

SHELBYVILLE
Weekend
TIMES-GAZETTE

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\$1

SATURDAY, JANUARY 14, 2023

www.t-g.com

Wind-driven fires raze homes

Residents escape blazes without suffering injuries

By **DAVID MELSON**
 dmelson@t-g.com

A blaze thought by many to have been an explosion by nearby residents destroyed a Blue Ribbon Parkway home early Wednesday.

The fire broke out suddenly at the home of Michael and Brittany Preston, investigators said. The Prestons and their children escaped without injuries but lost all possessions, friends said on Facebook.

Many in northern Shelbyville were awakened by a loud blast around 3:45 a.m. Facebook posts stated incorrectly that the home “exploded.”

But the fire started before the blast, Shelbyville Fire Marshal Jason Richardson said.

“There were propane tanks on the back porch and that’s what the explosion was,” according to Richardson.

The origin and cause of the fire hasn’t been determined but it started in the rear of the home, Richardson said.



T-G Photo by David Melson

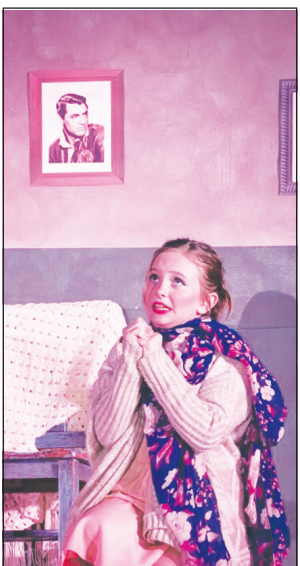
The charred exterior reflects the intensity of the fire that destroyed the home of Michael and Brittany Preston and their family on Blue Ribbon Parkway early Wednesday. More photos, Page 7A.

► See Fires, Page 2A



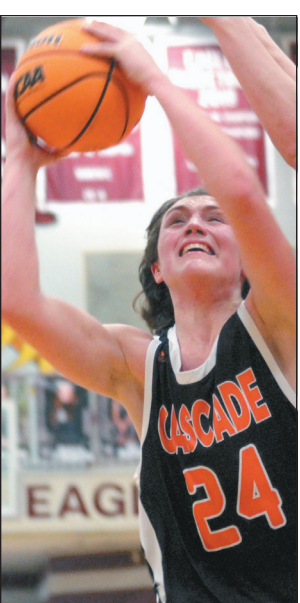
Love of reading

Local/3A



Power of prayer

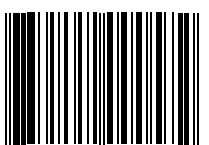
Life & Leisure/2B



Defense does it

Sports/1C

UT-TPA
 PRESS AWARD
 2022



Vol. 142, No. 4

New life for old cemetery

Cleaning, facelift in future plans

By **DAVID MELSON**
 dmelson@t-g.com

A historic, partially abandoned cemetery near Bell Buckle may be receiving new life soon.

Church Cross Cemetery, on the grounds of the long-closed Cross Roads Church of Christ at the intersection of Church Cross Road and Coop Road west of Bell Buckle, today lies in partial abandonment, with tombstones largely dating to the 1800s surrounded by overgrown grass and brush in many areas.

The remains of many pioneer residents of northeastern Bedford County rest on the grounds

Brooke Smith-Sanders, whose farm is near the cemetery, is spearheading an effort to cut grass, remove brush, and generally renew the cemetery.

“We hope to restore this historic site and give it the dignity it deserves and desperately needs..”

► See Cemetery, Page 2A



Brooke Smith-Sanders stands near the fenced Coop burial grounds within Church Cross Cemetery. Smith-Sanders, whose father is buried in the cemetery, is working toward cleaning the property. At left, Smith-Sanders, who said, “I love history,” looks closely at an inscription on a tombstone.

T-G Photos by David Melson

State, utilities aim to close digital divide



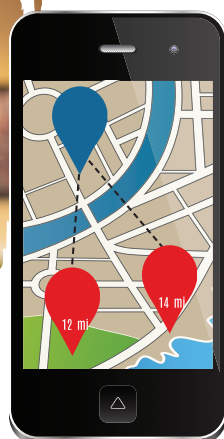
Bedford County Government photo

From left, Laura Monks of TCAT-Shelbyville, DREMC President Scott Spence, Bedford County Commissioner Greg Vick, State Rep. Pat Marsh, TNECD Commissioner Stuart McWhorter, Gov. Bill Lee, Mayor Chad Graham, Bedford County Commissioner John Boutwell, ECD broadband program director Taylre Beaty, and United Communications CEO Williams Bradford at a ceremonial check signing.

FRANKLIN — Tennessee Gov. Bill Lee, Department of Economic and Community Development Commissioner Stuart McWhorter, and United Communications officially launched on Monday \$53.4 million in grant-backed projects—the single largest investment of its kind in state history—to expand internet service to more than 14,000 underserved homes and businesses in Middle Tennessee.

United’s grant project

► See Divide, Page 2A



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DEATH NOTICES

Russell Albert 'Al' Knotts

January 8, 2023

Russell Albert 'Al' Knotts, 70, of Titusville, Florida, formerly of Shelbyville, died Sunday, January 8, 2023.

He wished to be cremated. A memorial service will be held at 11 a.m. Saturday, January 14, at Gateway Community Church, 2801 Tropic St., Titusville.

In lieu of flowers, memorials may be made to Fellowship for Christ Church, 142 Richdale Lane, Shelbyville, TN 37160.

North Brevard Funeral Home, Titusville, is in charge of arrangements

OBITUARIES

Edward Bartlett "Bart" Fraley

January 6, 2023

Edward Bartlett "Bart" Fraley, age 84, of Decherd, passed away on Friday, January 6, 2023, at Vanderbilt Bedford Hospital in Shelbyville.

He was born in Franklin County on October 22, 1938, to the late Herschel B. Fraley and Margie Alma (Farris) Fraley Cole. He served in the United States Marine Corps. Before his retirement, he had been employed as a machine operator at CKR. In his spare time, he enjoyed woodworking and going fishing.

In addition to his parents, he was preceded in death by his wife, Bernice Jean Turner Fraley; and brother, Kenneth Fraley.

Bart is survived by his loving son, Thomas (Cherie) Fraley of Tullahoma; sister, Martha Jones of Hazel Green, Alabama; brother, Morgan (Hilda) Fraley of Kimball; grandchildren, Thomas Fraley Jr and Alisha Fraley; and three great-grandchildren.

Visitation will be from 11 a.m.-1 p.m. on Saturday, January 14, 2023, at Watson-North Funeral Home in Winchester. Funeral services will follow at 1 p.m. in the Chapel of Watson-North Funeral Home. Interment will be at Franklin Memorial Gardens.

Watson-North Funeral Home, 405 Sharp Springs Road, Winchester, TN 37398, (931)-967-2345, www.watsonfhn.com.

Gordon Wayne Warren

January 9, 2023

Mr. Gordon Wayne Warren, age 81, of Shelbyville, passed away Monday, January 9, 2023, at his home, under the loving care and comfort of his family and Hospice Compassus.

Funeral services will be 1 p.m. Thursday, January 12, at Feldhaus Memorial Chapel. Rev. Peter Allen and Rev. Mike Lovvorn will officiate. Burial, with full military honors, will follow at Mt. Garner Cemetery in Decherd.

The family will receive visitors 11 a.m. until service time Thursday at the funeral home.

He was born May 5, 1941, in Winchester, to the late Gordon Shapard and Emma Viola Spray Warren. He was a veteran of the United States Air Force, and retired from Civil Service, USAF. He loved the Lord and the game of golf. He was a faithful member of Fair Haven Baptist Church.

In addition to his parents, he was preceded in death by a daughter, Teresa Lynn Warren; sisters, Jeanette Kelley, Faye Greb, Joyce Gibbs, and Linda Cook.

Survivors include his wife, Lana Partin Warren, of Shelbyville; daughters, Carol Anne Webb and Robin (Lori) Warren; brother, Danny Ray (Gail) Warren, Sr. and sister, Nancy Eads; grandchildren, Andrew (Casey) Webb, Abigail Elizabeth Webb, Destyni Santiago, Addisyn Lindsey, and Julius Warren.

Feldhaus Memorial Chapel is assisting the family with the arrangements.

Howard Vance McCroskey

January 9, 2023

Mr. Howard Vance McCroskey, age 81, passed away Monday, January 9, 2023. He leaves to cherish his memories a son, Michael (Keri) Harden; special nephews, Landon and Kasen; a devoted companion, Dora Bonner; caretaker, Tameka Buckingham and host of nieces, nephews and friends.

Funeral service was Friday, January 13 at Bird Street Church of Christ. Burial, with full military honors, followed at Willow Mount Cemetery.

Services are in the care of Nelson & Sons Memorial Chapel (931) 685-4200 www.nelsonandsons.net

Fires

(Continued from Page 1)

"It was the perfect storm," Richardson said. "The wind picked up and blew the fire directly back into the house. The fire was so intense our firefighters were unable to make entry.

"We had to take a defensive approach and fight it from the outside."

Friends said on Facebook the Prestons had just completed extensive work on the home.

The residence is well known in Shelbyville as the

longtime residence of the Lee Whitney family.

"High winds drove another late-night blaze that destroyed an Old Nashville Dirt Road home early Thursday.

"The initial report was that the garage was on fire," Bedford County Fire Chief Mark Thomas said. Authorities were notified at 3:25 a.m.

"The 40 mile per hour wind spread it through the attic space and the entire house was gutted."

Curtis and Brandi Majerus escaped the fire uninjured, Thomas said.

OBITUARIES

Willis Lee Mason Sr.

