policies, we attended the December 20 Shelbyville Power board meeting and asked Jason Reese in person if he would

be responding to the petition; he said he preferred to respond in writing through the newspaper, so we are printing this letter in the newspaper to request a public answer.

In the last week, renters and homeowners around town have shown us that Shelbyville Power is continuing to put pink disconnection warnings on some doors even after the December 1 cutoff date - which is great! We hope that Shelbyville Power continues to provide this important warning to neighbors who otherwise might be put at risk by an avoidable disconnection. And we still want to understand the partial payment policy (in many states it is mandated by law that utilities must keep power connected while customers are paying what they can): will partial payments only keep the lights on during the 10-day payment period or will Shelbyville Power continue to work with residents to keep them connected to power while catching up beyond those 10 days?

While we wait for a responses, we are continuing to collect signatures on the petition (75 more Shelbyville residents

have signed in the last two weeks), which can be found at <https://tinyurl.com/shelbyvillepower> We thank Councilmembers Stephanie Isaacs, Henry Feldhaus, and Thomas Christie for responding to our petition and encouraging Manager Jason Reese to respond (councilmembers Bobby Turnbow, Gary Haile, and Marilyn Ewing, we're looking forward to your responses to our email as soon as possible).

We look forward to engaging on this issue and others in 2023, including:

- Exploring why Tyson and other large corporate utility users pay less per unit of electricity/water than residents do, and what can be done about it

- Exploring Percentage-of-Income-Payment-Plans (PIPP) that many other utilities use to cap utility bills to a reasonable level and help eliminate long-term utility debt for low-income households

- Better publication of how Shelbyville Power implements our city rules about postponing cutoffs in cases of medical hardship and when weather is below 32 or above 100 degrees (times when disconnection is life-threatening).

The Bedford County Listening Project



LYNCHBURG NURSING CENTER SUCCESS STORY

"If you ever have a need for skilled care, this is the place to go! The care is outstanding, the nurses are top quality and the food is great. The rehab is amazing and will get you on your feet quickly! Lynchburg Nursing Center will take good care of you."

— Martha Womble
a short-term therapy success at Lynchburg Nursing Center.

Lynchburg Nursing Center
931.759.6000
40 Nursing Home Rd.
Lynchburg, TN 37352
LynchburgNursingCenter.com

Wishing you a Merry Christmas and a Happy New Year



Upload old photos to a computer

Dear Heloise:
When my mother died, I took on the task of scanning her pictures into my computer. There were photos that went back over 80 years!

Hints from Heloise

Heloise



great hints from your readers in the Tribune Chronicle. A recent hint to reuse cardboard boxes by first removing info stickers was a good one. May I add another way to recycle a box that I have used many times for shipping packages to distant family? If the inside of the box is free of printed words or images, simply turn the box inside out. Pull apart the flaps on the top and bottom. Flip the box parts backward, and then tape the parts together to create a new, clean box free of images on the outside. Thank you for all that you do. -- Alice Chow, Warren, Ohio

I can now find pictures fairly quickly and also was able to copy them onto a thumb drive for other family members.

I've been reading the Heloise column for over 50 years. Thank you. -- A Reader from Kentucky

TRAVEL TIPS

Dear Heloise: We travel often, and this last trip, I decided to pack chicken noodle soup in an envelope (all you have to do is add hot water), anti-diarrhea tablets, anti-nausea tablets, antacids, allergy relief pills and decongestant. This proved helpful when someone in our party felt under the weather. -- Corrinne Berkland, Universal City, Texas

USING APPLESAUCE TO SWALLOW LARGE PILLS

Dear Heloise: I see many hints for taking pills the easy way, but while I was in the hospital, I had a very large pill I had to swallow. Each time I took the pill, the nurse brought a small cup of applesauce and put some on a spoon with the tablet buried in it so it was very easy to get down. It's a good way for children to swallow pills as well. I enjoy your column in the Dayton Daily News! -- Pat Reeder, Vandalia, Ohio

REUSING CARDBOARD BOXES

Dear Heloise: I always read and enjoy

CLOSE THE LID

Dear Heloise: Do you close the lid before you flush the toilet? You should! Every time you flush, a plume of bacteria (think of an aerosol spray) gets released into the air for up to 6 feet in any direction -- not what I want flying around my bathroom! Close the lid! -- D. Wulff, Bakersfield, California

PET PAL

Dear Heloise: Here is a picture of my big and gorgeous Maine Coon male cat, Lancelot. He is extremely smart and has figured out that when he wants to open a door, he just has to reach up and turn the knob. This is only a taste of what he can do. -- Noreen Merz, via email

Readers, to see Lancelot 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 (c)2022 by King Features Syndicate Inc.

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.

DEC. 25

Food giveaway

The Johnson Family Food Giveaway will be held Christmas Day from noon-2 p.m. at Chili's, North Main Street. Call or text 931-735-0301 or 662-380-6522 for delivery or questions.

JAN. 2

Bag Day

Good Samaritan, 201 E. Highland Ave., will hold a bag day on Monday, Jan. 2 from noon-2 p.m.

JAN. 8

Laity Club

Bedford County Laity Club will meet at 6 p.m. Sunday, Jan. 8, at Cannon United Methodist Church for a potluck meal.

JAN. 19

Head Start meeting

South Central Human

COMMUNITY CALENDAR

December 2022

S	M	T	W	T	F	S
27	28	29	30	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

Holidays

18th - Hanukkah Begins in the evening
21st - Winter Begins
25th - Christmas



Resource Agency Head Start/Early Head Start Policy Council meeting will meet at 10:30 a.m. Thursday, Jan. 19, at the South Central Human Resource Agency Central Office in Fayetteville.

ONGOING

Meals on Wheels

Shelbyville Senior Citizens Center is in need of Meals on Wheels volunteers to deliver meals to the homebound of Shelbyville. For more information, call 684-0019 and ask for Amy Wilson.

Soup kitchen

Shelbyville Community Soup Kitchen serves meals from 3:30-5 p.m. Tuesdays and Thursdays at 336 S. Cannon Blvd. (corner of South Cannon and Pickle Street). 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.

Head Start

Bedford County Head Start Centers are currently

taking applications. For more information or to complete an application contact any Head Start Center. Phone numbers are: Wartrace 931-389-6406, Harris Head Start 931-773-0033, North Side Head Start Center 931-773-

0141, and Bedford Early Head Start 931-685-0876. Head Start is a free child development program for children 6 weeks to 3 years and their families. Early Head Start enrolls pregnant women for monthly prenatal educational visits.



ANNUAL HEAD START VISIT

Each year Bedford County Sheriff's Office delivers gifts to Wartrace Head Start.

Bedford County Sheriff's Office photo

2022 food trends: Love them or hate them?

As I write this year-end essay about 2022 trends in food and dining, I must confess that I'm playing catch-up. I have obligations and hobbies, so I wasn't TECHNICALLY paying attention (i.e., giving a rat's rump) as 12 months of decadent delights, culinary controversies and avocado abominations unfolded. ("Homo sapiens still ingest food? What about that crazy 'opposable thumbs' fad? How long did THAT last?") Okay, I WAS narrowly focused on one aspect of food. I spent several months attempting to update George Carlin's "7 Words You Can't Say On TV" routine to include the REALLY

dirty words: "PORTION CONTROL." (To clear my head, I threw on my relaxed-fit jeans and rented a stretch limo for a joyride; but the deceptively named monstrosity stretched in all the wrong places!) Still, mostly, it boils down to the fact that I'm a simple man -- a "well, only if the escargot is on the value menu" man. I don't NEED to keep tabs of chef migrations or counterintuitive sauces or balsamic gamechangers. I can still muster a childlike sense of wonder concerning foods that other people long ago became jaded about. ("Wow. Potato chips in a canister! What

will they think of next? No, wait -- DON'T tell me. My heart can't take it.") This simplicity is a throwback to my childhood. I would spend weeks and months poring over menus and brochures in preparation for a family vacation and the exotic cuisine that it would entail. Invariably, once we reached an eatery, I would look up at my father and ask, "Can I just order a hamburger?" (Surely it was only my imagination that Dad muttered, "Can I just order a paternity test?") More power to all the foodies in search of the Next Big Thing, but sometimes I think we've gotten too soft. Back when men were men and pronouns were the evil twin of sentence diagramming, you heard people stoically declaring "My arteries are 90 percent blocked" or "My lone remaining kidney is failing." Now you can't toss a rock in a crowd without hitting someone who is whining, "My taste buds are under-titrillated." I'm sure I would be hanging on every word of a food influencer if I hosted dinner parties, but I don't. My apron doesn't say "Kiss the cook"; it says, "Phone me up and give me a short description of YOUR meal as we each enjoy our

blessed solitude." I see that "climate-friendly" food has been a major trend this year. Vegan, plant-based diets. Meat-and-dairy-free "cheese" and "butcher" shops. (I'm leery of foods that come wrapped in quotation marks. What's next? "Fry me up a piece of that iambic pentameter, Bubba"? Sustainable seafood. *Sigh* In the old days, the only sustainable part of a good meal was a sustainable belch. I noticed that a large percentage of the food trends were exacerbated by TikTok videos. So ... a Chinese video-hosting site sucking up user data like a bumpkin slurping his soup is America's "go to" place for gastronomic advice. I don't think that's the way Americans used to do things. ("Honey, why don't you call up Joe Stalin and ask him how to make the casserole?") Thanks for letting me vent. I realize I may have to eat some of my words in 2023. But if I smear my words on a butter board first... •Danny Tyree welcomes email responses at tyreetyrades@aol.com and visits to his Facebook fan page "Tyree's Tyrades."



Danny Tyree Tyrades

SUBSCRIBE TODAY!
The Shelbyville Times-Gazette
Receive more local news today.
684-1200

Dr. Clement Aluyi and Staff
Welcome
Kesha Casseus, FNP-BC

- Women's Health Exams & Pap Tests
- Children, Ages Babies & Up
- On Site Lab
- School and Athletic Physicals
- Ultrasounds On Site
- Family General Health

Premier Internal Medicine
600 South Cannon Blvd., Shelbyville, TN
931-735-6630
consult@premierinternalmedicine.us
Hours: Monday to Friday 8:00 AM - 5:00 PM
Lunch: 12:00 PM - 1:00 PM
Saturday and Sunday: Closed

Thank You

The family of **Derrick LeAuntee Waggoner** would like to thank you all for the love and kindness shown during his passing. A special thank you to Feldhaus Memorial for all you did for us. We will forever be grateful.

Vickie, Reggie & Brian Waggoner

SHELBYVILLE TIMES-GAZETTE
USPS 492-660
HOLLER MEDIA, LLC
323 E. Depot St. • P.O. Box 380 • Shelbyville, Tenn. 37162 • 931-684-1200 • Fax 931-684-3228
The Bedford County Times (Est. 1886) The Shelbyville Gazette (Est. 1874)
Consolidated Feb. 1, 1948
Copyright 2019. The Shelbyville TIMES-GAZETTE (USPS 492-660) is published Tuesdays and Saturdays except on or about New Year's Day, Independence Day, Thanksgiving and Christmas, by Holler Media, LLC, 323 E. Depot St., Shelbyville, TN 37162. Periodical postage paid at Shelbyville, TN 37162. POSTMASTER: Send address changes to 323 E. Depot St., P.O. Box 380, Shelbyville, TN 37162.

NEWS DEPARTMENT: tgnews@t-g.com
David Melson, Copy Editor Ext. 107
Chris Siers, Sports Editor Ext. 108
Zoe Haggard, Staff Writer Ext. 108

PAGINATION:
Carol Spray Ext. 109
Mary Cook Ext. 109

CIRCULATION & SUBSCRIPTIONS:
Sherri Frame, circulation@t-g.com Ext. 105

Monday - Friday office lobby 9 a.m. - 4 p.m.
CLASSIFIED ADVERTISING:
Megan Kipker, classifieds@t-g.com Ext. 104
DISPLAY ADVERTISING:
Diandra Womble, Ad. Director/General Manager ... Ext. 101
OFFICE: office@t-g.com
Bookkeeping Ext. 104

Home Delivery (includes unlimited online and mobile access)
Call 684-1200 for rates.
Online unlimited access subscription also available.

Greatest story ever told

On this Christmas Weekend, I want to share the true Christmas Story with you from the Gospels of Matthew, Luke and John. This, of course, is The Greatest Story Ever Told. **Luke 2:4-20:** ⁴ And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem (because he was of the house and lineage of David), ⁵ To be taxed with Mary his espoused wife, being great with child. ⁶ And so it was, that, while they were there, the days were accomplished that she should be delivered. ⁷ And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn. ⁸ And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. ⁹ And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. ¹⁰ And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. ¹¹ For unto you is born this day in the city of David a Saviour, which is Christ the Lord. ¹² And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger. ¹³ And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, ¹⁴ Glory to God in the highest, and on earth peace, good will toward men. ¹⁵ And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us. ¹⁶ And they came with haste, and found Mary, and Joseph, and the babe lying in a manger. ¹⁷ And when they had seen it, they made known abroad the saying which was told them concerning this child. ¹⁸ And all they that heard it wondered at those things which were told them by the shepherds. ¹⁹ But Mary kept all these things, and pondered them in her heart. ²⁰ And the shepherds returned, glorifying and praising God for all the things that they had heard and seen, as it was told unto them.