January 7, 2023

Funeral service for SMSgt Retired, Willis Lee Mason, Sr., US Air Force, age 86, of Dellrose, were held Friday, January 13, 2023, at Higgins Funeral Home in Fayetteville with Rev. Bruce Underhill and Elder Aaron Hasty officiating. Burial followed in Shiloh Cemetery. Mr. Mason passed away Saturday, January 7, 2023, at Vanderbilt University Medical Center in Nashville.

Mr. Mason was born January 13, 1936, to the late Scott Walter Mason and Flora Mae Garner Mason. He served four years in the U.S. Navy and then went on to retire from the Air Force after 22 years of additional service. After a few different jobs, Willis went into Civil Service work in California, and returned to Tennessee in the mid 1980s. He continued his civil service career at Advco in Nashville and then moved to Grumman in St. Augustine, Florida, in 1987. Upon retirement from civilian life in 1995, he settled in Dellrose.

Willis was a longtime member of McBurg First Baptist Church and was recently ordained as Deacon on January 1, 2023. He was also a member of the Fayetteville Lions Club, and he served as a fireman with the Dellrose Volunteer Fire Department. He even found time to drive veterans to their doctor appointments. Willis held a special passion for woodworking, and many of his beautiful bowls are proudly displayed in homes and businesses around Lincoln County. He also enjoyed fishing and working on his farm, but most of all he loved serving his community and his family.

Mr. Mason is survived by his wife of 66 years, Geraldine Dee Whitham Mason; son, Willis Lee (Kim) Mason, Jr.; daughters, Sueanna Dee (David) Hasty, Judy Ann (Bruce) Underhill; grandchildren, James Lee Mason, Justin Michael Trowell, Joseph Lawrence (Jennifer) Hasty, Aaron William (Amanda) Hasty, Trevor Lane (Nicci) Hasty, and Willis Victor (Stephanie) Underhill; great-grandchildren, Wyatt and Hannah Trowell, Lillian Marie Mason, Carleigh, Paisleigh, Bayleigh, Trinity, and Oakleigh Hasty, Reagan, Eli, and Reed Hasty, Teagan and Blakelyn Hasty, Ethan, Zachary, and Micah Underhill; siblings, Glora (Bob) Bolton, Elizabeth Jones, Linda Blue, Larry Dale (Kim) Mason; and numerous nieces and nephews. In addition to his parents, Mr. Mason was preceded in death by his sister, Mary Garner; and brothers, Jerry Mason and Donald Mason.

Memorial donations may be made to McBurg First Baptist Church, 353 McBurg Dellrose Road, Dellrose, TN 38453; Camp Blount Historic Site Association, P.O. Box 1422, Fayetteville, TN 37334; The Gideons International Processing Center, P.O. Box 97251, Washington, DC 20090-7251; Fayetteville Lions Club, P.O. Box 217, Fayetteville, TN 37334.

Higgins Funeral Home is honored to serve the family of SMSgt Retired, Willis Lee Mason, Sr., US Air Force.



Cemetery

(Continued from Page 1)

Smith said. "This is a treasured site for our area and entire county."

Parts of the cemetery, including the portion where her father Jimmy Smith was buried in 2020, are well-kept. Older portions, especially where descendants likely left

Bedford County many years ago, are in disrepair. Tombstones, only some which are legible, are leaning and/or broken.

One portion contains no tombstones, but Smith-Sanders and Eric Maddox, who is working with her on the project, say they think people are buried in that area.

"These are people buried here. They deserve more respect," said

Divide

(Continued from Page 1)

areas include portions of Bedford, Franklin, Giles, Lincoln, Marshall, Maury, Moore, and Williamson Counties.

Bedford County Mayor Chad Graham said at Tuesday's Board of Commissioners meeting that, "We were fortunate enough to go [Monday] and meet with the governor and get a photo op for the \$4.4 million, which is the state's contribution to our broadband expansion that we're granted along with United Communications and Duck River Electric."

United Communications and its partners applied for the grants in 2022 through Project UNITE, the company's initiative to bridge the digital divide in Middle Tennessee.

"It's a critical component of infrastructure... Sometimes we think about water and gas-lines and sewer, and all those things are true. But in this day and in this society, it's a no-go without high-speed internet," said Graham.

Bedford's ARP funds that were received during the 2020 pandemic allowed the county to be eligible to receive the grant. "It's going to touch all those areas that the federal government identified as not serviced," said Graham.

Based on recent census data, rural Tennesseans are ten times more likely than their neighbors in urban areas to lack access to fast, reliable internet connections.

Commissioner Greg Vick said at the meeting that the governor and Commissioner McWhorter said there is going to be \$1 billion where federal money is going to transition itself across the county.

"We don't know how much Tennessee is going to get from that, but we

do know there is going to be a funding formula that's going to be developed for broadband," said Vick. This would probably target the most remote areas first.

"What happens in rural Tennessee matters to every Tennessean," said Governor Lee. "This is the largest grant of all the grants that the state has made in our history for the expansion of broadband, and it's a local effort based on local partnerships. We have the number one economy in America, and we need to make sure that is happening in every community across the state. We know that access to technology will make that happen."

The \$53.4 million state grant is being supplemented by a \$14 million investment from United Communications and more than \$10 million committed by county governments, resulting in a total infrastructure investment of over \$77 million in Middle Tennessee.

"Rural development and economic development are important for the state," said Commissioner McWhorter. "We value our local partners, and what we're announcing today is another example of why those partnerships work."

The event took place at Allenbrooke Farms in Spring Hill, Tennessee during an event attended by over 100 Project UNITE partners, including representatives from Middle Tennessee Electric and Duck River Electric.

"United was founded 75 years ago by farmers and rural neighbors who wanted to connect to one another," remarked William Bradford, President and CEO of United Communications. "We're here 75 years later with largely the same mission. Through Project UNITE, we've brought service to over 17,000 locations, and we're just getting started."

Garland appoints special counsel to investigate Biden documents

By ZEKE MILLER and ERIC TUCKER
Associated Press

WASHINGTON — Attorney General Merrick Garland on Thursday appointed a special counsel to investigate the presence of documents with classified markings found at President Joe Biden's home in Wilmington, Delaware, and at an office in Washington.

The announcement followed Biden's acknowledgement Thursday morning that a document with classified markings from his time as vice president was found in his personal library, along with other classified documents found in his garage. Garland said Biden's lawyers informed the Justice Department Thursday morning of the discovery of a classified document at Biden's home, after FBI agents first retrieved other documents from the garage in December. It was disclosed on Monday that sensitive documents were found at the office of his former institute in Washington.

Robert Hur, the former Trump-appointed U.S. attorney in Maryland, will lead the investigation, taking over from the top Justice Department prosecutor in Chicago, John Lausch, who was earlier assigned by the department to investigate the matter and who recommended to Garland last week that a special counsel be appointed. Hur is to begin his work soon.

"The extraordinary circumstances here require the appointment of a special counsel for this matter," Garland said, adding that Hur is authorized to investigate whether any person or entity violated the

law.

"This appointment underscores for the public the department's commitment to both independence and accountability in particularly sensitive matters, and to making decisions indisputably guided only by the facts and the law," Garland said.

Biden told reporters at the White House that he was "cooperating fully and completely" with a Justice Department investigation into how classified information and government records were stored.

"We have cooperated closely with the Justice Department throughout its review, and we will continue that cooperation with the special counsel," said Richard Sauber, himself a special counsel to the president. "We are confident that a thorough review will show that these documents were inadvertently misplaced, and the president and his lawyers acted promptly upon discovery of this mistake."

Biden's lawyers found the first set of documents in a locked closet in the offices of the Biden Penn Center in Washington on Nov. 2, just before the midterm elections, but publicly revealed that development only on Monday.

Sauber said that after Biden's personal lawyers found the initial documents, they examined other locations where records might have been shipped after Biden left the vice presidency in 2017.

Biden did not say when the latest documents were found at his home, only that his lawyers' review of potential storage locations was completed Wednesday night.

Sauber said a "small number"

Maddox, a District 1 member of the Bedford County Commission, who also lives nearby.

Deputy Jared Featherstone of the Bedford County Sheriff's Office, a member of a longtime Bell Buckle-area family, is also working with Smith-Sanders and Maddox.

Middle Tennessee State University's Center for Historic Preservation

is also working on the project.

A work day will be scheduled in the near future to clean the cemetery, Smith-Sanders said.

Smith-Sanders can be contacted at b.smith.0972@gmail.com or 931-703-9532. See the church and cemetery's Facebook page at "Cross Roads Church of Christ and Cemetery."

with classified markings were found in a storage space in Biden's garage in Wilmington, with one document being located in an adjacent room. Biden later revealed that the other location was his personal library.

Garland said Biden attorneys located documents in the Wilmington garage on Dec. 20 and that Federal Bureau of Investigation agents took custody of them shortly thereafter. The Justice Department was informed only on Thursday of the latest found by Biden's lawyers.

The appointment of yet another special counsel to investigate the handling of classified documents is a remarkable turn of events, legally and politically, for a Justice Department that has spent months looking into the retention by Donald Trump of more than 300 documents with classification markings found at the former president's Florida estate.

Though the situations are factually and legally different, the discovery of classified documents at two separate locations tied to Biden — as well as the appointment of a new special counsel — would almost certainly complicate any prosecution that the department might bring against Trump.

"I will conduct the assigned investigation with fair, impartial and dispassionate judgment," he said in a statement after his appointment. "I intend to follow the facts swiftly and thoroughly, without fear or favor and will honor the trust placed in me to perform this service."