Matthew 2:1-11: ¹ Now when Jesus was born in Bethlehem of Judaea in the days of Herod the king, behold, there came wise men from the east to Jerusalem, ² Saying, Where is he that is born King of the Jews? for we have seen this star in the east, and are come to worship him. ³ When Herod the king had heard these things, he was troubled, and all Jerusalem with him. ⁴ And when he had gathered all the chief priests and scribes of the people



Doug Dezotell
Musings and Memories

together, he demanded of them where Christ should be born. ⁵ And they said unto him, In Bethlehem of Judaea: for thus it is written by the prophet, ⁶ And thou Bethlehem, in the land of Juda, art not the least among the princes of Juda: for out of thee shall come a Governor, that shall rule my people Israel. ⁷ Then Herod, when he had privily called the wise men, enquired of them diligently what time the star appeared. ⁸ And he sent them to Bethlehem, and said, Go and search diligently for the young child; and when ye have found him, bring me word again, that I may come and worship him also. ⁹ When they had heard the king, they departed; and, lo, the star, which they saw in the east, went before them, till it came and stood over where the young child was. ¹⁰ When they saw the star, they rejoiced with exceeding great joy. ¹¹ And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense and myrrh.

John 3:16: ¹⁶ For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

I want to invite you to join me, and my family and friends, and Celebrate the Birth of the Lord Jesus Christ at the Candlelight Communion Service on Christmas Eve at 6 p.m. at Cannon United Methodist Church.

The church is located at 1001 S. Cannon Blvd. in Shelbyville.

Invite your family and friends, or come by yourself, and worship the Christ of Christmas.

I will be reading the Christmas Story from God's Word, and we will sing and praise the Lord, and share in Holy Communion in the candlelight together. Everyone is welcome to partake of Communion at Cannon UMC.

May God's richest blessings be poured out upon you and your friends and family.

Merry Christmas!

• Doug Dezotell is the pastor of Cannon UMC. He is a columnist for the Times-Gazette; and he is a husband, a father, a grandfather, and your friend. He can be contacted at 931-607-5191 or at dougmdzotell@gmail.com.

CHURCH ACTIVITIES

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

Baptist
Calvary Baptist Church's message Christmas Day at 10 a.m. from Bro. Tyler Shoemaker will be "Our Savior Is Born" from Luke 2:1-20. The service will be livestreamed. "The Miracle Of The Manger" from Isaiah 7:14 will be Bro. Bobby McGee's Christmas Day sermon at 10 a.m. at **Grace Baptist Church**.

Christian (Disciples of Christ)
First Christian Church will hold a Christmas Eve service at 4 p.m. with candles, carols and communion. The message will be "When You Follow a Star & Find a Stable."

The Christmas morning service at 10 a.m. will continue the series on angels, with a message from Luke 2:8-14, "The Angel's Message to the Shepherds."

Church of Christ
Fairlane Church of Christ's sermon at the special time of 10 a.m. will be "A Son is Given" from Isaiah 9:6. The service will be livestreamed. "Jesus, Made Like Us?" from Hebrews 2:17 will be Sunday's 10 a.m. message at **Southside Church of Christ**. No evening service will be held Sunday. A study of James will continue Wednesday. Sunday morning and Wednesday evening services are livestreamed at cofcsouthside.com.

Methodist

A candlelight and open communion service will be held at **First United Methodist Church** on Christmas Eve at 4 p.m. including lots of community singing. The service will be livestreamed on Facebook. The 10 a.m. Christmas Day service will include Pastor Abe Zimmerman's message "Jesus Came to Live Among Us" and much singing. The 10 a.m. service will be livestreamed on Facebook and broadcast on WLJ (98.7 FM/1580 AM/wljradio.com).

Presbyterian
Rev. Jim Moran's Christmas Day sermon at 10 a.m. at **First Presbyterian Church** will focus on Isaiah 52:7-10, "All shall see the salvation of God." All services are livestreamed on Facebook.

A season of change

Hope everyone is having a wonderful Christmas weekend!

As I look at my live Christmas tree...well at least it was alive at one time... I have made a major decision. I am switching to an artificial tree for next year. I saw a great one on sale for half price and if they still have one, I am going to buy it.

Maybe it's my age. Maybe it's the fact that live or cut trees are becoming increasingly more expensive and harder to find. I will miss the smell of a real tree. But I won't miss watering it.

With an artificial tree I don't have to worry about rushing to buy a tree. Mine will be in a box ready to put up when it is convenient for me. I want have to take care of it or vacuum up needles when it is moved to the curb.

The decision to make

the change to an artificial tree just feels right. It has been a holiday season of change for me in many ways so why not add one more.

It is my first Christmas in 65 years without my father. It is the first Christmas my daughter isn't opening gifts on Christmas morning at my house. All of the unwrapping will be done at her Nana's house after Christmas dinner.

Many of you have an empty chair at the Christmas dinner table for the first time this year. Believe me when I say I understand what you are going through.

On a brighter note, there will be many houses where new faces will be included in the celebration from newborn babies to new husbands and wives. I revel in your joy.

Admittedly, it has been difficult for me to get into

the holiday spirit because of the circumstances surrounding my life. I know commemorating the birth of Jesus is the reason we celebrate Christmas. That is not lost on me. In fact, I will be presiding at communion at my church Christmas morning to give thanks to God not only for that birth, but for his willingness to let his son die an agonizing death to save us all from sin.

I usually love Christmas. For some reason at this time of the year people appear happier, friendlier and kinder. It is peace on earth and good will toward men.

But as Ebenezer Scrooge says in FX's dark, dark version of "A Christmas Carol" why can't people be friendly and kind to each other 364 days of the year and then have one day when we can really say what we really think about people.



Mark McGee
My Take

It would be idealistic, though unrealistic, to think we can carry on with the Christmas spirit all year. But wouldn't it be great if someone smiles and says "hi" or "hello" that you respond in kind whether you know the person or not.

Wouldn't it be wonderful if someone asks you how you are feeling that they truly want to know the answer. And when you are in need of a kind word or a kind deed when someone asks if there is anything they can do to help that they really mean it.

No, it can't be Christmas all year. But enjoy the weekend we have to celebrate.

German churches reduce heat, help needy

BERLIN (AP) — Churches have joined in Germany's efforts to save on heating costs this winter, forcing their congregations into ever more layers of clothing. But at the same time, they are providing warm spaces for the homeless and for people who are struggling to pay their bills.

German lawmakers last week approved a plan to provide up to 200 billion euros (\$212 billion) in subsidies to households and businesses to ease the strain of high gas, electricity and heating prices. But prices are still higher than they used to be, and worries about increased costs are widespread. Germany also is trying to reduce energy use to head off a potential energy crunch after Russia stopped gas supplies.

Many German church-

es have decided to switch the heating off completely or limit temperatures.

At the Martha Church in Berlin's Kreuzberg district, worshippers are being offered extra blankets and heated cushions to keep them warm during services. The capital endured a prolonged spell of below-freezing temperatures during Advent.

Pastor Monika Matthias says the church is currently between 12 and 14 degrees Celsius (53.6 and 57.2 Fahrenheit). She says the low temperatures aren't an issue for her because she is active during services, but worshippers have found it a struggle to get used to — and she offers them tea and coffee to warm them up afterward.

During a recent service, most members of the

congregation continued to wear their thick winter coats, with many also wearing hats, scarves and even gloves. Blankets were draped across laps.

Marina Alvis, a member of the congregation for over 20 years, said she and her husband found getting used to the colder church a "big adjustment," but it was important for the church to be a role model in tackling climate change.

"You really have to dress warmly, and it took a while for all of us to learn that," said Alvis, 64.

While worshippers are wrapping up warmer, both the Protestant and the Catholic churches run shelters for the homeless and for people who are otherwise in difficulty, and there's a focus this year on providing warm spaces

for people who don't have access to adequate heating.

At the Protestant church-linked Diakonie Deutschland charitable organization, workers serve warm drinks and soup to visitors who get a respite from the biting cold.

The head of its central Berlin branch, Ralf Nordhauss, said the situation is "critical" for people struggling to pay bills amid soaring inflation. He said many prefer to turn the heating down or off rather than get into debt, and many more people are expected at shelters.

"Here, it's not just the homeless, but people who are simply looking for companionship or advice, or a coffee and a warm room," Nordhauss said.

Public Notice

City Hall Christmas Holiday Closing and Trash Schedule

Christmas:
City Hall will be Closed on Monday, December 26th in observation of the Christmas Day.

Public Works will be closed on Monday 26th in observation of the Christmas Day. Monday's trash will be picked up on Tuesday, December 27th with Tuesday's regular route.

Please be advised per the Residential Solid Waste Rules of the Shelbyville Public Works Department trash must be curbside no later than 6:00 AM on the scheduled day of collection. To see a complete list of Rules & Regulations please refer to the Public Works Department website www.shelbyvilletn.org/publicworks.htm

Lisa Smith, City Recorder
Buck Vallad, Public Works Director

Public Notice

City Hall Holiday Closing & Shelbyville Trash Schedule

New Year's:
City Hall will be closed on Monday, January 2nd, 2022.

Public Works will be closed on Thursday, December 29th in observation of New Year's Day. Thursday's trash will be picked up on Monday, January 2nd with the Monday's regular route.

Please be advised per the Residential Solid Waste Rules of the Shelbyville Public Works Department trash must be curbside no later than 6:00am on the scheduled day of collection. To see a complete list of Rules & Regulations please refer to the Public Works Department website www.shelbyvilletn.org/publicworks.htm

Lisa Smith, City Recorder
Buck Vallad, Public Works Director

SAVE **BIG** on groceries with coupons in our Saturday Paper

MOVING INTO RETIREMENT



Shelbyville Police Department photo

Kim Nash has retired from Shelbyville Police Department after 45 years of service. She was one of the department's first female employees and had served as office manager and city court clerk for several years.

CHRISTMAS GIFT



Shelbyville Police Department photo

Shelbyville police give treats to Bedford County students attending a free movie at the Capri Theater. It's become a tradition for the department.

STALEY ROAD FIRE



Photo by Gene Williams

A fire inflicted heavy damage Tuesday morning inside the home of Kristy McCullough on Staley Road, leaving her family of five seeking a place to stay. The blaze's cause remains undetermined, but Bedford County Fire Chief Mark Thomas said a large amount of electronic equipment and appliances near a front bedroom may have been a factor. The American Red Cross is assisting the family.

'Roaches' are still illegal: Deputy

By DAVID MELSON
dmelson@t-g.com

"Roaches" are still marijuana, as a driver found out when cited for possession Tuesday.

Deputy David Burns of the Bedford County Sheriff's Office smelled marijuana after stopping Colby Allen for an expired license plate on Highway 64 East.

Twelve partially smoked marijuana cigarettes were found in an ash tray and two glass bongos containing marijuana residue were in the truck's back seat, Burns said.

Allen was cited and released. He told Burns he thought "roaches" were no longer considered to be marijuana.

•Several bags containing crystal methamphetamine, a glass pipe and digital scales were found on Paul Hastings Jr. Wednesday morning in the parking lot of Shelbyville Inn, North Cannon Boulevard, Shelbyville police said.

Hastings was being arrested on a failure to appear warrant when Sgt. David Dye searched him and found the items, a report said.

New charges of possession of a schedule 2 drug for resale and possession of drug paraphernalia were added.

•Crystal methamphetamine was found on Charles Edward Moody as he was being arrested on a previous charge of probation revocation Wednesday afternoon. Officer Tracy Teal was

checking Moody after a report that he had been sitting in a van on Kingree Road for several hours.

Moody was charged with possession of a schedule 2 drug for resale and possession of drug paraphernalia.

•Adderall and oxycodone pills were found on a woman arrested Tuesday during a traffic stop on Madison Street, a BCSO report said.

Jessica Ann Gillespie, 34, of Lewisburg was charged with possession of schedule 2 drug and released on recognizance.

Bus fight

Three Learning Way Elementary School students were slightly injured in a fight on a Bedford County Schools bus Tuesday morning, police said.

The students were receiving treatment inside an ambulance when officers arrived at a Wartrace Pike condominium complex in response to the bus driver's 911 call.

Classes had just been let out for the Christmas break when the fight began around 9:20 a.m.

The students' stories differed as to who started the fight, but indications were that it stemmed from name-calling, police said.

An unruly student petition was filed against the alleged instigator.

Burglary

A television was stolen from a Coble Road home between Dec. 8 and Monday, a Bedford County

Sheriff's Office report said.

Jail intake

The following were arrested since Monday by the Shelbyville Police Department, Bedford County Sheriff's Office, Tennessee Highway Patrol or 17th Judicial District Drug Task Force. They are only charged; guilt or innocence will be determined by the courts.

•Elias Adelson, 26, Hawkins Drive; child restraint law, financial responsibility, no driver's license/exhibited on demand, speeding; released on recognizance

•Timothy Eugene Buchanan, 51, Landers Street; truancy; released on recognizance

•Danniel Galvan Espraza, 23, John Shaw Road; driving on revoked license, DUI, failure to appear, possession of handgun while under the influence, possession of schedule 2 drug (two counts), simple possession; held for extradition

•Jessica Ann Gillespie, 34, Lewisburg; possession of schedule 2 drug; released on recognizance

•Shona Rena Jones, 38, Pass Road; violation of probation; held, \$3,500 bond

•Lisa Diane Leverette, 50, Purdy Court; driving on revoked license, financial responsibility, no driver's license/exhibited on demand, seat belt law, texting while driving, registration law; released on recognizance

•Bryan David Loyd, 21, West Lane Street;

REAL ESTATE TRANSFERS

12/13/2022—12/19/2022
 Kerri Denise Harvey, Vivian Harvey, Chad Davon Harvey, Vivian T. Harvey, Vivian Turrentine Harvey to Theodore Karl Hugel Jr.—\$224,900, 0 acres, no address
 Vicky K. Black to Tristen Owens, Garrett Parker—\$390,000, 0 acres, Crest Dr.
 Jun Puente, Martha Lopez Caballero to MAPA Properties LLC—0 money, 0 acres, Lappy Valley Rd.
 Nancy L. Ragnoni to Teresa Kay Hercules—\$295,900, 0 acres, Northwood Ave.
 Wayne Neese to Felix Catalino Cinto Velasquez, Taleighsha Joy Cinto Velasquez—\$55,000, 0 acres, Fairfield Pike
 Pamela Kelso to Takana Jefferson—0 money, 0 acres, Cleveland Rd.
 Comer Hord to Takana Jefferson—0 money, 0

acres, Cleveland Rd.
 Jeffery Frambo Hord to Takana Jefferson—0 money, 0 acres, Cleveland Rd.
 Loretta Kay Hord to Takana Jefferson—0 money, 0 acres, Cleveland Rd.
 Ethel G. Medarsis, Oscar R. Cleveland, George H. Cleveland, George G. Cleveland, Sarah G. Cleveland, Pamela R. Kelso, Anthony W. McMahon, Margaret Josephine Hord, Clemmie Alberta Wells, Sheila A. Young, Alvis C. Cleveland, Walter A. Cleveland, James Cleveland to Takana Lynn Jefferson—\$80,000, 0 acres, Cleveland Rd.
 TRM Farming LLC to Morteza Shams—0 money, 0 acres, no address
 Ole South Properties Inc. to James Painter, Sheila Painter—\$322,500, 0 acres, no address
 Patricia L. Smith to Normandy Presbyterian Church,

Normandy Presbyterian Church, Presbyterian Church—\$25,000, 0.21 acres, College St.
 Donald White Construction LLC, Donald White to John R. Sajban, Michelle C. Conkey Sajban, Sajban Michelle C. Conkey—\$519,900, 5.2 acres, no address
 Ole Sough Properties Inc. to Kelly Powers—\$338,786, 0 acres, no address
 Gary Boyce Construction LLC to P. Ivan Moore, Roxanne B. Moore—\$514,900, 0 acres, Longview Rd.
 Ole South Properties Inc. to Tameka Johnson—\$349,990, 0 acres, no address
 Marsh Brothers Industrial Properties, John Charles Marsh, Robert Patterson Marsh to Industrial Development Board Of The City Of Shelbyville Inc.—0 money,

7.76 acres, Hawkins Dr.
 HP Realty Co. LLC to William Mike Matthews, Penny Matthews—\$62,000, 0.16 acres, Center St.
 Michael H. Owen to Bartolo Pina—\$190,000, 0 acres, Horse Mountain Rd.
 Mary Lou Barnett to Dale Barnett—0 money, 0 acres, Horse Mountain Rd.
 Danny Duffey, James Duffey to mason Hatfield—\$275,000, 0 acres, New Herman Rd.
 Sherry L. Bullen to David Andrew Pickle—\$310,000, 0 acres, Sandy Lane
 Daniel Gragg Construction LLC to Melissa Kimberly Allen, Robert Earl Weeks Jr.—\$772,500, 0 acres, Barton Dr., Normandy
 Danny G. Law, Jan M. Law to David T. Craig II, Carissa Craig—0 money, 0.06 acres, Highway 231 S.

BUSINESS LICENSES

12/14/2022—12/21/22
 Autumn Cove Designs—107 Autumn Cove Rd. Lot 13, Bell Buckle, Rebecca Wilson
 Bell Buckle Embroidery And Gifts—10 Railroad Square St. E, Bell Buckle, Julie Beasley
 Hill Construction TN LLC—2135 Madison St., Shelbyville, Nathan Hill
 Hill's Auto Sales—2135 Madison St., Shelbyville, Nicholas Hill
 Limelight Marquee—814 Foothills Rd., Shelbyville,

Matthew K. Robinson
 Living Well Massage LMT—1307 N. Main St., Shelbyville, Denise Richard
 Raulerson Farms LLC—151 Womack Ridge Rd., Shelbyville, Alan Raulerson
 Sinking Creek Woodcrafts & Beyond—564 Sinking Creek Rd., Petersburg, Rebecca Estabrook
 Staghorn Construction, LLC—1152 Hwy. 130 W. Shelbyville, Thurman L. Adcock

MARRIAGE LICENSES

Zachery Taylor Duckett and Hailey Janeen Matherly
 Terry Lee Stiles Gregory and Kristal Estabillo Relativo
 John Timothy Brewer and Melissa Jane Wilson Clark
 Travis Dalton Jacobs

PUBLIC RECORD

and Brittany Lashay Lowe
 Thomas Raymond Moynihan and Allana Grace Stacey
 Nick Anthony Rivera Maldonado and Maria De Los Angeles Rios Carranza
 Bradly Austin Dyer and Angela Rose Escobosa

Some of best-loved Christmas songs are bittersweet

By **DAVID W. STOWE**

Michigan State University

In American culture, Christmas is supposed to be synonymous with joy. The familiar carols proclaim this message, with "Joy to the World" resounding in thousands of churches, while its secular counterpart exhorts listeners to have "A Holly Jolly Christmas."

The real emotions of the season are a bit more complex. For many people, late December produces a kind of toxic brew of nostalgia and melancholy. It's difficult not to remember loved ones missing from the holidays. People move, grow apart, pass on — all these hit home with a special poignance at this time of year, and other kinds of changes, too. Parents might even remember with nostalgic sadness a more innocent time when their children still believed in Santa. Nearly everyone has too much to do, and gift-giving can be a minefield.

Blue Christmas

Elvis Presley captured some of this sentiment in his song "Blue Christmas," which tells a tale of romantic separation: "I'll have a blue Christmas without you/ I'll be so blue just thinking about you." Romantic holiday heartbreak is

even more explicit in 1980s pop group Wham!'s "Last Christmas": "Last Christmas I gave you my heart/ But the very next day you gave it away."

The notion of Blue Christmas is increasingly recognized by churches, of all places, where one would expect the message of holiday joy to be the least conflicted. Some congregations now offer Blue Christmas services, where readings emphasize the reality of loss but also the message of hope represented by the birth of Christ.

Sometimes called Longest Night services, this tradition is partly inspired by the winter solstice — the longest night of the year. It's also a reminder that seasonal affective disorder might have something to do with people's melancholy. It's no wonder that Romans, pagans and others around the world celebrated the winter solstice with bonfires. Today, many people light small paper lanterns called luminaria, a custom that developed in the southern U.S. borderlands.

Season of waiting

In fact, the four weeks of Advent, the period of the church calendar leading up to Christmas, have a kind of somber quality

that is at least as important to the season as the festive 12 days of Christmas. "The tyranny of relentless mandatory celebration leaves us exhausted and often, ironically, feeling emptier," Anglican priest Tish Harrison Warren wrote in a 2019 column for The New York Times. "To practice Advent is to lean into an almost cosmic ache: our deep, wordless desire for things to be made right and the incompleteness we find in the meantime."

Churches often emphasize the sense of mystery and confusion leading up to the birth of the child Christ. Probably the best known Advent song is "O Come, O Come, Emmanuel," whose mournful, chantlike melody goes back to 15th-century France.

The opening verse refers to the inhabitants of ancient Jerusalem, conquered by Babylon and mourning in "lonely exile" there. Awaiting a messiah or "Immanuel," meaning "God with us," predicted by the prophet Isaiah, they yearn for him to "disperse the gloomy clouds of night/ And death's dark shadows put to flight."

From war to the White House

Beyond church doors, a very

different song that captures the bittersweet quality of the holidays is Vince Guaraldi's "Christmas Time is Here," with its moody jazz harmonies and waltz-feel behind an angelic-sounding children's choir. It's the opening song of the classic "Peanuts" animated TV special that begins, fittingly, with a depressed Charlie Brown going to Lucy for therapy.

But "I'll Be Home for Christmas" might convey the atmosphere of nostalgia and melancholy better than any other. Recorded in October 1943, almost exactly halfway through World War II, the song became a hit for iconic crooner Bing Crosby, just as his "White Christmas" had the year before.

"I'll be home for Christmas," he sings in his rich baritone, describing snow and mistletoe he's hoping for — before listeners realize he may be home "only in my dreams."

Crosby's version, with its unique little warble on the final syllable of "I'll be home for Christ—ma-a-as," is probably the best known — popularity due, in part, to how it captured the feelings of a world at war. Two decades later, astronauts Frank Borman and Frank Lovell

requested the song be piped up to them as they returned to Earth aboard the Gemini 7 spacecraft.

Ironically, the BBC banned the song during World War II because of fear it might lower morale, saying it had "adopted a policy of excluding sickly sentimentality which, particularly when sung by certain vocalists, can become nauseating and not at all in keeping with what we feel to be the need of the public in this country."

The most recent cover version is by the Cuban-American singer and songwriter Camila Cabello. In a performance last year at the White House, she brought in a mariachi band, giving her rendition a distinctly Mexican sound. She also makes a slight modification to account for today's more abundant gift-giving, switching in "presents under the tree" instead of "presents on the tree."

In Frank Sinatra's 1957 rendition, with his usual cooler-than-cool sense of nonchalance, you get an impression that he's really not in much of a hurry to get home to celebrate, after all. Which may be how many of us feel, at least part of the time, at this season of the year.



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

DOAK - HOWELL
FUNERAL HOME & CREMATION SERVICES
"Family Serving Families"

739 N. Main St., Shelbyville • 931-684-5011
www.doakhowellfuneralhome.com

Clanton PIPE & SUPPLY
904 Madison St., Shelbyville

Call us today for your free quote.
931-684-4847
clantonpipeandsupply.com

Templeton & Associates Insurance
108 East Depot Street • 931-684-4380 fax: 931-684-9937

• AUTO • BUSINESS • HEALTH
• HOME • LIFE • BONDS
ttempleton@templetonins.com

FELDHAUS MEMORIAL CHAPEL
Assurant Cremation Services of Middle Tennessee, LLC
2022 North Main Street
931-684-8356
feldhausmemorial.com
There is no substitute for integrity.