For the love of reading

By **ZOE WATKINS**
 zwatkins@t-g.com

Wednesday's Shelbyville Woman's Club was one for the readers, and with winter in full swing, nothing sounds better than pulling out a page-tuner.

Woman's Club member Mary Pitner, who is a self-described avid reader, asked the question, "Have you read this one yet?" and gave a full list of some of her favorite books.

"There's nothing I would rather talk about than books and reading," said Pitner. "I am not a picky reader; I read everything—fiction, nonfiction, memoirs, romantic comedies, the back of cereal boxes, you name it."

The Bedford County native retired in 2017 after almost 35 years in the education system. While teaching, she was involved in training other educators in different capacities, many involving reading and literacy.

"Now sharing my experiences as a reader from the time I was a little girl to my current ripe old age will probably parallel those of many of you in the room," she said.

Pitner's love of reading began with her mother, Betty Thomas Shapard, as well as a love for handwork, quilting, cooking, and antiquing.

"I can remember her sitting in a chair, reading a book at night after all the housework was done," Pitner recalled. She still has a copy of Heidi and 101 Jokes that's been in every one of her classrooms—two oldies but goodie books she remembers her mom reading to her.

Pitner also recalled going to the library—when it was in the basement of the Bedford County Courthouse—with her grandmother. She would then sit on a swing on the front porch, reading with her grandmother.

Or Pitner would even climb up a tree, rig up a bucket of books with a rope, and sit amongst the leaves all afternoon.

And as she progressed through school, Pitner said she joined reading groups. She still recalls seeing Mrs. Deery Eakin walking into class and clutching The Scarlet Letter to her bosom.

That life growing up fueled a hungry appetite.

Today, she still constantly has a book on her and raised her kids to be avid readers too. "Not sure they had a choice, since I was reading Friday Night Lights by H.G. Bissinger when I was in the labor room, waiting for Mike to be born," said Pitner.

Her book list's storylines stretch from dysfunctional families to friends over the years to mysteries to anything happening in England.

She said in the past if she started a book, she wouldn't let herself not finish the book. "I've decided there's too many books to read something I don't like, so I just quit."

Often, she'll save the unfinished book for another time—for a different "frame of mind." But if the book is not good, don't read it.

Pitner also said she used to resist reading from a Kindle — "I really wanted to hold that book in my hands."

But the pandemic changed that as libraries remained closed. "When I read, if I'm floating in the pool, or on a plane, or in the tub, it's just a lot easier to hold a lightweight Kindle instead of a heavy book," she said.

She's also expanded her horizons by listening to audiobooks and podcasts.

"Books and words, phrases and characters, have been with me through the most important parts of my life—both happy and sad. Bursts in the beginning of life, sitting that tree in my backyard or in the front porch swing with my grandmother, illnesses, like the cancer treatment of my mama, sitting with my daddy as he napped in his recliner in his final days, happy trips to the beach, waiting in the airport to be off on an adventure, and most happily reading with my two grandsons," Pitner said.

Here are some of Pitner's suggestions:

- **Heidi**, by Johanna Spyri
- **The Little Match Girl**, by Hans Christian Anderson
- **Interview with the Vampire**, by Anne Rice
- **Be Frank with Me and Better Luck Next Time**, by Julia Claiborne Johnson
- **Friday Night Lights**, by H.G. Bissinger
- **One in a Million: Your Journey to Your Promised Land and Fervent**, by Priscilla Shirer
- **Taste**, by Stanley Tucci
- **Always Home: A Daughter's Recipes & Stories**, by Fanny Singer and Alice Waters



T-G Photo by Zoe Watkins
Mary Shapard Pitner

- **The Storyteller**, by Dave Grohl of the Foo Fighters and Nirvana
 - **The Boys**, by Ron and Clint Howard
 - **Past Imperfect**, by Joan Collins
 - **Yours Cruelly, Elvira**, by Cassandra Peterson
 - **Just As I Am**, by Cicely Tyson and Michelle Burford
 - **Finding Me**, by Viola Davis
 - **The Day the World Came to Town: 9/11 in Gander, Newfoundland**, by Jim DeFede
 - **In the Sanctuary of Outcasts**, by Neil W. White III
 - **How Not to Drown in a Glass of Water**, by Angie Cruz (recommended audio book)
 - **American Dirt**, by Jeanine Cummins
 - **Lessons in Chemistry**, by Bonnie Garmus
 - **When Women Were Dragons**, by Kelly Barnhill
 - **A Little Life**, by Hanya Yanagihara
 - **The Book of Joe**, by Jonathan Trooper
 - **Demon Copperhead**, by Barbara Kingsolver
 - **David Copperfield**, by Charles Dickens
 - **The Paper Palace**, by Miranda Cowley Heller
 - **The Last Chair Life**, by John Irving
 - **The Quilter's Apprentice**, by Jennifer Chiaverini (The Elm Creek Quilts series)
 - Louise Penny's Inspector Gamache series: **Still Life, Dead Cold, The Cruelest Month, The Murder Stone, The Brutal Telling, Bury Your Dead, The Hangman, A Trick of the Light, The Beautiful Mystery, How the Light Gets In, The Long Way Home, The Nature of the Beast, A Great Reckoning, Glass Houses, Kingdom of the Blind, A Better Man, All the Devils are Here, The Madness of Crowds, A World of Curiosities**
 - **The Violin Conspiracy**, by Brendan Slocumb
 - **How Lucky**, by Will Leitch
 - **The Devotion of Suspect X**, by Keigo Higashino, translated by Alexander O. Smith
 - Greg Iles' Penn Cage novels: **The Quiet Game, Turning Angel, The Devil's Punchbowl, The Death Factory, Mississippi Burning, The Bone Tree, Mississippi Man, Southern Man** (due out in June)
 - **The Bone Collector**, by Jeffery Deaver
 - Sue Grafton's alphabet series: begins with **A is for Alibi and ends with Y is for Yesterday**
 - **The Amish Candy Shop and The Magical Bookshop cozy mystery series**, by Amanda Flowers
 - **Southern Sisters Mystery cozy mystery series**, by Anne George
 - **The Secret, Book, and Scone Society cozy society mystery series**, by Ellery Adams
 - **Aunt Dimity cozy mystery series**, by Nancy Atherton
 - **Piranesi**, by Susanna Clarke
 - **Remarkably Bright Creatures**, by Shelby Van Pelt
 - **Project Hail Mary**, by Andy Weir
 - **Lisey's Story, Fairy Tale, Billy Summers, the Bill Hodges trilogy**, by Stephen King
 - **A Man Called Ove, Anxious People, Britt-Marie Was Here**, the Beartown trilogy, by Fredrik Backman
- Pitner also suggest two podcasts: *From the Front Porch*, produced by *The Bookshelf* of Thomasville, Georgia, and *Currently Reading*, produced by Meredith Monday Schwartz and Kaytee Cobb.
- There are also several reading apps to check out, including GoodReads, Libby, Audible, Libro.fm.

ROTARY GUESTS



Submitted Photos

Bartolo Pina, program coordinator, Andres Gonzalez with The Footstool 749 Podcast, and Darin Hasty, club president.



Steve Bowers, head of school, Cooper Christian Academy, Jay Davis program chairperson, Darin Hasty, club president.

Commission talks local workforce development

By **ZOE WATKINS**
 zwatkins@t-g.com

During the quarterly reports at Tuesday's Board of Commissioners meeting, Bedford County Schools superintendent Tammy Garrett and Shelbyville-Bedford Partnership CEO Shane Hooper gave reports regarding schools and workforce development.

Garrett talked about a grant opportunity from the State of Tennessee that would give the Bedford County School System \$5 million to expand the CTE programs across the middle and high schools.

"That will be over a three-year time period. So, what we plan to do is participate in spending that on infrastructure," said Garrett.

They plan to offer tiny house construction at Community High School, veterinary sciences and beef cattle marketing at Cascade High School, and entrepreneurial/business opportunities (such as a dog grooming business) at Shelbyville Central High.

"We will also have an expansion of work-based learning programs, which students who are non-traditional will be able to go into the work force and get credit and earn wages," said Garrett.

Non-traditional students are defined as students who don't plan to attend college but go straight into the workforce after high school. Some 53% of Bedford's students don't go to secondary education.

The Times-Gazette will have more coverage on Bedford's current and expanding CTE programs in the upcoming weeks.

The Shelbyville-Bedford Partnership has also been working closely with the school system to connect local industries, such as Nationwide, Titan Transfer, Vanderbilt, Duck River Electric.

Partnership CEO Shane Hooper provided a few figures for how recent workforce development has affected students.

The Partnership has hosted a couple of career fairs and resume work-

shops over the last year. Hooper said more than 2,000 Bedford students have been introduced to career opportunities in Bedford County, while some 500 students are better prepared for job interviews.

More than 500 teachers were able to connect their classrooms with local careers as more than 120 industry partners participated in school events. Hooper added that they are also working with 10 active partners for secondary and post-secondary education opportunities.

"All of those workforce development numbers, those numbers are our children. They're not somebody else's."

But the Partnership also hopes to grow Bedford outside of the classroom. Hooper said, "We are working on 18 projects representing more than \$500 million in capital investment and almost 1,400 jobs. We are active in three hotel projects and three restaurants."

He explained they also have an agricultural initiative to make sure that community is part of the growth, especially since Bedford County is number one in agriculture across several disciplines.

"Working with our businesses here, like the ag initiative, is imperative

that we work with all of this county as we move forward with our economic progress. It also includes our business retention and expansion program," said Hooper.

Tablets deferred

The Bedford County Board of Commissioners was supposed to vote on whether to allow inmates at the jail to have smart tablets, but the item was deferred for another month.