BRANCHES
Recovering Hope • Restoring Lives
Christ-Centered Mental Health Counseling
Located in First Baptist Church, Shelbyville
931-685-2013

Fellowship For Christ
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
Father Edwain Cardona
500 South Brittain Street, Shelbyville • 931-735-6004
Saturday Mass: 4:30pm (English Mass) 7:00pm (Spanish Misa)
Sunday Mass: 9:00am (English Mass) 11:30am (Spanish Misa)

Daily Masses:
Monday: 7:00pm • Tuesday: 8:00am • Thursday: 7:00pm • Friday: 8:00am
Confessions: Thursday/Jueves 5:45pm-6:45pm
Saturday/Sabado 5:45pm-6:45pm
Sunday/Domingo 10:15am-11:15am
Hurricane Grove Baptist Church
2117 Fairfield Pike, Shelbyville
Pastor Tim Miller • 931-205-4191
Sunday School - 9:45 am
Sunday Worship - 10:45 am
Wednesday Night Bible Study - 6:00 pm

KINCAID SERVICE CO.
APPLIANCES
ELECTRONICS
FURNITURE
BEDDING
400 Madison St
Shelbyville, TN 37160
931-684-5662
kincaidservice.com

Mullins Insurance
204 N. Main Street
Shelbyville, TN 37160
931-684-7436
FAX 931-680-0322
mullins208@yahoo.com

ADAMS ROOFING INC.
SHELBYVILLE, TN
931-580-1462
931-684-1463
Licensed - Bonded Insured

Maleah Claxton Agent
1301 N. Main Street
Shelbyville
mclaxton@shelterinsurance.com
ShelterInsurance.com/mclaxton

931.680.0064

Providing Comfort For Any Season!
Newsom's Heat and Air
Serving Bedford County Since 1995
931-294-2339
newsomhvac@gmail.com

JOEL'S TIRE & BRAKE
923 Colloredo Blvd • Shelbyville
Tires, Brakes, Alignments, Tune-ups & AC Repair
Mon-Fri: 7-5
Sat: 8-12

931-684-9000

Would you like to be included on this page?
Please call display advertising at 931-684-1200 or email dwomble@t-g.com

Santa

(Continued from Page 1)

Dear Santa Claus,
Thank you for always visiting me every year at Christmas. I've been a very good girl. I want a iphon with a very cool case. Also a watch that is connected to my iphon and a 12 billion dollars to pay for my iphon every year. Shoes. can I also get a style and snif har brush, 23 new note books that are cool, new par of scissors, a candy lab, a trilon fake stick on nails, my own computer, a poashoin to fly, for my mom to have a baby, my own roller skates, some nikes, some cool sherts, lot and lots of candy, a nitendo switch, and ear buds, hoverboard, a new jaket, a new mine frige, a make up kit for girls, Jewler, erings, and a soft outfit and last but not least a good drawling ability.
Love, Faith Shibayama
love you
And a pet dog that stays small that is alive.
A baby sister. Thank you

Dear Santa Claus,
Thank you for always visiting me every year at Christmas. I've been a good girl this year. I would like a baby yoda and hoverboard. scissors and pencils. I love you!
Love, Molly

Dear Santa Claus,
Thank you for always visiting me every Christmas. I want a lot for Chrismis but all I want is you and I know that you are a goob' at being nice. So I think a lot about you.
Love, Kylee

Dear Santa Claus,
Thank you for always visiting me every Christmas. I've been trying to be good This year I would like a PS 5 and a green monster drifting bike, iPhone 14 hoverboard and a gold watch master bike glove. Maverick. Merry Christmas Santa from Maverick

Dear Santa Claus,
Thank you for always visiting me every Christmas. I've been a very good boy. I would like everyting. I would like a meny frig.
Harris Lankford

Dear Santa Claus,
Thank you for always visiting me every year at Christmas. I've been a very good girl. This year I would like a of, I wold like a woof and a stuff loth and cozy cabin and swimming Barbie. I love you.
Love, Ellie Kay Forbes

Dear Santa,
I want a recording set, monter, cundputer, desk, editing set, mikerphone, sate board, drawing set, sping chair, quishmellas, Markers, ting car, 4 weller, blanket, notes books, pens, my own signature cup, pen holder, biners, white board, head phoned, elope marker, bens, Lamp, mini fridge, robox sticy note Books, clocks, alarms, stools.
Love, Bethany Napier

Dear Santa Claus,
Thank you for always visiting me every Christmas. I've been a very good boie this year. I would like a set of yu-ge-oe cards, a phone, spors cards, exdcox live cars, spokemons, Sizzers, tine cars Thor Wiwar Sprabattodu Dogman A Siegemer boots blades ckrocks A lot uth Poseres Miheefrig A iPhd minee figers A lot A lamp @ alarmklock
Love, Reese

Dear Santa,
I love you Santa, You are the best and I always like you. I would like a tiny RC car in the can and a Mindcraft Lego set. I also want an Ironman Lego set. Have a good day Santa.
Love, Case

Dear Santa,
Dear Santa Claus,
Thank you for always visiting me. I whint a re ole and nopr wil fararie amd formier camo color.
love Jackson.

Dear Mr. Claus,

Thank you for always visiting me every year at Christmas. I've been a good girl moste of the time. Santa I awso do good in schooll and lisiin to my parents and clean my room and help clen some times. Thanks for reading my letter. Love Clara Gail Ozella I Love You
New Crayola crayons pleas
A New tablet with a lot of sPace

Dear Santa Claus,
Thank you for always visiting me every Christmas. I've been a very good girl this year. I hope I am on the nise list this year. I want a masage pilo or if your elfs can't make it then I would like a fair finder or some legoes and a fun bord game or a skate bord and a tablet and a roler skates.
Love, Cheyenne R.

dear Santa,
Thank you I've been triing nmy best. Can I have a naw game for my PS4, hover bord tablet, unspekubl morsh, unoiing buturs, pranks, wopyw copy, koeshans, a kumputer, candy and clock.
love Charles F.

Dear Santa Claus,
Thank you for always visiting me every year at Christmas. I've been a very good boy this year. I would like a set of phase to Fort nite cards every Christmas. Fortnite is a really fun game. I do not be bad. I love you!
Love, Brigg Cooper

Dear Santa Claus,
Thank you for always visiting me every year at Christmas. I've been a very good boy this year. I would like a hoverboard, legos, fixed Switch, a watch, and games for my Swich. I love you Santa.
Love, Flower Hunter

Dear Santa Claus,
Thank you for always visiting me every year at Christmas. I want a cool mewth Shis Pokmnn and a Pokman ball and ticks. and boxing and a cool bike. I love you!
love,
Brdy Simmons

Dear Santa,
Thank you for always visiting me every Christmas. I've been a good boy most of the year. For Christmas I wan't a iPhone, balls, and sports games. And the very last thing I want is crocks, heydudes, and boots. Thank you so much. And pencils, miny fridge
Love, Austin Schmidt

**Mrs. Wilder's Class
Cascade Elementary
School**

Dear Santa,
I want hachmols eggs And now Ise cream maker and Stiker Book.
Your friend,
Lilah Tyler

Dear Santa,
I want a bunch of fornite stuff and a fortnite poster. I want lggg pokemon pacvks. I want fortnite clothes. I wan life supply time of McDonalds. and 1 million dollars.
Love, Pecic

Dear Santa Claus,
I will want a dek of Pokemon for christmas and squishmallow for Christmas and a nintendo for christmas and a Nintendo and a tea set and a gamdol machine and a new blaket for Christmas as well.
Your friend,
Kimberly L. Holland

Dear Santa,
I would like Pokemons, I would like the new cune kt, I would like the rainbow shairzard and a new rainbow pokemon. I wuld like wncon and a forever toys and pokemon makes a nintendo swich. I hope a nises Class and the raindeer are okay. I will leave eksnrv cokes for you and misses class to and we will leve out carits for your ranidere. Merry Christmas,
Your friend,
Luka Tavcare

Dear Santa,
I want a Xbox a iPhone amnd a mansion. And how

are your reindeer And I whont a McDonins bilding.
Your friend,
Christian Hall

Dear Santa,
I want a new phone, butter slime, room, Anime poster, gloves, hoodie, one million dollars, slime and a tree house.
Love,
Hadlee Atkinds

Dear Santa,
I want a iphone, 3 butter slime cups, and if thats not to much then a couple of squishmallows would be nice, And some milk Slime please. Merry Christmas!
Your friend,
Kennie Reese Phillips

Dear Santa,
I want labron Shoes. and hulk Buster logo. and big wol michine logo. and de joker imaginesx.
Your friend, Kevin Dube
Merry Cristmas

Dear Santa,
I want stars amethyst,
Your friend,
(name was illegible)

Dear Santa Claus,
I want a Shadys
I wont a toy chickn
I like a reeldog
Your frind, Love Ella
Russell

Dear Santa,
I want Pokemon for Christmas. annori pake of pokemon is my favrit thang to play I love It os much I want, It all I awso want Sonic for Christmas. That is oawl I want for Christmists and Spidyman and Cristis.
Your friend, Remi Floyd

Dear Santa,
I would want for Christmas is crybaby and Squishmallow and butterfly slime and strawberry slime and raya toys and elf mittens.
Your friend, Carmen
Davis

Dear Santa,
I would like a baby puppy and slime and a scush mello and help my mom and Dad and a gum Ball mushing plec.
Your friend, Rose McBee

Dear Santa,
I want a gumball machome amd a squioshmallow. A doll with stuff to come with it. I also want the movie glory.
Your friend, Graysie
Martin

Dear Santa,
I want for Christmas a YyGloh Packs in a blastays. Old dishen in a PS Jan. Nintendo. Swich me wtoVemary, Sold den. Io you se Old del. Sponge Bob movq a for wirer. In a derrtbike & Merry Christmas.
Your friend, Justin Wiser

Dear Santa,
I want a gaming computer set, vr, and 2 glass cups, trollis, ring pops, jolly ranchers.
Love, Daniel Lee
Whitfield

Dear Santa,
I want a Skate board and my Best franid back. her name is Mia. A per of PJs. And how the rain dear and Ms. Clas I said hi
Merry Chritmass,
Harper Dunn

Dear Santa Claus,
I want a art set and a lego set and a fussy squishmallow and if you can let me have a soccer set it would be nice and a roblox gift card Please and thank you.
Love, Kinsley Bynum

Dear Santa,
I want a golden pokemon pack and a nintendo with a fornote disk and a phon and a kputer a rainbow pokemon pacvk and a Mega Mew two EX and a log pokeman vs and a skat bord and the biggest nerf gun ever and a Blatos Vmax and a pare pokemon pack ps four and a pug and a cute cat.
Your friend,
Greyson Bobo

Jack Daniel's 'Whisky of the Year'

Bottled-in-Bond whiskey recognized for quality

LYNCHBURG — Jack Daniel's Bonded Tennessee Whiskey has taken the #1 spot as "Whisky of the Year" in Whisky Advocate's list of the year's most exciting whiskeys.

The Bottled-in-Bond whiskey, which received a score of 97 from reviewers, was introduced in May as part of the Jack Daniel Distillery's new Bonded Series.

For those who may be unfamiliar, 'whisky' often refers to Scottish, Canadian, and even Japanese grain spirits, while 'whiskey' refers to grain spirits distilled in Ireland and the United States.

To determine the annual Top 20, Whisky Advocate reviewers sampled hundreds of "outstanding" whiskeys (rated 90 points or higher on the publication's 100-point scale) and looked at quality, value and availability.

In its review of Jack Daniel's Bonded, the publication noted that "even with its heft and pleasant mature notes, this is still a fresh, vibrant whiskey" with "lots of character, offering a host of flavors that marry well."

"All of us in Lynchburg are blessed to

work at a complete distillery that gives us the opportunity to experiment, innovate and make what we believe is the most exceptional Tennessee Whiskey in the world," said Chris Fletcher, Jack Daniel's Master Distiller.

"Jack Daniel's Bonded is a perfect marriage of our history and innovation, and it's an honor to have this work recognized by our friends in the whiskey industry. We hope we've made Mr. Jack proud," he said.

Bonded is Jack's time-honored recipe of 80% corn, 12% malted barley, and 8% rye. Barrels were hand selected for their unique and particular characteristics of deeper color, flavor, and aroma, which bring a darker, richer, and more oak-forward character to Jack Daniel's Bonded. To say the least, it is a bold Tennessee Whiskey at 100 proof with notes of caramel, rich oak, and spice giving way to a lingering finish.

Jack Daniel's Bonded Tennessee Whiskey is available nationwide in 700mL bottles for the suggested retail price of \$29.99 For more information, visit www.jackdaniels.com.

How to protect yourself against winter illnesses

By COURTNEY CLARDY
FNPC

Winter is filled with excitement and fun festivities, but it's also a time to be more aware of your health. The cold months change our routines to larger and more frequent indoor gatherings where germs can spread more easily.

Winter is commonly known as cold and flu season, but there are several other illnesses we should all be on the lookout for during the colder months. Based on symptoms alone, determining which illnesses you or your loved one may have can be difficult. The majority of wintertime illnesses have a lot in common, so understanding their key differences is helpful.

By knowing what to watch out for and taking action to minimize your risk of getting sick, it's possible to stay happy and healthy all winter long. Here's what to know about each common winter illness and how to best protect yourself.



COURTNEY CLARDY

Respiratory Syncytial Virus (RSV)

Symptoms to watch for: wheezing, decrease in appetite

RSV is an infection in the lungs and airways that typically lasts one to two weeks. RSV can be particularly serious in vulnerable populations like infants and seniors. Symptoms include a runny nose, decrease in appetite, coughing, sneezing, wheezing and fever. If you or a loved one is experiencing wheezing or whistle-like breathing, it could warrant a trip to the emergency room.

Influenza (Flu)

Symptom to watch for: muscle aches

The flu is an infection of the nose, throat and lungs, which are all part of the respiratory system. Flu vaccinations are widely available and can help prevent infection. Symptoms are muscle aches, fever, headache, fatigue, dry cough, runny nose and sore throat. The flu typically lasts three to seven days. If you seek treatment in the first 48 hours, Tamiflu or Xofluza can reduce its duration.