Mayor Chad Graham said they plan to have the vendors, from Securix Technologies, come and answer any questions the commissioners may have.

The tablets program will be of no cost to the county. Inmates will have limited access to the tablets while the majority of programs on the devices are free educational programs. Inmates can then purchase books, music, or movies similar to how a jail commissary works.

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Deputy Director Open Position

The Shelbyville Housing Authority (SHA) is currently accepting resumes for a Deputy Director to serve as Financial Controller and Assistant to the Executive Director. Under the direction of the Executive Director, the Deputy Director will administer the financial and operational activities of the agency. Resumes should include a cover letter and references. No phone calls. Only qualified resumes will be considered. Send to:

Shelbyville Housing Authority
 PO Box 560
 Shelbyville, TN
 APPLICATION DEADLINE: FEBRUARY 28TH, 2023

The SHA is subject to Section 3 hiring requirements; is an Equal Opportunity Employer, and Drug-Free Workplace. The SHA abides by the requirements of 41 CFR 90-741.5(a), which prohibits discrimination against qualified individuals on the basis of disability or protected veteran status; and Title VII of the Civil Rights Act.

Pre-employment physical and drug screen required for new hires. Upon request, reasonable accommodations may be provided as required by the American with Disabilities Act (ADA) of 1990.

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SHELBYVILLE
TIMES-GAZETTE

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Dear Heloise: I am a senior citizen living by myself in Northern Indiana. Right now, we are in the middle of a blizzard. As a safety precaution, if I absolutely need to go outside on these cold days, I always make sure I have a house key in my coat pocket. One never knows when a lock could accidentally get turned on the way out the door. The results could be deadly. Stay safe. -- Michael Noll, via email



Hints from Heloise

amounts out for daily use. -- S.T.

PET PAL

Dear Heloise: My best friend/dog is a "Schnoodle," half Poodle and half Mini Schnauzer. He is 7 now, but he still acts like a puppy. I have many photos of him when he is groomed, all white and adorable. But this one, taken after a trip to the dog park, is my all-time favorite. Look at that grin that says: "I had so much fun, Mommy." -- Jana Walsh, Phoenix

Readers, to see Jana's Schnoodle 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

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

PEARL DISCOLORATION

Dear Heloise: My pearls have slightly changed color, so I'd like to know how to whiten them and keep them in good shape. -- Joanna H., Springfield, Illinois

Joanna, use a soft cloth dipped in water with a little shampoo in it and gently clean each pearl. Then quickly run the entire strand under the running water from the faucet to make certain all the soap is rinsed off. Dry with another clean cloth. Store your pearls flat rather than hanging them.

Pearls will change color over time due to body oils, perspiration and heat. Many older white pearls take on a creamy color over time. If your pearls are older, you may want to consider having them strung again. Be sure to ask the jeweler to knot the strand between each pearl. If your strand should happen to break, you might lose one pearl, but not any more than that with a knotted strand. -- Heloise
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SCANNING OLD PICTURES

Dear Heloise: The reader from Kentucky has the right idea about scanning old photos. I took as many old family photos as I could find -- the earliest being a photo of my great-grandmother who died in 1902 -- dated them as best I could, printed them on album pages made of photo paper, and made a keepsake album for each of my two grandchildren. Of course, I also have all the photos and facsimile pages on my computer. -- Ellen, via email

APPLE BUTTER FOR PILLS

Dear Heloise: I read your column every day in the Lima News. There recently was a letter from Pat Reeder about swallowing large pills. My dad had large pills to take as well, and we used apple butter. If apple sauce doesn't agree, try apple butter instead. It always worked! -- Liz, in Ohio

WIRELESS CAR UNLOCKER

Dear Heloise: My sister and I have wireless car unlockers, and they contain a car key within in it. On one edge, you will see a rectangle, on the rectangle a dot, the cord push, and a T shape. Push the dot, then the other side, pull up the edge, and there is the key! -- Joyce Maurer, Reading, Pennsylvania

OLIVE OIL STORAGE

Dear Heloise: Olive oil can go rancid if not stored properly or used in a timely manner. It is cheaper to buy a large bottle, which stays in the refrigerator until needed. When removed for use, the lid stays on until the oil returns to liquid form at room temperature. This prevents condensation from happening inside the bottle. I have never had any go bad in all the years I've done this. I keep small

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.

TODAY

Food pantry

Scott's Chapel United Methodist Church's Seasoned With a Touch of Salt Food Pantry will be open from 9-11 a.m. Saturday, Jan. 14 at the church, 940 Morton St. For more information call 931-684-2297.

MONDAY

MLK luncheon

The annual Martin Luther King Jr. luncheon is scheduled Monday, Jan. 16, from 11 a.m.-1 p.m. at The Fly Arts Center. The Newly-Oldie Wed Game will be featured. Attendees are asked to bring a canned or boxed food item for Shelbyville Community Soup Kitchen. Tickets may be purchased by calling 615-594-7663, 931-580-3690, or 931-842-0049. Gilliland Historical Resource Center, Inc., is sponsoring the event.



Democratic meeting

The Bedford County Democratic Party will meet at 6 p.m. Monday, Jan. 16 at El Mexico, 724 N. Main St.

Republican meeting



COMMUNITY CALENDAR

01 2023
January

DECEMBER							FEBRUARY						
4	5	6	7	8	9	10	5	6	7	8	9	10	
11	12	13	14	15	16	17	12	13	14	15	16	17	
18	19	20	21	22	23	24	19	20	21	22	23	24	
25	26	27	28	29	30	31	26	27	28				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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

The Bedford County Republican Party's Reorganizational Convention will be held Monday, Jan. 16 at 6:30 p.m. at International House of Prayer, 865 Union St. Any candidate seeking to be chair should notify the Contest & Credentials committee by Jan. 9 at bedfordcounty467@gmail.com. All other candidates are nominated from the floor.

TUESDAY

Coaches vs. Cancer

A Coaches vs. Cancer chili supper will be held at Cascade High School from 4:30-6:30 p.m. Tuesday, Jan. 17. Basketball games will follow at 6:30 p.m.

THURSDAY

Head Start meeting

South Central Human 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.

JAN. 31

Coaches vs. Cancer

A Coaches vs. Cancer chili supper will be held at

Shelbyville Central High School from 4:30-6:30 p.m. Tuesday, Jan. 31. Basketball games will follow at 6:30 p.m.

ONGOING

Healthier Me program

UT/TSU Extension is offering a yearlong online program that focuses on developing one healthy habit each month such as eat breakfast, sugar down, move more, etc. You will receive an emailed newsletter each month with a goal and tracking form. There will be drawings for prizes for completing the challenge for the month and reporting as well as optional special activities like cooking classes and more. Go to https://bedford.tennessee.edu for more information and to register or call the Extension Office at 931-684-5971 for questions.

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 Boulevard 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.

Celebrate Recovery

Celebrate Recovery meets each Monday at 6 p.m. at International House of Prayer, 865 Union St. Attendees do not have to be a church member. For more information call Doug, 931-703-3159.

Simple ways to make meals healthier

Cooking foods at home is one of the simplest ways to gain greater control over personal health. Cooking at home is the easiest way to know precisely what you're putting into your body each day. Cooking your own meals also enables you to customize recipes so they align with any dietary restrictions or personal preferences you may have.

According to a 2021 survey by the consumer market research firm Hunter, 71 percent of people in the United States plan to continue cooking more at home after the pandemic

ends. Increased creativity and confidence in the kitchen, as well as the fact that cooking at home helps to save money and enables one to heat healthier, is driving the ongoing increase in dining in.

When cooking at home, cooks can consider various tips to make meals that much healthier.

- Increase fiber intake. Fiber improves bowel regularity and helps a person feel full between meals. High fiber foods also help stabilize blood sugar levels. Two servings of fibrous foods at each meal and an



Increasing the amount of vegetables in one's diet is a simple and healthy modification.

additional fiber-rich snack each day can ensure your body is getting the fiber it needs.

- Slow down eating. The pace at which a person eats a meal can affect his or her overall health. Healthline reports that fast eaters are more likely to eat more and have higher body mass indexes than slow eaters.
- Choose whole grains. Choosing whole grain breads or cereals over refined grains can make for a more nutritious diet. Whole grains are linked to a reduced risk for type 2 diabetes, heart disease and cancer.
- Swap Greek yogurt for other varieties. Greek

yogurt contains up to twice as much protein as regular yogurt, providing roughly 10 grams per 3.5 ounces. Protein along with fiber helps a person feel fuller longer, which can manage appetite and reduce over-eating. Greek yogurt also can replace mayonnaise or sour cream in certain recipes.

- Add a vegetable to every meal. Vegetables are loaded with essential vitamins and minerals. Plus, they tend to be high in antioxidants that strengthen the immune system. Increase vegetable intake by eating vegetables with every meal.
- Choose healthy fats. While a person should minimize the amount of oils and other fats used during the cooking process, when it's necessary for a recipe, select the best fat possible. Olive oil is a monounsaturated fat that is packed with antioxidant polyphenols. It is considered a heart-healthy oil, and it may promote a healthy brain and memory function.
- Cut out sweetened beverages. Sodas and other sweetened drinks are leading sources of added sugar in diets. Opting for water or naturally sweetened fruit juices can improve overall health.

Small dietary changes can add up to big health benefits.

-METRO

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SHELBYVILLE
TIMES-GAZETTE

PUBLIC NOTICE

City Hall will be closed on Monday, January 16, 2023, in observance of Martin Luther King Jr. Day.

Monday's trash route will be picked up on Tuesday, January 17, 2023 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

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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.