Coronavirus (COVID-19)

Symptom to watch for: shortness of breath

COVID-19 is caused by the coronavirus called severe acute respiratory syndrome coronavirus 2. Most people infected with

the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, older adults and individuals who have severe underlying medical conditions like lung disease or diabetes have a higher risk for developing serious complications. Symptoms may appear two to 14 days after exposure and range from fever, cough, shortness of breath, fatigue, headache, sore throat, body aches and more. COVID-19 vaccines are readily available and effective at keeping you from getting sick at all or experiencing more severe complications and death. You can also protect yourself by practicing physical distancing and wearing a mask.

Common Colds

Symptom to watch for: stuffy or runny nose

According to the Centers for Disease Control and Prevention (CDC), adults have an average of two to three colds per year, and children have even more. Colds typically last seven to 10 days, and symptoms include stuffy and runny nose, cough, sore throat, sneezing and mild fever.

Reducing the risk of common winter illnesses always begins with washing hands frequently, covering your mouth when coughing or sneezing and staying home when you're sick. In addition, getting vaccinated against COVID-19 and the flu can protect you and prevent the spreading of disease to others.

• Courtney Clardy is a certified nurse practitioner at Vanderbilt Integrated Urgent Care in Shelbyville.

WINE WALK DONATION



Downtown Shelbyville merchants donated \$4,000 to Shelbyville-Bedford County Public Library from this year's Wine Walk proceeds.

Submitted photo



THE GIFT OF YOUR PRESENCE

For the last half century, our distillery, our town and the millions of friends who've visited over the years have been given a gift that most likely many of us have taken for granted. Like the best of presents, this gift can't be bought at any store or wrapped in a box. This wonderful, one-of-a-kind token is the gift of Goose Baxter and Randall Fanning.

For 46 years, they've educated us, entertained us and sustained us with their goodwill and good-natured fun. From the very beginning, they've been about serving others – whether it was Randall answering the bell at Bobo's, Goose watching over the catfish grill at Cumberland Springs or then, together, trading stories and finishing each other's sentences at the Squire House. The list of what

they've meant and given to our community is long, but the best gift they've given us is their friendship. And for that, we are grateful.

This holiday season, we're celebrating Randall and Goose as they retire from the Jack Daniel Distillery, but we're also celebrating those who enrich our days and make every moment together merry. We're celebrating you, our family, friends, coworkers and neighbors of Moore and its surrounding counties, the people in our lives who make life in Lynchburg something so special that folks from around the world come for just a glimpse and a taste of it.

Your presence in our lives is the greatest present of all. Happy Holidays to you and yours and a very Happy New Year.

FROM YOUR FRIENDS AT THE

JACK DANIEL
DISTILLERY
LYNCHBURG
TENN.



CELEBRATE JOYOUSLY. DRINK RESPONSIBLY. JACK DANIEL DISTILLERY is a registered trademark. © 2022 Jack Daniel's Tennessee Whiskey Alcohol 40% by Volume (80 proof). Distilled and Bottled by JACK DANIEL DISTILLERY, Lynchburg, Tennessee.



AP Photo/Rebecca Blackwell

With the NFL's latest media deal, NFL Sunday Ticket will be moving from DirecTV to Youtube TV beginning next season.

NFL 'Sunday Ticket' headed to YouTube next season

By **JOE REEDY**
AP Sports Writer

Fans will have to Google it beginning next season if they want to access the NFL's "Sunday Ticket" package.

The NFL announced a multiyear agreement on Thursday for Google to distribute the package of out-of-market Sunday afternoon games on YouTube TV and YouTube Primetime Channels.

The NFL was seeking \$2.5 billion per season for the package, which has been on DirecTV since 1994. The satellite provider has paid \$1.5 billion per year on an eight-year contract that expires at the end of this season.

Commissioner Roger Goodell said during an interview with CNBC over the summer that the next move for "Sunday Ticket" would be to a streaming service because that would be the best option for fans.

Goodell reiterated that with Thursday's announcement.

"For a number of years we have been

focused on increased digital distribution of our games and this partnership is yet another example of us looking towards the future and building the next generation of NFL fans," he said in a statement.

It is the second time in less than two years that the NFL has partnered with a streaming service to air games. The league's 11-year contract with Amazon Prime Video for Thursday night games started this season.

Besides Amazon, Apple and ESPN also expressed interest in "NFL Sunday Ticket."

"As the ways fans enjoy NFL football evolve in a changing media landscape, partnerships with innovators like YouTube will ensure that more games are available to more fans," said New England Patriots owner Robert Kraft, who is also chairman of the NFL's media committee. "This partnership will grow our game for future generations and allow them to follow their favorite sport."

The NFL has had a presence on YouTube since 2015, when it launched its

official NFL channel. That has increased to include channels for all 32 teams and 10 official league channels, including NFL Films, NFL Network and Mundo NFL.

NFL Network and NFL RedZone have been available to subscribers of YouTube TV since 2020.

"Through this expanded partnership with the NFL, viewers will now also be able to experience the game they love in compelling and innovative ways through YouTube TV or YouTube Primetime Channels," YouTube CEO Susan Wojcicki said in a statement. "We're excited to continue our work with the NFL to make YouTube a great place for sports lovers everywhere."

Starting next season, "NFL Sunday Ticket" will be available as an add-on package on YouTube TV and standalone a la carte on YouTube Primetime Channels.

Google said in June that YouTube TV, which was launched in 2017, had surpassed 5 million accounts and was the biggest internet-based pay TV service in the

U.S. That number includes users on free promotional trials.

YouTube Primetime Channels, which launched in November, is a service that allows users to subscribe and watch content from streaming services on the YouTube app.

Even with "Sunday Ticket" moving to YouTube, the price is not expected to substantially decrease due to contracts with CBS and Fox, which carry the Sunday afternoon games.

Viewers pay around \$300-\$400 a season for the package, which averages 2 million subscribers.

The league also said it would work with YouTube to determine additional ways to support distribution of "Sunday Ticket" in commercial establishments.

Earlier this year, Amazon reached an agreement with DirecTV to make sure Thursday night games were available in bars and restaurants.

NIL casts cloud over college early signing period

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

The early signing period for college football opened Wednesday and in many ways it looked the same as usual.

There were surprising last-minute flips by blue-chip recruits, pick-a-hat commitment ceremonies held at high schools across the country and Alabama signing the nation's top-rated class.

Hanging over it all, though, was the impossible to quantify but hard to ignore influence of NIL money impacting players' decisions.

This was second signing class since the NCAA lifted a ban on college athletes being able to earn money for the use of their names, images and likenesses. There still there are no clearly defined, detailed and uniform rules regulating how third parties can pay athletes.

"I think there's major concerns with what's going on in college football," said Penn State coach James Franklin, who emphasized the supports athletes being able to cash in on NIL opportunities. "Right now,

there's really no guardrails. There's not a whole lot of guidance, and there's not a whole of governance."

Penn State has a recruiting class ranked in the top 15 in the country, according to 247 Sports' composite rankings.

It is still against NCAA rules to use NIL payments as a recruiting inducement or offer pay-for-play deals. But with money and NIL deals flowing to athletes through booster-funded collectives, it seems nearly impossible for the NCAA to enforce those rules.

"We all want something if we can get it" said new Nebraska coach Matt Rhule, who returned to the college game after three years in the NFL. "You can see (NIL is) being misused and mishandled in a lot of places."

While coaches complain about bad actors, nobody names names and NIL is now part of the recruiting conversation, whether coaches like it or not.

"The reality is this day and age you have to make decisions on how you're going to handle this," Southern California coach Lincoln Riley said.

Riley said he believed USC lost recruits to other schools because of NIL deals, but he added that "everybody did."

Notre Dame coach Marcus Freeman said of NIL deals: "If that's the only reason they want to come to Notre Dame, we're not going to be the right place for them."

The Fighting Irish were on the short end of two surprising flips pulled off by Oregon.

The Ducks received commitments from five-star defensive back Peyton Bowen of Texas and four-star running back Jayden Limar from Washington. Both had been committed verbally — and very much nonbinding — to Notre Dame.

Oregon coach Dan Lanning and his staff also flipped four-star defensive back Daylen Austin from an LSU pledge and four-star quarterback Austin Novosad from a Baylor commitment.

"I think it's great to be in a place where you can be innovative and ahead of the curve, but I think anybody that really knows college football right now

knows there's a lot more to recruiting than NIL," Lanning said. "Nobody picks the place just because of those factors ... it goes back to relationships."

Oregon also signed five-star Matayo Uiagalelei, who picked the Ducks over Ohio State and Southern California. The California linebacker is the brother of former Clemson quarterback D.J. Uiagalelei.

The Ducks secured the top-rated class in the Pac-12 — and top 10 in the nation — despite losing out on five-star quarterback Dante Moore earlier in the week. Moore, from Michigan, was a late flip to UCLA.

Not every coach is leaning into NIL.

"We built this program on NIL. We really did," Clemson coach Dabo Swinney said. "It's probably different than what you're thinking, though. We built this program on God's name, image and likeness."

Tide on top

NIL might be changing recruiting, but the leaderboard of best classes looks familiar.

The Crimson Tide

landed two five-star defensive linemen, Qua Russaw and James Smith, from the same Montgomery high school to lock up a class that will challenge the 2022 Texas A&M signing class for the highest score ever generated by the 247 composite.

Alabama also pulled off a late flip, getting five-star offensive lineman Kadyn Proctor from Iowa to renege on a longtime commitment to the Hawkeyes.

At a signing ceremony at his high school, Proctor told reporters he felt as if he was settling with Iowa and that NIL deals were not the deciding factor.

"It's not about the money because if people knew about the money situation, they wouldn't be talking about it," Proctor said, according to the Des Moines Register. "But I wanted to go play football at a prestigious school. (There's) a lot of competition down there and ultimately it's going to make me better."

There is more recruiting left to be done. What used to be the traditional signing day during the first week of February has now become

secondary, with a few blue-chippers still on the board and the majority of scholarships already filled.

But Alabama can be declared the recruiting champions for the 10th time in the last 13 years.

Like a Hurricane

Mario Cristobal's first season as Miami's coach was a 5-7 dud, filled with ugly losses.

That had no effect on the Hurricanes' first signing class with Cristobal having had a full year to recruit. If this is a glimpse of what's to come, the U. might be back soon.

Miami's class slides in behind Alabama and Georgia in the top five. It is also right there with Texas, which landed quarterback and No. 1 overall recruit Arch Manning, the nephew of Peyton and Eli Manning. Cristobal, the former Miami offensive lineman, signed two five-star offensive tackles in Francis Mauigoa and Samson Okunlola.

"Miami used to dominate the (NFL) draft. Dominate," Cristobal said. "Signing days result in better draft days."

Titans sign 3rd QB with Tannehill nursing ankle

By **TERESA M. WALKER**
AP Pro Football Writer

NASHVILLE — The Tennessee Titans appear set to find out just how much rookie quarterback Malik Willis has grown since his previous NFL start.

With veteran Ryan Tannehill one of 17 Titans on their lengthy injury report, they also may wind up learning if the rookie can help extend their streak as AFC South champs.

Tannehill, who needed a walking boot after first spraining his right ankle Oct. 23, proved his toughness by taping up that same ankle yet again after being carted to the locker room last week and returning to finish the game. He said after the loss to the Chargers the pain he felt was at the “top reading on the pain scale.”

The veteran missed both a second straight practice Wednesday and his regular session with reporters.

The Titans (7-7) signed Joshua Dobbs off the Detroit practice squad Wednesday, giving them a fourth quarterback with Kevin Hogan on the practice squad. Coach Mike Vrabel said Dobbs gives the Titans a chance to strengthen and add depth to the quarterback position.

“Obviously, with what Ryan in his situation, we’ll still monitor that and try to make sure that he’s doing everything he can to try to get to the game,” Vrabel said. “And if not, that we have guys in here that can they’ll be able to help us and develop in our system.”

The Titans’ lead atop the division they’ve won the past two seasons has dwindled to one with a four-game skid. They host the Houston Texans (1-12-1) on Saturday — the same team Willis made his first NFL start against Oct. 30 in a 17-



AP Photo/Marcio Jose Sanchez

With rumors of Ryan Tannehill’s season to be over due to a lingering ankle injury, the Titans have signed former Volunteer quarterback Josh Dobbs to the active roster.

10 win against Houston.

That day, the third-round draft pick out of Liberty threw only one pass in the second half. Derrick Henry, the two-time NFL rushing champ, led the way, running for 219 yards and two touchdowns on 32 carries. The Titans finished with 314 yards rushing — the second-best total in franchise history.

Willis also started a 20-17 overtime loss to the Chiefs in prime time in Kansas City. He came off the bench last week and was 3 of 4 for 20 yards while running once for 8 yards

while Tannehill got his ankle taped up. If he gets to start against a team he’s already faced, Willis said it would be a “really cool opportunity.”