STORIES ON STAINED GLASS



T-G Photo by Zoe Watkins

Practicing the Fruits of the Spirit everyday

By ZOË WATKINS

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” (Galatians 5: 22 – 23)

Those are wonderful characteristics for us to carry throughout the year, said Janice Womble, who led the devotion at Wednesday’s Shelbyville Woman’s Club.

But how do we carry those throughout the year? Womble looked at holidays for inspiration.

In the two weeks after the Christmas holiday, Womble said she, like many others, hear others say, “I’ll be glad when things get back to normal.”

“But I thought, what if things don’t get back to normal?” said Womble.

Looking at different holidays, Womble said she sat and thought about the different emotions and feelings we tend to express on those days.

For example, New Year’s Day is all about endless opportunities. “We get a clean slate, a re-do...What a great feeling and emotion to carry through the year. Even in July, I’m going to pick myself up, dust myself off, and do it again,” said Womble.

For President’s Day, MLK Day, Veterans Day, and Memorial Day, those days are all about honor and respect. “Carry those feelings of thankfulness throughout the year would be great,” she said.

Valentine’s Day of course is all about love. But it’s also about loving others beyond ourselves. “What if we carry that freedom to tell everyone ‘I love you’?”

The Fourth of July holds patriotism and freedom at the helm. Looking at the world today, at other countries who wish they had the freedom we have in the United State, “we should not take that for granted, but be thankful for it every day,” Womble explained.

Thanksgiving, of course, is all about thankfulness—something we should carry each day. “So don’t just wait for Thanksgiving,” said Womble.

Lastly, Easter and Christmas are all about praise for our Lord and Savior and hope for eternal life. “We want to carry those every single day because it makes us feel so secure in our future,” said Womble.

Putting all those holiday emotions together are great ways to add and practice the Fruits of the Spirit seen in Galatians.

“I challenge you, the next time someone says, ‘Let’s get back to normal,’ say, ‘No... I want things to be wonderful every day.’”

A year later, Texas synagogue hostages cope, carry on

By **BOBBY ROSS Jr.**
Associated Press

COLLEYVILLE, Texas — A year ago, Jeff Cohen and three others survived a hostage standoff at their Reform Jewish synagogue in this Fort Worth suburb.

Their trauma did not disappear, though, with the FBI’s killing of the pistol-wielding captor, 44-year-old British national Malik Faisal Akram.

Healing from the Jan. 15, 2022, ordeal remains an ongoing process.

“Let’s be blunt: We’re healing. We’re not healed,” said Cohen, 58, a Lockheed Martin engineer who serves as president of Congregation Beth Israel and its 140-family membership.

The 10-hour standoff ended about 9 p.m. that Saturday as the remaining hostages — including Cohen — escaped and the FBI’s tactical team gunned down Akram.

The violence left the synagogue with broken doors and windows, shattered glass and bullet holes. Within three months, repairs had been made and the congregation returned. But one year later, deep wounds still fester.

“We have a lot of people who are still feeling it bad,” Cohen said as two fellow hostages, Lawrence Schwartz and Shane Woodward, nodded affirmatively in a group interview at the synagogue. “We have parents who aren’t very comfortable bringing their kids to Sunday school.”

“We’re forever changed,” he added. “We’ve had to get used to having security here all the time.”

The recent upsurge in antisemitic rhetoric and actions nationally has intensified both the congregation’s traumatic feelings and its resolve to move forward without fear, said Anna Salton Eisen, a founder of the synagogue and author of books about her parents surviving the Holocaust.

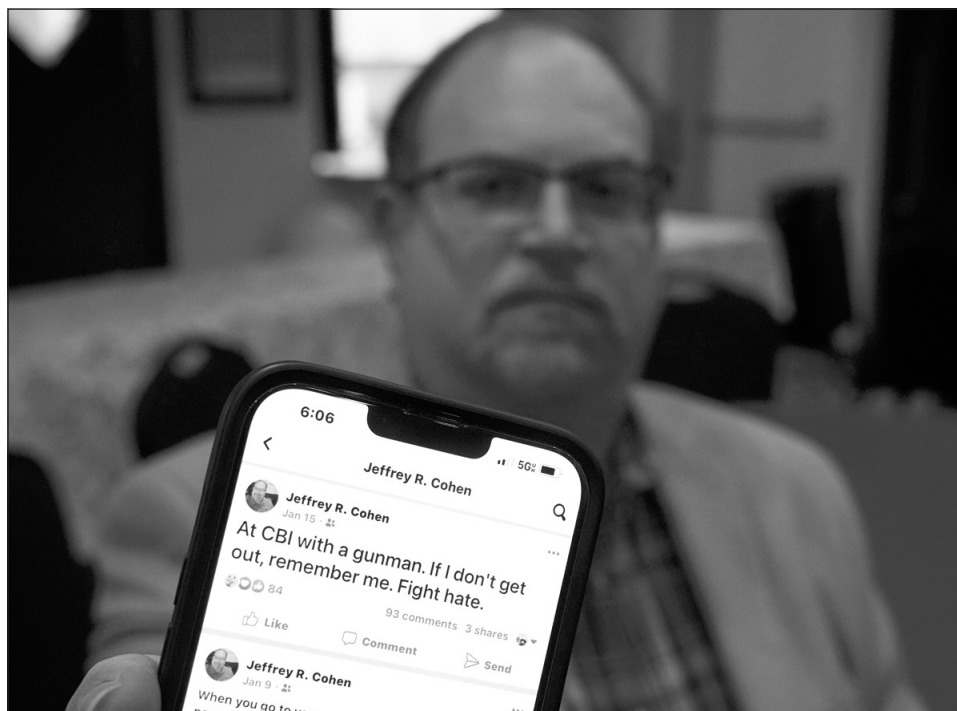
“After the hostage crisis, I’m inspired to go out and try to use this, along with the Holocaust, as an inspiration to fight hate,” Eisen said.

It all started with a knock at the door. On a cold, windy Saturday, a man who appeared homeless showed up outside Beth Israel.

The stranger immediately unsettled Schwartz, who was helping Rabbi Charlie Cytron-Walker prepare for the morning Shabbat service.

“I said, ‘I don’t like this,’” recalled the retired accountant, 87, who helped lead security for his previous synagogue. “I said, ‘Charlie, don’t open the door.’ He went ahead and opened it.”

The temperature hovered near freezing and the wind made it feel even colder. Cytron-Walker showed the stranger compassion — as



AP Photo/Tony Gutierrez

Jeff Cohen shows a Facebook posting he wrote shortly after being taken hostage at Congregation Beth Israel in Colleyville, Texas. A year ago, a rabbi and three others survived a hostage standoff at their synagogue in Colleyville, Texas. Their trauma did not disappear, though, with the FBI’s killing of the pistol-wielding captor. Healing from the Jan. 15, 2022, ordeal is ongoing.

his Jewish faith calls him to do — and invited Akram inside. They chatted and the rabbi made him tea.

Akram had spent time in Dallas-area homeless shelters, but the cold wasn’t why he wanted to come in the synagogue.

“I had no indication that he was intending to do us harm until I heard the click of a gun, which was an hour after I met him,” said Cytron-Walker, 47, who had served at Beth Israel for 16 years.

That click came at about 11 a.m. as Cytron-Walker prayed facing the front of the sanctuary.

The weather and the COVID-19 pandemic made for a light in-person crowd that day. While an unknown number watched online, just three besides the rabbi came in person: Cohen, Schwartz and Woodward, who arrived a few minutes late.

Woodward, 47, listened to the first part of the service via Zoom on his drive. He heard Cytron-Walker mention the guest.

After taking a seat, Woodward noticed Akram.

“I did hear a lot of fidgeting going on. He was kind of rustling around back there,” said Woodward, who works for PepsiCo. “I waved to him, and he was very polite. He waved back. He smiled, nodded. ... We were in the middle of praying when it happened.”

During the standoff, Akram demanded the release of a Pakistani woman serving a lengthy prison sentence in Fort Worth after being convicted of trying to kill U.S. troops.

The hostages said Akram cited antisemitic stereotypes, believing that Jews wield the kind of power that could get the woman released.

“At CBI with a gunman,” Cohen posted on Facebook. “If I don’t get out, remember me. Fight hate.”

Schwartz apparently reminded Akram of his

father, and the gunman started calling him “Dad.” At one point, he got his captor’s permission to use the restroom.

“He said, ‘I’ll let you go, but if you don’t come back, I’m going to kill these three guys,’” Schwartz recalled.

About six hours into the standoff, his fellow hostages told Schwartz, who has hearing problems, to leave. He didn’t understand at first. But they had talked Akram into releasing him.

Initially, Schwartz was upset. He didn’t want to leave them behind, but later realized they stood a better chance without him.

“I’m not able to move very fast,” Schwartz said. “They could run. But not me.”

Hours later, Akram was becoming more agitated.

The hostages’ fears that he would shoot them increased.

“He was yelling at the negotiator, and when he hung up, he got really calm,” Cytron-Walker said. “He turned to us, and I thought that we were going to die. He asked us for some juice.”

After Cytron-Walker walked to the kitchen, Akram decided he wanted a soda instead. The rabbi returned with a can of soda and a plastic cup.

That’s when the chance to escape came.

“He was holding on to the liquid with one hand,” Cytron-Walker said. “For the first time all day, he did not have his hand on the trigger.”

The rabbi yelled “Run!” and threw a chair at Akram. They escaped through a side door.

Simultaneously and unknown to the hostages, the FBI team entered the building to attempt a rescue. Like the rabbi, the authorities were concerned about Akram’s state of mind.

The hostages say Akram attempted to shoot at them as they ran but his pistol

misfired.