“I mean, yeah, my first start was against them, but not too much though matters,” Willis said. “It’s a little bit in the past. It’s about going out there and preparing for them this week. They’ve been playing hard games against these last few teams they’ve been playing and you just got to respect them.”

Offensive coordinator Todd Downing said Willis,

the 86th pick overall in April, has been growing weekly in his confidence and command of the huddle. Willis has been running the scout team all season as Tannehill’s backup, and Downing said he’s very pleased with the progress Willis has made.

The Titans likely will need Willis’ mobility Saturday as they try to stay ahead of Jacksonville (6-8). Houston is last in the NFL defending the run, and Willis ran for 2,131 yards and 29 touchdowns combined between stints at Auburn and Liberty.

Willis says going against a Titans’ defense has helped him grow. He also says they can’t expect the Texans to defend them the same way as the previous game.

Houston coach Lovie Smith warns his Texans “can’t chase too many ghosts” even as they know the skillsets of both Willis and Dobbs.

“Their offense goes through their tailback no matter who the quarterback will be,” Smith said.

Notes

The Titans placed second-year offensive

lineman Dillon Radunz (knee) on injured reserve before practice, putting that list at 17. All five starting offensive linemen are on the injury report with LT Dennis Daley added Wednesday as limited by an abdominal injury. RG Nate Davis (ankle) and C Ben Jones (concussion) did not practice. LG Aaron Brewer (rib) and RT Nicholas Petit-Frere (ankle) both were limited. ... WR Treyton Burks (concussion protocol) practiced fully for a second straight day. DL Denico Autry, who has missed four games, practiced fully.

Mayfield discovering more about Rams’ culture

By **DAN GREENSPAN**
Associated Press

THOUSAND OAKS, Calif. — Baker Mayfield is starting to get a sense of what his new Los Angeles Rams teammates and coaches are like on and off the field.

The Rams hope their late-season addition at quarterback can use that understanding to help produce a better outcome against the Denver Broncos on Sunday.

“There is such a unique element to it relative to the amount of moving parts around him and then just with how recently he’s gotten here,” coach Sean McVay said.

Mayfield completed 12 of 21 passes for 111 yards,

one touchdown and one interception in a 24-12 loss at Green Bay on Monday night, unable to duplicate the heroics he managed in his Los Angeles debut 12 days earlier.

The top overall pick in the 2018 draft struggled to get through some route progressions or find his check-down options, something Mayfield took the blame for. He cited a lack of patience against the Cover 2 defense the Packers used.

“It’s not about timing with guys and not having reps, it’s just seeing what the defense is gonna give you and accepting that,” he said.

McVay disagreed, saying there were parts of

the offense he might have assumed Mayfield already had a handle on in guiding the comeback win against Las Vegas on Dec. 8, two days after the Rams (4-10) claimed him off waivers.

“It’s why what he did was so unique against the Raiders, but I also think it creates a false sense of expectations just based on the nuances that that position entails week in and week out with the plethora of different things that you can kind of activate, and that’s kind of where we’re at,” McVay said.

While he works on refining his understanding of the schematic and philosophical aspects of the offense, Mayfield is getting comfortable in the locker

room.

He is already picking up the personalities of his makeshift wide receiving corps, a group that includes Brandon Powell, Tutu Atwell and Ben Skowronek.

“I think Brandon, he’s like a pit bull. He’s in there, he’s ready to go, he’s ready to hit somebody. Might not be the biggest guy, but he’s gonna bring the punch to the party,” Mayfield said.

“Tutu’s always got a smile on his face and a toothpick in his mouth. Benny Sko, hilarious, like a bull in a china shop.”

Mayfield is still getting to know the offensive line, but he has center Brian Allen’s dry wit down.

“It’s a great group, and it’s been fun for the first

couple of weeks,” Mayfield said.

When it comes to McVay, Mayfield has quickly come to appreciate the meticulous nature of his new coach.

“I mean, it’s pretty special to watch how detailed he is and just getting to know him and how he wants to put guys in good positions, not to ask anybody to do something they’re not capable of and just making sure he’s putting guys in a great spot,” Mayfield said.

Building camaraderie has always come naturally to Mayfield. He spent five months with Carolina this season but fit in so well that saying goodbye to his Panthers teammates was the most difficult part of asking

to be released.

“We built such a strong bond in a short amount of time,” Mayfield said. “Anytime you go through coaching changes like that midseason, it brings everybody closer together than you already were. I’m really thankful for those guys. ... It’s tough, but everything happens for a reason.”

Notes

The Rams held a walkthrough Wednesday. CB David Long Jr. (groin) was estimated to have been a limited participant, while DT Aaron Donald (ankle), DT Marquise Copeland (ankle) and LB Travin Howard (hip) would have been held out.

Cubs, Swanson finalize \$177 million, 7-year deal

By **JAY COHEN**
AP Baseball Writer

CHICAGO — Growing up in Georgia, Dansby Swanson used to go over to his grandfather’s house right after school. He would barge in and ask Herb Swanson to hit him some grounders.

Whenever Dansby came over, Herb was watching a Chicago Cubs game on WGN. Dansby then would tease his pops about being Atlanta Braves fans.

“He loved baseball so much and all he ever wanted me to be is what I am doing now,” Dansby Swanson said.

What Swanson is doing now is playing shortstop for the Cubs, after he finalized a \$177 million, seven-year contract on Wednesday. He began his career with his hometown Braves, helping his grandfather’s favorite team win the 2021 World Series.

Swanson married Chicago Red Stars forward Mallory Pugh on Dec.

10, and Herb, 88, died the next day. Ten days later, Swanson had his grandfather on his mind as he pulled a No. 7 Cubs jersey over his shoulders, ready to begin the next part of his big league career.

“To be able to play for my grandfather’s two favorite teams, it means literally like the world to me,” Swanson said.

It’s an important moment for the Cubs, too. The addition of Swanson is the biggest of three major moves by the team since the end of its second straight losing season. Right-hander Jameson Taillon signed a \$68 million, four-year contract, and 2019 NL MVP Cody Bellinger got a \$17.5 million, one-year deal.

With Swanson in the fold, Nico Hoerner moves from shortstop to second base. Coupled with Bellinger in center, the Cubs should be one of the majors’ best teams when it comes to up-the-middle defense.

“We kind of say like it’s a race to 27 outs and whoever can get them the fastest usually wins the game,” Swanson said. “So putting together the defense that we currently have is pretty, pretty special.”

The 28-year-old is coming off perhaps his best season, hitting .277 with 25 homers and a career-best 96 RBIs in 162 games for Atlanta. He made the NL All-Star team for the first time and won his first Gold Glove.

Swanson’s deal includes a \$7 million signing bonus, full no-trade clause and a hotel suite on road trips. He will make \$13 million next year and \$25 million in 2024. After making \$27 million for three straight seasons, he will have a \$26 million salary in 2028 and make \$25 million in 2029.

Swanson was part of a stellar group of free agent shortstops that also included Trea Turner, Carlos Correa and Xander Bogaerts. All four have found a new

home.

“It was an odd process. It was odd not knowing truly where you would end up,” Swanson said.

“Just so thankful that things worked out as smoothly as they did.”

The connection between the Cubs and Swanson was cemented by two key moments: a meeting in Atlanta when Swanson asked as many or possibly more questions than the Cubs, and a winter meetings phone call between Swanson and Cubs general manager Carter Hawkins, who played baseball with Swanson’s brother when they were kids, and also is from Atlanta and played college ball at Vanderbilt.

When it comes to the Atlanta meeting, President of Baseball Operations Jed Hoyer said it felt like Swanson was interviewing the team.

“It was very clear winning was the priority,” Hoyer said. “How are you going to build a team

around me?”

Chicago went 74-88 this year and finished third in the NL Central. But it went 40-31 in its last 71 games, and Hoyer and Hawkins sold Swanson on the organization’s strong finish, its pitching and hitting infrastructure and its future — both in the minors and what it plans to spend on future additions.

“The important goal is winning. That’s the only stat that matters,” Swanson said. “And bringing that sort of philosophy is really, really important.”

Swanson was selected by Arizona with the No. 1 overall pick in the 2015 amateur draft, but he was traded to Atlanta in a multiplayer deal that December.

With the Braves, Swanson became part of a young core that led the franchise back to the top of the NL East. He batted .248 with 27 homers and 88 RBIs in 2021, helping Atlanta to its first World

Series championship since 1995.

While Atlanta managed to sign a couple of its young stars to team-friendly, long-term deals, it was unable to do the same with Swanson. After the team was eliminated by Philadelphia in the NL Division Series, the Braves gave Swanson a \$19.65 million qualifying offer. But the Kennesaw, Georgia, native declined the proposal.

That move put him on the road to Chicago.

“Just excited to get going, and for what’s ahead,” Swanson said.

The Cubs finalized their deal with Taillon on Monday. He will make \$14 million next year and \$18 million in each of the following three seasons. He can block trades to 10 teams and gets a hotel suite on road.

The team can defer \$10 million of Taillon’s 2026 salary if he has an elbow injury at the end of the 2025 season.



AP Photo/Charles Rex Arbogast

Jalen Hurts is expected to be sidelined for Saturday's game against Dallas.

Hurts expected to be sidelined at Dallas

PHILADELPHIA (AP) — Philadelphia Eagles quarterback Jalen Hurts is not expected to play Saturday because of a sprained right shoulder, putting Gardner Minshew in line to start against the Dallas Cowboys.

Hurts was injured on a hard tackle during Sunday's win at Chicago. The Eagles have the best record in the NFL at 13-1 and would clinch the NFC East

title and the No. 1 seed in the conference with a win against the Cowboys.

"It's looking like it's going to be Gardner," Eagles coach Nick Sirianni said Thursday.

The 24-year-old Hurts said he grasped he was injured the moment he was tackled by defensive tackle Travis Gipson. He stayed in the game and went 7-of-10 passing for 110 yards —

and hit wide receiver A.J. Brown for a 68-yard reception.

"He's disappointed because he wants to play. He's the toughest guy I know," Sirianni said. "We have to do what's best as an organization to put him in a safe spot."

Hurts has passed for 22 touchdowns and 3,472 yards, and he also has rushed for 747 yards and 13 touchdowns. His 35 total

touchdowns this season is tied for the franchise record set by Randall Cunningham in 1990.

"Jalen did everything he possibly could to get his body ready to go," Sirianni said. "At the end of the day, he's not going to be able to do it. He tried like crazy. I know he still wants to go. That's just the toughness. Jalen Hurts is the toughest player I've ever been around."

Hurts suffered an ankle injury and missed a game last season against the New York Jets. Minshew, a former starter with Jacksonville, was 20 of 25 for 242 yards and two touchdowns in a 33-18 victory on the road.

"Gardner is going to be our guy, Gardner will be ready," Sirianni said. "He's ready to go."

Eagles lead the way with 8 in Pro Bowl Games

By **ROB MAADDI**
AP Pro Football Writer

The NFL-leading Philadelphia Eagles had a league-best eight players, including quarterback Jalen Hurts, selected for the first Pro Bowl Games.

The league announced rosters for the NFC and AFC on Wednesday. Players from both conferences will compete in weeklong skills competitions culminated with a flag football game on Sunday, February 5, at Allegiant Stadium in Las Vegas. The NFL eliminated its full-contact all-star game in September.

Kansas City and Dallas each had seven players chosen for the Games. San Francisco and Baltimore are next with six. Only two teams — Jacksonville and Chicago — aren't represented on the initial rosters.

Joining Hurts from the Eagles (13-1) are wide receiver A.J. Brown, running back Miles Sanders, right tackle Lane Johnson, center Jason Kelce, left guard Landon Dickerson, linebacker Haason Reddick and cornerback Darius Slay. Hurts, Sanders, Dickerson and Reddick are first-timers. It's Kelce's sixth, Slay's fifth and Johnson's fourth. Sanders and Reddick were selected as backups.

Patrick Mahomes is the AFC's starting quarterback. Josh Allen and Joe Burrow are his backups. Kirk Cousins and Geno Smith are backing up Hurts.

Smith is a first-time pick in his 10th season in the NFL. He's the first quarterback since Rich Gannon (1999) to earn his first Pro Bowl selection in Year 10 or later of his career.

Trent Williams, the 49ers' left tackle, was chosen for the 10th time. Aaron Donald became the Pro Bowl in each of his first nine seasons. He's the only representative from the defending Super Bowl champion Los

Angels Rams (4-10).

Miami's Tyreek Hill was selected to his seventh consecutive Pro Bowl, joining A.J. Green as the only wide receivers to earn Pro Bowl honors in each of their first seven seasons.

Twenty-five of the 88 players selected are first-timers, including rookie cornerbacks Sauce Gardner of the New York Jets and Tariq Woolen of the Seattle Seahawks. It's the second time two rookie cornerbacks made the initial Pro Bowl roster. The first occurred in 1982 when Pro Football Hall of Famer Ronnie Lott and Everson Walls made it.