“I know God was with us,” Woodward said.

Before the standoff, Cytron-Walker had already interviewed for a new job as rabbi at Temple Emanuel in Winston-Salem, North Carolina. The hostage crisis delayed that process, but he started his new job in July.

Even 1,100 miles away, “the events of Jan. 15 continue to impact almost every aspect of my life,” he said.

From his sermon topics to his speaking engagements on antisemitism to his recent opportunity to light the menorah at the White House’s Hanukkah reception, the hostage crisis figures heavily, Cytron-Walker said.

“I’m not having nightmares or anything that would resemble PTSD,” he said. “I never know if that could come up at some point in time, but I’m very thankful that it hasn’t as of yet.”

A year later, the hostages urge other houses of worship to take security training seriously. Cytron-Walker credits it with getting out safely.

But next time, Schwartz said, he would act on his concern and call 911.

“I don’t care if the congregation wants to throw me out. I don’t care if the rabbi never wants to talk to me again,” said Schwartz, who now wears a custom-made yarmulke with the message “Stronger Than Hate” on the back. “I should have operated on my thoughts, and I didn’t.”

But Cytron-Walker said he does not regret abiding by his faith.

“He looked like he was a homeless man, and I continue to live with the fact that I was fooled,” he said. “We have to be able to live our values even when they’re hard.”



CHURCH ACTIVITIES

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

Baptist

Pastor Tyler Shoemaker’s message at **Calvary Baptist Church** will be “What Is the Gospel?” from John 3: 1-6. The service will be livestreamed.

“We Are Called to Follow” from Matthew 4:12-20 will be Pastor Jimmy West’s message at 10 a.m. Sunday at **Edgemont Baptist Church**. The service will be livestreamed.

“Lord, Teach Us To Pray” from 1 John 1:14-15 will be Bro. Bobby McGee’s message at **Grace Baptist Church**.

Christian (Disciples of Christ)

Dan Asche’s message at 10 a.m. at **First Christian Church** will be “What keeps us believers motivated in our walk with Christ?”

Church of Christ

“A Year of Opportunity and Blessings Awaits” from Matthew 25:14-19 will be the sermon at 9 a.m. Sunday at **Fairlane Church of Christ**. The service will be livestreamed and broadcast on WLJ (98.7 FM/1580 AM/wljradio.com). The sermon for Iglesia de Cristo en Fairlane is “Sermon del Monte” from Mateo 25:3-7,28.

Guest speaker Steve Cordle’s lesson at 10 a.m. Sunday will be “God’s Benefit Package” from John 3:16-18 at **Southside Church of Christ**. “The Compromise Trap” will be Cordle’s Sunday evening lesson at 6 p.m. Buddy Koonce will speak on “Commitment and Discipleship” at 6:30 p.m. Wednesday. Sunday morning and Wednesday evening services are livestreamed at cofcsouthside.com.

Methodist

District Lay Leader John Carney will be preaching this Sunday at **First United Methodist Church**. His message will be entitled “Be an Andrew” from John 1:29-42. The 10 a.m. service will be livestreamed on Facebook and broadcast on WLJ (98.7 FM/1580 AM/wljradio.com).

FCE shows off hand-made crafts



Susie Henderson also showed off this crocheted necklace featuring buttons that had been her mother's.



Susie Henderson had several crafty items to show, including this "flying Santa."



Louise Moore showing off a hand-made baby blanket.

Butler's Creek FCE Club met at the Extension on Monday evening. President Vicky Falkner opened the meeting with a poem entitled "Soup Season." Ten members answered roll and named their favorite type of soup. Brenda Gregory and Vicky Faulkner were hostesses for the meeting. November minutes and treasury report were read and approved. The Sunshine report was given for the month of December.

The evenings' program gave information about improving one's immunity levels and how individual lifestyle factors have a cause and effect in staying healthy. Of interest was a nutrition chart giving foods that are rich in eight different vitamin categories.

Donations of bottle caps were brought in towards the ongoing park "Buddy Bench" project. Members turned in reading reports for 2022 and reviewed the FCE club activity report which will be turned in by Jan. 31.

New Business

The group reviewed the 2022 year's activities and made plans for projects and activities for the 2023 year.

Jan. 31 will be a club workday held at the Extension Office from 2 to 4 p.m. with participants creating a Valentine's craft, plus a session of learning crochet stitches and learning how to read a pattern.

The menu towards the upcoming Farm Bureau dinner in February was discussed and planned. The dinner will be served to Farm Bureau members on Feb. 8 at the Farm Bureau office.

Bingo prizes will be collected and donated to the Waters Nursing Home as the club's February community project.

Demonstrations

Barbara Troxler brought a decorative wreath made of felt "leaves" attached to a metal frame. Vicky Faulkner displayed a decorative wooden plaque that she had painted showing a red truck delivering a Christmas tree. Susie Henderson had several

Butler's Creek FCE Club met.

crafty items to show: a decorative snowman painting, a beautiful hand-made ornament made with Christmas fabric topped with a bow, a hand-made round patch she had machine embroidered, two bracelets made from scraps of fabric and beads, and a

crocheted necklace featuring buttons that had been her mother's. Louise Moore had started a recipe book featuring hand-written recipe cards of her favorite recipes. In addition, she wrote a memory about each recipe on the back of every card. Cindi Lindsey

showed a new pattern for knitted dishcloths and displayed a hand-embroidered pillowcase set.

Upcoming

The Leadership Retreat (camp) will be held at UT Southern in Pulaski from

May 23 to 25. The next meeting will be held Feb. 8 at the Farm Bureau Office.

Vicky Faulkner adjourned the meeting with the thought, "The same boiling water that softens a potato, hardens an egg. It's about what you are made of, not the circumstances."



Submitted photos

PUBLIC RECORD

MARRIAGE LICENSES

James Keys Abernathy and Rae Elizabeth Shumaker-Tyson
Zachary Aaron Cleaver and Heather Kristen Reeves

CITY COURT

01/09/2023—01/09/2023

Financial Responsibility (Insurance)

—Michael Cameron Adcock, Terrence A. Bivens, Kenneth C. Edmonton, Kania J. Gant, Ericson Levi Gordon, Jasmine Gutierrez, Flavio Edgar Gutierrez Barrera, Elijah Layne Leverette, Joshua A. Parker, Azaria P. Porter, Michael Shondell Shaw, Austin Lee Smith, T'Kya K. Underwood, Robin Petri Wofford—all \$25; Bethany L. Alberts, Margaret Lucille Bain, Henri David Bakker, Danielle T. Beck, Evan Kane Brasier, Samuel I. Diaz Segovia, Amanda Faye Flynn, Amanda Faye Flynn, Katherine Faith Freelando, Bravlio C. Godinez, William Kevin Hickson, Kevan Tiler Justins, Jill Noel Price, Jenny I. Roblero Zunun, Erika Marie Schmidt, Haiden L. Scott, Miracle E. Stewart, Nicholas Stones, Ebony Channel Sutton, Noe Torres, John David Wiser—all \$130, Timothy R. Arbogast \$125, Terah Miller, Jonathan E. Ratliff—both \$115

Speeding

—Michael Cameron Adcock, Aretha Ann Anderson, Raief R. Attalla, Mason K. Bandy, Byron C. Bartie, Steven M. Bedford, Christian W. Bolden, Merendia J. Brannon, Christopher Michael Carllon, Leopoldo A. Castillo Collado, Kirston H. Clinton, Madilyn G. Cole, Frank C. Cortez, Kendrick J. Cox, George Brian Day, Luis A. Esparza De Leon, Catarina Felipe Felipe, Makayla Dawn Fox, Eric David Funk, Ericson Levi Gordon, Deborah J. Griggs, Jasmine Gutierrez, Flavio Edgar Gutierrez Barrera, George Overton Harris, Tia M. Holton, Karina M. Jeans, Bradley H. Jones, Brittiany N. Kemp, Daniel K. Kiedis, Elijah Layne Leverette,

Clifton D. Looper, Julian Lopez, Courtney Martin, Vanessa R. Martin, Zachary A. McKamey, Mohubo G. Muhudin, Alyssa M. Nelson, Ahmed Abullahi Osman, Joshua A. Parker, James M. Perrin, Azaria P. Porter, Tanawat Tommy Sengpraseuth, Lucian Blaine Simmons, Dylan R. Singleton, Deborah Kay Stone, Cody J. Venske, Lyndon Shea Warren—all \$125, Clinton Melvin Brooks \$150, Landon Buchanan, Joshua Alan Grant, Johndrea McClain, Karlie N. Perkins, Linda Beard Pigg, Emily Michelle Swing—all \$185, Jamal H. Butler \$325, Kristian Dominguez, Cobye Junior Fernandez-Ramirez, William Kevin Hickson, Phillip Robert Lett, Tiron R. McKenley, Joseph Brian Henry McKinzey, Henry Romero Monter, Grant C. Pruitt, Trent O'Neal Sadler, Michael Shondell Shaw, Brenda D. Shrader, David Thomas Sloan, Jama Marie Southall, Sue A. Troupe, Christopher William Vanatta, Justice C. Wilkerson—all \$130, Bravlio C. Gondez \$20, Jarren Lee Griffin, Tamra Shekel Whitley—both, \$150, Micheal Jeb House, Andrew Lee Kane, Yatzei Orozco—all \$190, Thomas Taylor Mills \$155

Registration Violation

—Bethany L. Alberts, Tiron R. McKenley, Terah Miller, Christina L. Richardson, Jenny I. Roblero Zunun, Matthew D. Romano, David Thomas Sloan, Samuel H. Sylvester—all \$10, Clyde Wayne Hix, David E. Horton, Steven Gene Skeeters, Stevfall Ray Smith, William Ricie Wheeler—all \$115