Saquon Barkley is the NFC's starting running back. Sanders and Dallas Cowboys running back Tony Pollard are the backups. Nick Chubb is the AFC's starting running back. Derrick Henry and Josh Jacobs back him up.

The NFC's starting wideouts are Brown and Justin Jefferson. CeeDee Lamb and Terry McLaurin also made the squad. The AFC's starting receivers are Hill and Stefon Diggs.

Davante Adams and Ja'Marr Chase also made the roster.

George Kittle starts at tight end for the NFC and T.J. Hockenson made the team after a midseason trade from Detroit to Minnesota.

AFC starting tight end Travis Kelce made the team for the eighth time. Mark Andrews backs him up.

The roster selections were determined by the consensus votes of fans, players and coaches.

Each group's vote counted one-third toward determining the teams. The NFL is the only sports league that combines voting by fans, coaches and players to determine its all-stars. It was also the first professional sports league to offer online all-star voting in 1995.

Peyton Manning will coach the AFC team while Eli Manning guides the NFC. Ray Lewis serves as the defensive coordinator for the AFC.

DeMarcus Ware handles the role for the NFC.

International flag football stars Vanita Krouch and Diana Flores were named as offensive coordinators.

The AFC and NFC will start off with five skills competitions on Feb. 2. On Sunday, there will be three flag football games and three additional skills competitions between the two conferences.

The winner of each skills competition earns three points for his conference. There are eight total skills competitions worth a total of 24 available points.

The winner of each of the first two flag games earns six points for his conference. The first two flag games are worth a total of 12 available points.

Points from the eight skills competitions and first two flag games are added together and that will be the score at the beginning of the third and final flag game. The third flag game will determine the overall winner of the Pro Bowl Games.

The flag games will feature a traditional AFC vs. NFC matchup with 27 skill position players available from the full roster for each conference.

Each team will also have one center available on their roster. The game will be played 7 on 7.

Each game will be 20 minutes in length, with two, 10-minute halves on a 50-yard field with two 10-yard end zones.

Touchdowns are worth six points. There are two different options for post-touchdown conversions: 1-point conversion from the 3-yard line and 2-point conversion from the 10-yard line. Safeties and returned 1- or 2-point conversion attempts are worth 2 points.

Sanders, Hunter following Prime to Colorado

ASSOCIATED PRESS

Deion Sanders' quarterback and top recruit at Jackson State are following Coach Prime to Colorado.

Quarterback Shedeur Sanders, Deion's son, was among Colorado's first class of signees Wednesday with its new coach.

Later Wednesday, cornerback Travis Hunter announced on his YouTube channel that he, too, would be transferring to the Buffaloes.

"I committed to Coach Prime at Jackson State when he was there, and I want to honor my commitment and stay with him," Hunter said. "I've got to stay with my dawg."

Hunter was one of the highest rated recruits in the Class of 2022. His signing with FCS Jackson State, flipping from a verbal commitment to Florida State, was an unprecedented move. No five-star recruit had ever signed with an FCS school out of high school.

Deion Sanders spent three seasons at Jackson State, winning two Southwestern Athletic Conference titles. He was hired by Colorado earlier this month and in his first meeting with his new team, he told the players he planned to bring some of his Jackson State players to Boulder.

"I'm bringing my luggage with me, and it's Louis (Vuitton)," Sanders said.

Shedeur Sanders passed for 3,752 yards and 40 touchdowns for Jackson State (12-1) this season.

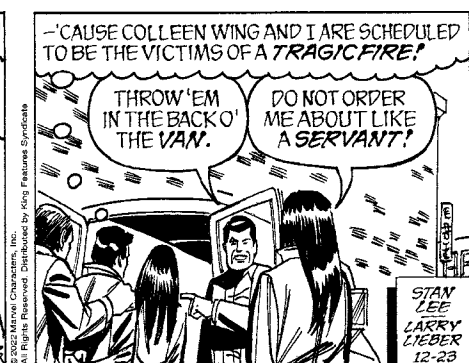
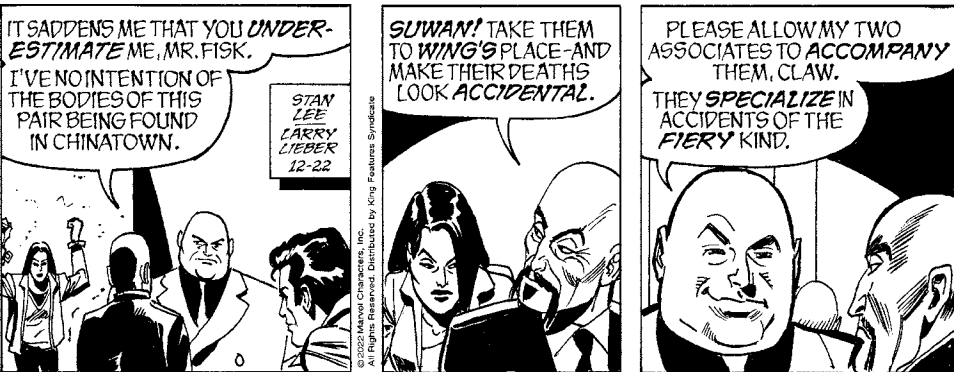
Hunter played eight games at both cornerback and receiver. He intercepted two passes on defense and caught 18 passes, including four for touchdowns, on offense.

Colorado also announced the signing of Jackson State transfer Tyler Brown, an offensive tackle and third-team FCS All-American.

Colorado, coming off a 1-11 season, signed 16 recruits from high school and junior college on Wednesday.

Most notably, the Buffs signed running back Dylan Edwards, a four-star recruit from Kansas who was previously verbally committed to Notre Dame, and receiver Adam Hopkins, a four-star from Georgia who was committed to Auburn.

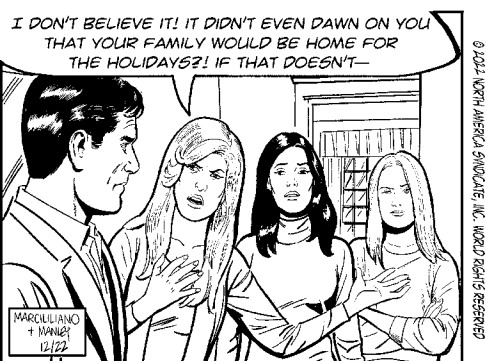
THE AMAZING SPIDER MAN © by Stan Lee-Larry Lieber



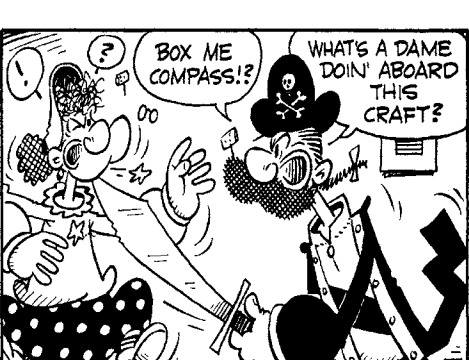
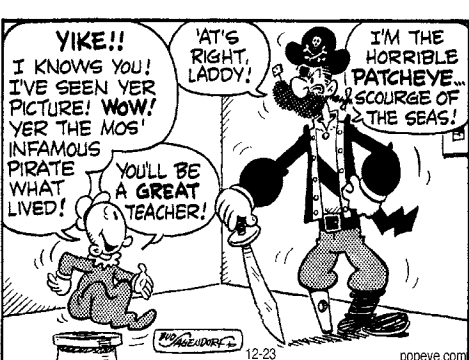
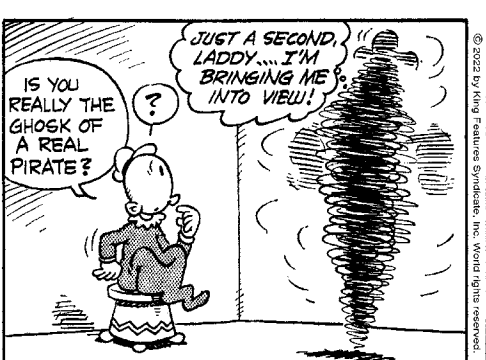
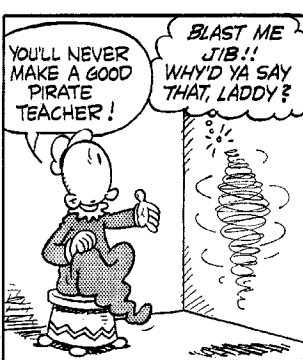
CURTIS © by Billingsley



JUDGE PARKER © by Marciuliano-Manley



POPEYE © by Bud Sagendorf

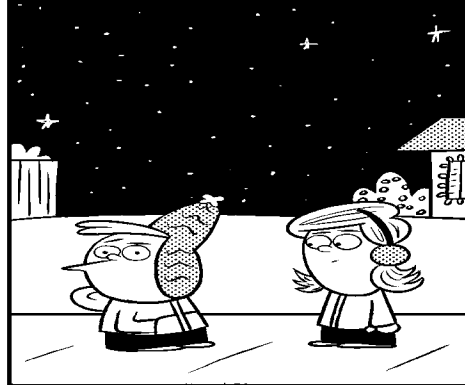


SUDOKU

9x9 grid for an advanced Sudoku puzzle with some numbers pre-filled.

Level: Advanced

THATABABY © by Paul Trap



ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to cold and flu. Each number corresponds to a letter. (Hint: 9 = F)

A. 1 10 12 9 9 17 2 1

Clue: Nose issue

B. 15 19 26 14 13

Clue: Expels mucous

C. 1 11 26 9 9 25

Clue: Congested

D. 9 2 6 2 21

Clue: High body temperature

Answers: A. snuffles B. cough C. stuffy D. fever

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.

A 9x9 grid for a solved Sudoku puzzle.

ANSWER:

THE SHelBYVILLE TIMES-GAZETTE

Mort Walker's
beetle bailey

HEY, LOOK! HERE'S THE KEY TO THE DOOR AT HOME!

SIGH! I MISS MY HOME...

12-25

I MISS TALKING TO MOM AND DAD

I MISS PLAYING WITH CHIGGER AND RUFF

AND MY OLD GIRLFRIEND, BUZZ... SIGH...

HERE I AM SURROUNDED BY HUNDREDS OF GUYS AND I FEEL LONELY... STRANGE... SIGH...

WE HOPE YOU HAVE A MERRY CHRISTMAS!
GREG + MORT WALKER

Hank Ketchum's **Bennis the Menace**
YULE BE BACK

HERE'S LOOKIN' AT YOU, KID!

THE PLANNING, THE 'SOME ASSEMBLY REQUIRED.'

THE SHOPPING, THE WRAPPING, THE COOKING...

ALL OVER FOR ANOTHER YEAR!

HEY, MOM AN' DAD!

HOW MANY DAYS UNTIL IT'S CHRISTMAS AGAIN?

BLOWDIE
BY SEAN FEENEY & JOHN MARSHALL

WE'D BETTER TELL HIM ABOUT IT

HONEY, YOU FORGOT TO OPEN HERB'S GIFT TO YOU

I DIDN'T FORGET... HE ALWAYS GIVES ME A TACKY SWEATER

YES, BUT IT'S A FUNNY TRADITION, DON'T YOU THINK?

IT USED TO BE, BUT THIS YEAR I TURNED THE TABLES ON HIM!

I GAVE HIM THE SAME TACKY SWEATER HE GAVE ME LAST CHRISTMAS

TRUST ME, WHEN HE OPENS MY GIFT, NOW THAT'S GOING TO BE FUNNY!

GUESS WHO'S GOING TO GET THE LAST LAUGH THIS YEAR?!

OH NO!! LOOK AT THE BEAUTIFUL CASHMERE SWEATER HE GAVE ME!!

NOW THAT'S FUNNY!

The FAMILY CIRCUS
BY JEFF ADAMS

12-25
©2022 THE FUND INC., DIST. BY KING FEATURES, INC.

TALK ABOUT A CLOSE CALL! AT THIS ONE HOUSE I FINISHED THE COOKIES AND MILK FIRST. THEN I HAD TO PUT TOGETHER SEVERAL TOYS AND HAD JUST FILLED THE STOCKINGS WHEN...

JEFF ADAMS
WWW.FUNDGAMES.COM

PICKLES BY BRIAN CRANE

YOU WANT TO RIDE IN FRONT OR IN BACK?

IN BACK.

OKAY... LET'S DO IT.

HOLD ON TO YOUR SOCKS!

WOOOSH!

ARE WE AT THE BOTTOM ALREADY?

GACK!

12/25
©2022 BRIAN CRANE
WWW.PICKLES.COM

Baby Blues

MERRY CHRISTMAS, HAMMIE.

WOW! THANKS, ZOE!

RIP! RIP! RIP!

WHAT IS IT?

Rick Kirkman & Jerry Scott

IT'S A SWEATSHIRT WITH YOUR FIRST INITIAL ON THE FRONT!