Traffic Control Device (Stop Sign)

—Lakebra S. Alexander, Terrence A. Bivens, Kania J. Gant, Patricio Reyes Cortez, Thomas Jason Sanders, Robin Petri Wofford—all \$125

Light Law Violation

—Aretha Ann Anderson, Henri David Bakker, Evan Kane Brasier, Samuel I. Diaz Segovia, William

Kevin Hickson, Witlow E. Ketner, Thomas Taylor Mills, Ahmed Abdullah Osman, Noe Torres, Erika Marie Schmidt, Haiden L. Scott—all \$10, Anthony Tyron Brandon \$145, Tyler Christian Grant, Brian K. Nutter, Johnathan T. Pope, Gracin A. Qualls, Christina L. Richardson, Matthew D. Romano—all \$115

Seatbelt Law

—Jeffery Travis Arnold, Henry Romero Monter—both \$30, Will A. Wilson \$55

Show Cause

—Kira Leigh Bailey \$115

Failure To Yield Right Of Way

—Jamie R. Barden, Alexandria Paige Cortez, Zhiqun Ling, Samuel H. Sylvester, T'Kya K. Underwood, Raymond Benjamin Van Dine Jr., Octavious Dayquan Wyatt—all \$130

Illegal Parking

—Mulat Zewude Belachew, Ruslan Moldogaziev—both \$130

Traffic Control Device (Red Light)

—Aldric Demond Bell, Lemarcus G. Booker, John L. Crick, Brittni A. Perryman, Deidre Ilene Smith—all \$125, Ebony Channel Sutton \$10, Raymond Benjamin Van Dine Jr. \$20

Driver To Exerise Due Care

—Marissa Ann Brown, Kenneth C. Edminson, Alexandria D. Gattis, Rebecca Lynn Owens, Pamela Sherrie Phelps, Tony Wheeler, Deborah Lynn Sons—all \$130

Distacted Driving (Hands Free)

—Daniel W. Clark, Will A. Wilson—both \$60

Animals; Chickens At Large

—Agustin Clemente Perez \$155
No Driver's License—Bravlio C. Godinez, \$10

Violation Window Tint Law

—Christian T. Hammond \$10

Excessive Noise/Loud Music

—Kevan Tiler Justiss, \$130

Speeding In School Zone

—Witlow E. Ketner \$125, Marvin L. Wilson \$135

Dog Running At Large

—Alexandria Leigh Laye \$155

Following Too Close

—Austin Lee Smith \$130

REAL ESTATE TRANSFERS

01/09/2023—01/09/2023

Staci Garner to Michelle Taggart Uzzle, Sherri Lin Uzzle—\$650,000, 11.87 acres, Pickle Rd.

Mary Lamb, Josh Lamb to Catherine Lemoine—\$310,000, 0 acres, Providence Rd.

Gary Boyce Construction LLC to Krista Morton, Mark Morton—\$539,900, 0 acres, Longview Rd.

SCF RC Funding I LLC, Essential Properties OP GP LLC to EPRT Tennessee Properties LLC—0 money, 0.628 acres, Madison St.

James E. Farrar Sr., James E. Farrar to Coopers Steel Fabricators Inc.—\$480,000, 1.77 acres, Railroad Ave.

Melissa J. Hopper, Melissa J. Hooper to Melissa J. Hopper—0 money, 0 acres, Lantern Lane

Wendell R. Smith, Betty J. Smith to Wendell Thomas Zachary Smith, Kristen Nicole Smith—0 money, 1.31 acres, Pepper Hill Rd.

Janet L. Overman to David A. Bowers, Susan A. Bowers—\$233,500, 0 acres, Dogwood Court

Silicon Ranch Corporation to Industrial Development Board—\$1, 338.16 acres, Frank Martin Rd.

TWAS Properties LLC to Shelbyville Assets LLC—\$5,945,946.00, 0 acres, N. Main St.

Martin K. Shofner, Corbel A. Shofner to Martin King Shofner Family Limited Partnership—0 money, 1.33 acres, Cathey Rd.

Charles Louis Byrd Sr., Gloria Kaye Hitchcock, Charles Byrd to Sam Johns—\$75,000, 0 acres, W. Jackson St.

Margaret Templeton to Jessica Byrd—\$150,000, 1.89 acres, Temple Ford Rd.

Rock Solid Properties, Fayne Parson, Tyler Gill to Heath Edward Johnson, Becky Lynn Johnson—\$305,000, 0 acres, Providence Rd.

Jerry Pigg, Kathryn Pigg to Rajer Nazari Badelbo—\$60,000, 0 acres, no address

Emmett C. Snell, Samuel R. Snell, William Snell to Samuel R. Snell, William Todd Snell, Taylor Paige Brown—0 money, 5.7 acres, Unionville-Deason Rd.

Robert Treisch, Anita Treisch to Jeanne Cameron, Catherine Cameron—\$368,000, 0 acres, Mac St.

Christopher Thomas Heath, Kimberly Michelle Heath to Vernon Orville Green Jr., Green Trust Dated May 22 2006, Green Trust For The Benefit of Vernon Norville Green Jr.—\$329,000, 0 acres, Rolling Road

Jacob Poley, Kailee Poley to Jacob A. Bell, Joan E. Cassidy—\$382,000, 0 acres, Cloverdale Rd.

Alexis Nieves, Erin Nieves to Jennifer Glaze Bryant, David Michael Bryant—\$140,000, 0 acres, no address

Michael M. Leach, Kimberly Leach to Leach Joint Revocable Living Trust—0 money, 3.23

acres, Rowesville Rd. Jeanne Cameron to David Austin Bowers, Susan Ann Bowers—\$225,000, 0 acres, Dogwood Court

Bethany F. Bennett to Delores Wadley, Billy Mason—\$259,900, 0 acres, Patricia Dr.

Reggie Clinton Smith Jr., Judy Smith to Circle H Properties LLC—\$115,000, 0 acres, no address

William Tomlinson Temple, Jeffery A. Temple Sr. to Jeffery A. Temple Sr.—0 money, 0 acres, Hwy 64

Delores Wadley, Billy Ray Mason to Ollie W. May Jr., Robin May Gabeiesheski—\$295,000, 0 acres, Hwy 41A N.

Nancy Jane Claxton to Donnie Edward Claxton—0 money, 0 acres, Perry Rd.

Ronald L. King to Jose Torres Jr., Autumn Torres—\$600,000, 5.5 acres, Sarvis Ridge Rd.

William W. Whisenunt, Sharon R. Cicero to Monica Strain—\$225,000, 1.02 acres, Smith Chapel Rd.

Larry D. Bice, Kathleen A. Bice to Kelly Kirby, Eason Syler—\$200,600, 2.25 acres, Hwy 130 W.

Michael W. Stovall, Stovall Revocable Trust, Kathryn C. Stovall to Cheyenne Investments LLC—\$150,000, 0 acres, Lorien Circle

Delela J. Butler, Brian Butler to Hunter Sanders—\$220,000, 0 acres, Frank Martin Rd.

BUSINESS LICENSES

01/04/2023—01/11/2023

White Electric Company—318 White St., Shelbyville, Jose L. Atanacio

Elysian Farms Counseling—641 Higgins Rd., Wartrace, Courtney L. Eichelberger

Strada Services LLC—

5160 Hickory Hollow Pkwy., Antioch, Tn., Joseph Strada Dyer Complete

Construction—466 Philpot Rd., Bell Buckle, Michael Dyer

PB Builders & Construction LLC—306 Forest Ave., Shelbyville, Paul Burns
The Hair Loft 2—107

Northside Park Dr., Shelbyville, Katherine Gerber

Luisela Hernandez Fuentes—714 E. Depot St., Shelbyville, Hernandez Fuentes

Package Brothers HVAC LLC—255 Temple Ford Lane, Shelbyville, Bradley Grimes

Flames destroy Blue Ribbon Parkway residence



ABOVE: A sea of charred timbers remain after the blaze early Wednesday at the home of Michael and Brittany Preston, Blue Ribbon Parkway.

LEFT: This once-welcoming sight now appears foreboding.



ABOVE: "Livin' the Frenchin' Life," the window sticker says. Investigators said two dogs survived the blaze.

LEFT: Flames also roared through a rear addition to the home.

Vehicles burglarized in Southside area

By DAVID MELSON
dmelson@t-g.com

At least two unlocked vehicles were burglarized overnight Sunday in the Southside area of Shelbyville, police said.

A coin purse containing \$250, a pair of sunglasses, and the rearview mirror were stolen from a car at a Lafayette Street home.

A wallet containing two credit cards but no cash was stolen from a car on June Avenue.

Converter taken

The catalytic converter was stolen from under a van belonging to Faith Baptist Church, Neeley Avenue, Shelbyville police were told Wednesday.

The pastor said the theft was discovered when he started the van and "it sounded like a logging truck."

Theft averted

Two women attempted to steal \$67 worth of food Tuesday from Dollar General Market, North Main Street,

A loss prevention employee said the women ran from the store when they realized they were about to be caught.

Drug charges

•Marijuana was confiscated from a man stopped for speeding on Madison

Street early Tuesday, police said.

Daniel McDonald allegedly had 1.24 grams in a pill bottle and a marijuana pipe in the vehicle's center console.

McDonald was cited for simple possession of a schedule 6 drug and paraphernalia and speeding.

•Two people were charged with drug possession early last Saturday during a traffic stop on Highway 231 North.

Adir Shalev, 33, of Hendersonville was allegedly clocked at 72 mph in a 50 mph zone, said a report filed by State Trooper Barry Qualls.