COOL!

I HAD A FEW PROBLEMS ORDERING IT OVER THE PHONE.

YOU CAN'T REALLY TELL.

DADDY DAZE

BY JOHN KOVALESKI

LIKE EVERY JOB I'VE EVER HAD... TOO MUCH PAPERWORK.

©22 KOVALESKI

12/25

12/25

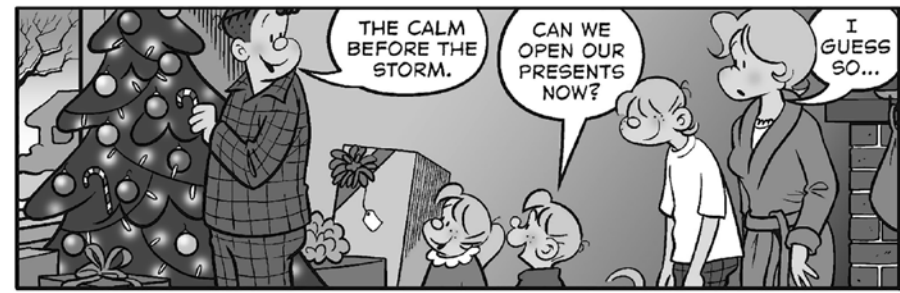
12/25
©2022 JOHN KOVALESKI
WWW.DADDYDAZE.COM



The PHANTOM
by LEE FALK



Hi and Lois
by BRIAN and GREG WALKER



ZITS

BY JERRY SCOTT AND JIM BORGMAN



THE LOCKHORNS
BY BUNNY HOEST AND JOHN REINER

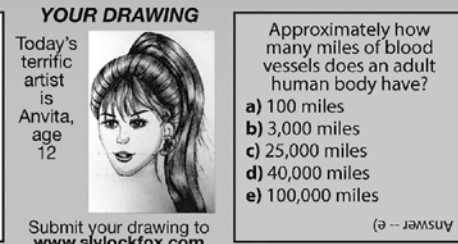
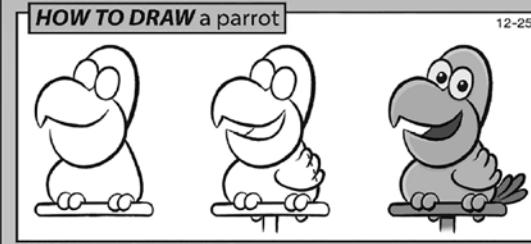


SLYLOCK FOX

BY BOB WEBER JR.

Slylock Fox argued that there are overcharges on his and Max Mouse's breakfast check. Slick Smitty produced a menu with prices to prove Slylock was mistaken. What did Slylock notice that led him to suspect Slick Smitty was using a phony menu to pull a scam?

Solution - The name of the diner on Slick Smitty's menu is misspelled. He avoided the question by producing a self-made menu to complain of overcharges that complain of overcharges.



Scaling Back



Photo courtesy of Getty Images

5 ways to manage your weight

FAMILY FEATURES

For many people who wish to work toward a healthier weight, one of the greatest obstacles is figuring out where to begin.

These tips from SlimFast consultant and registered dietitian Maryann Walsh show it doesn't take a drastic lifestyle overhaul to make an impact.

Eat Mindfully

Many people who struggle with their weight benefit from being more conscious about what they're eating and why. For example, consider your eating habits, such as eating even when you're not hungry whether that's because it's mealtime and you think you should eat, you're satisfying a craving or using a tasty snack to cope with stress.

Recognizing why you're eating is an important step toward correcting destructive eating patterns, but so is paying attention to the other details of the eating experience, including what you eat and how it makes you feel. Ultimately, this may allow you to choose healthier foods that nourish

your body for the long-term, rather than the brief satisfaction that comes with less nutritious choices.

Consider Intermittent Fasting

One weight-loss method many people find success using is intermittent fasting, which involves abstaining from all food and beverages for a specified time period each day or week. While going too long without food can sometimes lead to excess hunger then overeating later, in shorter, controlled fasting timeframes one can often more easily achieve a caloric deficit, which is required for weight loss.

Prepare for your fasting phase by choosing foods that support satiety. Options like SlimFast's Intermittent Fasting line of meal bars and protein shakes can help avoid a sense of deprivation with tasty flavors like the Vanilla Cupcake Snack Shake Mix and Vanilla Almond Crunch Complete Meal Bar. The shake mixes deliver 15 grams of slow-digesting protein, compared to whey protein, to help curb hunger, along with more than

20 vitamins and minerals. The meal bars clock in with 15 grams of protein and 10 grams of fiber.

Manage Stress

When you're stressed, your body produces cortisol, which also raises insulin and can drive hunger and trigger cravings for comfort foods. In fact, that's the very reason people tend to overeat when they're under pressure. Light exercise and meditative practices can help you manage your mental strain. You might also consider talk therapy with a friend or professional or spend time unwinding with a book or music.

Get Proper Sleep

Poor sleep habits affect your weight in numerous ways. One is that when you're feeling tired, your hunger and satiety hormones, ghrelin and leptin, can be affected, leading to an increase in caloric intake and subsequent weight gain. Additionally, when you're tired, you're more likely to take shortcuts like skipping workouts or opting for unhealthy convenience

foods. All are reasons to make better rest a bigger priority.

Track Eating and Exercise

When you're not paying attention to what you eat and how you move, you may not even realize how your habits are affecting your health. Logging what you eat, especially if you use a tool like an app that helps you see the nutrition breakdown, may give you a

clearer idea of the quality and quantity of your intake. Similarly, when you're specifically writing down the time you're committing to physical activity, you'll find it easier to identify patterns and pinpoint where you can make adjustments to increase your exercise.

Visit [SlimFast.com](https://www.slimfast.com) to find more resources on weight management and intermittent fasting.

3 Tips for Intermittent Fasting

If you're new to the idea of intermittent fasting, these tips can help you find greater success so you can see results.

- 1. Pace yourself.** Make a gradual transition so your body gets used to going without food for shorter periods of time before you work up to extended fasting periods.
- 2. Stay hydrated.** Avoid confusing thirst for hunger by upping your fluid intake. Staying hydrated and energized while you fast helps keep fatigue and brain fog at bay. Options like

fruit-flavored SlimFast Intermittent Fasting Energizing Hydration Supplement Drink Mix won't break your fast and can help you add variety as a flavorful alternative to water. They can provide the energy and focus you need between meals and are perfect for those who feel groggy or run-down while fasting.

- 3. Set goals.** Know what you want to achieve and why, so your "why" can keep motivating you to follow your intermittent fasting plan even when you're tempted to quit.





Greek-Style Flank Steak with Tangy Yogurt Sauce

Photos courtesy of Getty Images

Prioritize **Heart Health** with a Balanced Eating Plan

FAMILY FEATURES

No matter your motivations, it's never too late or too early to start focusing on your heart health, and taking steps now can make a big difference. Small changes, like following a healthier eating plan, can help you start down a path toward improved heart health.

One step you can take is following the DASH eating plan, which is a flexible and balanced way of eating that stands for Dietary Approaches to Stop Hypertension and was developed by the National Heart, Lung, and Blood Institute. Requiring no special foods, DASH provides daily and weekly nutritional goals to help lower two major risk factors for heart disease: high blood pressure and high LDL (bad) cholesterol.

Being more physically active, managing stress, getting quality sleep and not smoking combined with DASH can put you on a path toward a healthy heart for life.

Encouraging others to join you on your heart-health journey can also be rewarding. Research shows social support and personal networks make it more likely you'll stick to healthy habits like eating healthy.

Sharing heart-healthy recipes with family and friends is an added bonus, and these DASH-friendly meals can help you take the guesswork out of putting nutritious dinners on the table. Greek-Style Flank Steaks with Tangy Yogurt Sauce offer the bold flavors of the Mediterranean while Teriyaki-Glazed Salmon with Stir-Fried Vegetables is as easy to make as it is colorful. For a complementary combination of pork and sweet fruit flavor, these Baked Pork Chops with Apple Cranberry Sauce are perfect to serve alongside brown rice or steamed broccoli. Learn more about heart health and find DASH-friendly recipes at nhlbi.nih.gov/DASH.

Greek-Style Flank Steak with Tangy Yogurt Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute
 Prep time: 25 minutes
 Cook time: 25 minutes
 Servings: 4

- Marinade:**
- 1/4 cup lemon juice
 - 1 tablespoon olive oil
 - 2 teaspoons fresh oregano, rinsed, dried and chopped
 - 1 tablespoon garlic, minced (2-3 cloves)
 - 1 beef flank steak (12 ounces)

- Yogurt Sauce:**
- 1 cup cucumber, peeled, seeded and chopped
 - 1 cup nonfat plain yogurt
 - 2 tablespoons lemon juice
 - 1 tablespoon fresh dill, rinsed, dried and chopped
 - 1 tablespoon garlic, minced (2-3 cloves)
 - 1/2 teaspoon salt

To make marinade: In large bowl, combine lemon juice, olive oil, oregano and garlic.

Lay steak in flat container with sides and pour marinade over steak. Marinate at least 20 minutes, or up to 24 hours, turning several times.

To make yogurt sauce: Combine cucumber, yogurt, lemon juice, dill, garlic and salt. Set yogurt sauce aside at least 15 minutes to blend flavors. Sauce can be prepared up to 1 hour in advance and refrigerated.

Preheat broiler to high with rack 3 inches from heat source.

Broil steak about 10 minutes on each side to minimum internal temperature of 145 F. Let cool 5 minutes before carving.

Slice thinly across grain into 12 slices. Serve three slices with 1/2 cup yogurt sauce.

Tip: Serve in sandwich with pita bread, lettuce and tomato.

Teriyaki-Glazed Salmon with Stir-Fried Vegetables

Recipe courtesy of the National Heart, Lung, and Blood Institute
 Prep time: 20 minutes
 Cook time: 15 minutes
 Servings: 4

Salmon:

- 2 tablespoons light teriyaki sauce
- 1/4 cup mirin or sweet rice wine
- 2 tablespoons rice vinegar
- 2 tablespoons scallions, rinsed and minced
- 1 1/2 tablespoons ginger, minced
- 12 ounces salmon fillets, cut into four portions (3 ounces each)

Vegetables:

- 1 bag (12 ounces) frozen vegetables stir-fry
- 1/2 tablespoon peanut oil or vegetable oil
- 1/2 tablespoon garlic, minced (about 1 clove)
- 1 tablespoon ginger, minced
- 1 tablespoon scallions, rinsed and minced
- 1 tablespoon light soy sauce

Preheat oven to 350 F.

To prepare salmon: Mix teriyaki sauce, mirin, rice vinegar, scallions and ginger well. Pour over salmon and marinate 10-15 minutes.

Remove salmon from marinade.

Place salmon on baking sheet. Bake 10-15 minutes, or until fish flakes easily with fork in thickest part and reaches minimum internal temperature of 145 F.

To prepare vegetables: Thaw frozen vegetables in microwave or place bag in bowl of hot water about 10 minutes. In large wok or saute pan, heat oil. Add garlic, ginger and scallions; cook gently, but do not brown, 30-60 seconds.

Add vegetables and continue stir-frying 2-3 minutes, or until heated through. Add soy sauce.

Serve one piece of salmon with 1 cup vegetables.



Baked Pork Chops with Apple Cranberry Sauce

Baked Pork Chops with Apple Cranberry Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute
 Prep time: 10 minutes
 Cook time: 30 minutes
 Servings: 4

- Pork Chops:**
- 4 boneless pork chops (about 3 ounces each)
 - 1/4 teaspoon ground black pepper
 - 1 medium orange, rinsed and zested
 - 1/2 tablespoon olive oil

- Sauce:**
- 1/4 cup low-sodium chicken broth
 - 1 medium apple, peeled and grated (about 1 cup)
 - 1/2 cinnamon stick
 - 1 bay leaf
 - 1/2 cup dried cranberries
 - 1/2 cup 100% orange juice

Preheat oven to 350 F.

To prepare pork chops: Season pork chops with pepper and orange zest.

In large saute pan, heat olive oil over medium heat. Add pork chops and cook until browned on one side, about 2 minutes. Turn and brown 2 minutes. Remove pork chops from pan, place on nonstick baking sheet and bake 10 minutes to minimum internal temperature of 160 F.

To make sauce: Add chicken broth to saute pan and stir to loosen brown bits from pork chops. Set aside.

In small saucepan over medium heat, cook grated apples, cinnamon stick and bay leaf until apples begin to soften.

Add cranberries, orange juice and reserved broth. Bring to boil then lower heat to gentle simmer. Simmer 10 minutes, or until cranberries are plump and apples are tender. Remove cinnamon stick.

Peel orange and cut into eight sections.

Serve one pork chop with 1/4 cup sauce and two orange segments.



Teriyaki-Glazed Salmon with Stir-Fried Vegetables