Shalev allegedly had approximately .5 grams of crystal methamphetamine, 1 gram of marijuana and rolling papers in his possession. He was charged with possession of schedule 2 and 6 drugs and paraphernalia.

A passenger, Sadie Killian Parsons, 43, of Highway 130 South was allegedly in possession of 3 grams of crystal methamphetamine, 22 prescription medication pills "with no valid prescription," and a cut straw with white residue, Qualls said. Charges of possession of schedule 2 and 4 drugs and paraphernalia were filed.

Parsons has denied the allegations. She posted \$63,500 bond and Shalev \$9,500.

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.

•Francisco Javier Garcia Aoreiga, 45, Bethany Lane; driver to exercise due care, driving on revoked license; released on recognizance

•Stephanie Danielle Austin, 31, Fayetteville; no driver's license/exhibited on demand; released on recognizance

•Cadance Ezland Barb, 20, Cottonwood Drive; violation of order of protection; released on recognizance

•Debbie Brewer, 48, North Main Street; domestic assault; held, \$2,500 bond

•Tatiana Bustamante, 29, Mankin Road; violation of probation; held, \$2,500 bond

•Matthew Ray Clanton, 26, Ledgeview Drive; violation of probation; released on recognizance

•Charles Noah Dady, 22, Belfast; driving on suspended license, registration law; released on recognizance

•Daniel Ruan Dutz, 42, Winchester; failure to appear; released on recognizance

•Jessica Lynn Henson,

38, Carlisle Avenue; unspecified charge; released on recognizance

•Crystal Jamison, 32, Cliffside Avenue; driver to exercise due care, driving on suspended license; released on recognizance

•Meagan Johnson, 23, Madison Street; light law, no driver's license/exhibited on demand; released on recognizance

•Roxanne Jones, 47, Hinkle Hill Street, Bell Buckle; domestic assault; held, \$2,500 bond

•Lavoris DeJuan Lanier, 54, Sulphur Springs Road; domestic assault; held, \$3,500 bond

•Zykey Dayelon Laye, 21, McBride Lane; no driver's license/exhibited on demand; released, no bond

•Ansley J. Lopez, 19, Blue Ribbon Parkway; no driver's license/exhibited on demand, possession of drug paraphernalia, running red light/stop sign; released on recognizance

•Samuel Malmstrom, 21, Tullahoma; failure to appear; held, no bond

•Brandon Alexis Martinez Luna, 20, White Street; driving on revoked license, violation of probation; held, \$5,500 bond

•Kenny Lamont McGee, 33, Tullahoma; aggravated domestic assault, interference with emergency calls; released, \$15,000 bond

•Kimberley Merlo, 23, Shelbyview Drive; driving on suspended license, texting while driving; held, \$1,000 bond

•Gregory Mirelez, 57, East Depot Street; driving on revoked license, leaving scene of accident; citation issued

•Jonathan Moreno Perez, 24, Fairway Green Drive; no driver's license/exhibited on demand, speeding; released on recognizance

•Claudia Solis Nunez, 37, Madison Street; driving on suspended license, light law; released on recognizance

•Aurelia Camarillo Perez, Tanner Circle; no driver's license/exhibited on demand; released on recognizance

•Matt Dillon Phann, 29, Highway 231 South; attachment; held, \$500 bond

•Jaqualyn Tyler Prater, 25, no fixed address, Shelbyville; failure to appear; held, \$1,000 bond

•Manuel Ralios Quino, 26, Collier Avenue; public intoxication; released, \$1,500 bond

•Candelaria Ramos Ordenez, 26, King Arthur Court; child abuse/neglect/endangerment; released, \$20,000 bond

•Trenton C. Ransom, 41, Scotland Heights; driving on revoked license, speeding; released on recognizance

•Santiago Reyes, 38,

White Street; driving on suspended license, DUI, financial responsibility, speeding, texting while driving; released, \$3,000 bond

•Diego Miguel Ronaldo, 18, Bridlewood Drive; no driver's license/exhibited on demand, speeding; released, \$500 bond

•Manuela Dumingo Sebastian, 55, Quarry Street; no driver's license/exhibited on demand, running stop sign; released on recognizance

•Andrew Dale Smith, 24, no fixed address, Shelbyville; domestic assault; held, \$1,500 bond

•Stanley Lynn Smith, 56, Central Avenue; violation of probation; released on recognizance

•Melissa Soriano, 31, White Street; failure to appear; released on recognizance

•Lucus Gomez Todeo, 25, Deery Street; driving on suspended license, failure to yield; released on recognizance

•Jerome Quinton Warren, 50, East Lane Street; public intoxication; held, \$1,500 bond

•Wesley Martin Worthington, 27, Madison Street; violation of probation; held, \$2,500 bond

•Jessica Morgan Yost, 25, Harrison Road; driving on revoked license; released on recognizance

Boy told mom 'be calm' before being swept away

LOS ANGELES (AP) — Lindsay Doan didn't think the water flowing over the creek crossing on San Marcos Road was deeper than normal when she tried navigating it in her SUV while driving her 5-year-old son to school.

But the creek, swollen with rain from California's epic winter storms, was much higher and flowing stronger than she anticipated. Doan cursed as she lost control of the steering and the 4,300-pound Chevy Traverse was

carried off the road and pinned against a large sycamore tree.

"Mom, it's OK," her son, Kyle, reassured her from the back seat. "Just be calm."

They were the last words the little boy said to his mother before his fingers slipped away from hers and he was swept away Monday on California's central coast near Paso Robles.

"Yesterday I got to the point where I think I ran out of tears," Doan told The Associated Press.

"I just don't know what to expect anymore. I mean, I've tried to do a Google search: How long can a child not eat? How long can they be in wet clothes? ... We're worried because I don't know if they're going to be able to find him."

More than 100 people, including National Guard troops, dive teams, searchers using dogs and drones and people picking through shoulder-high piles of driftwood on the banks of San Marcos Creek searched for a third

day Wednesday for Kyle. So far, they've found only one of his blue and gray Nike shoes.

The storms that have relentlessly pounded California since the end of last year have claimed at least 18 lives. Most of the deaths have been caused by falling trees and people driving on flooded roads.

For most of the year, the creek running along San Marcos Road is like so many California rivers and streams — a sinuous band of sand that only flows with winter and

spring rains. When it is flowing, it's often easy enough to drive through the shallow waters that course over the road in places.

Scotty Jalbert, emergency services manager for San Luis Obispo County, said river crossings can be deceiving and people can run into trouble after successfully fording them several times. As little as 6 inches of water is enough to knock a person off their feet and can even push a car off course if it's moving rapidly.



Brooke Smith-Sanders looks through brush at a tombstone in the Coop family portion of historic Church Cross Cemetery. She is spearheading a drive to clean the cemetery and ensure it lasts for generations to come.



Tombstones and unmarked graves are scattered throughout the property. The stone seen in front is for Aaron Williams, who died in 1891.

Church Cross Cemetery: Peaceful resting place



The letter "C" can be seen on what otherwise appears to be a large rock among tombstones at Church Cross Cemetery.



An engraved crown rests above the grave of Mary McCulloch, who died at age 23 in 1885.



William C. Loyd, a member of the Woodmen of the World fraternity, is remembered with this intricately carved monument from 1917.



An angel runs across the weathered stone of a 2-year-old child, with the name appearing to be Davie Coop, who died in 1885.



The late-afternoon sun sets over Church Cross Cemetery.



A crack on the tombstone obscures the name of the church where Laura Falk, who died at age 20 in 1890, attended - but it was likely the nearby Cross Roads Church of Christ. The cemetery is on the grounds of the former church, which disbanded many years ago.

Doug Dezotell

Musings and Memories

Imperfect but saved

I saw a sign one time that read, "Do Not Judge Others Just Because They Sin Differently Than You."

There are signs, billboards, and all sorts of advertisements where ever we go anymore.

Those signs that appear throughout our communities, whether they are in front of a church or a business or up high above on a billboard, are there to catch our attention and to make us think.

And I have been thinking about that one specific sign a lot lately: "Do Not Judge Others Just Because They Sin Differently Than You."

Let's face it, we are all a bunch of sinners; every last one of us; Romans 3:23 tells us that.

In John's Gospel, chapter 8, John recounts the story of a woman who was dragged kicking and screaming into the Temple.

A group of self-righteous men threw her down in front of Jesus, and they proclaimed, "We caught this woman in the act of adultery. Moses in the Law commanded that she should be stoned. What do you say?"

Jesus looked around, and then He stooped down and started writing on the ground as if He hadn't heard them.

They continued asking Him, "What do you say about this?"

Finally, Jesus stood up and said to them, "He that is without sin among you, let him be the first to cast a stone at her."

After He made this statement, He once again stooped down and wrote on the ground.

Now, we don't know what he was writing, John doesn't tell us. But his Gospel said that those men, from the oldest to the youngest, were convicted by their own conscience, and one by one they walked out of that place.

The woman was left alone there with Jesus.

When Jesus saw that all of those men had left, He asked the woman, "Where are your accusers? Has no man condemned you?"

She looked at Jesus and said, "No man, Lord."

And Jesus said unto her, "Neither do I condemn you. Go and sin no more."

That is one of the Greatest Stories of Forgiveness in John's Gospel.

Jesus said in John 3:17, "God sent not His Son into the world to condemn the world; but that the world through Him might be saved."

It is easy for us to point our fingers at someone else that is doing wrong and we say negative things about that person; to condemn them for their sins.

But who among us is without sin?

Every one of us is a sinner in need of a Savior; and God sent His Son into the world to save us from our sin.

I have accepted His forgiveness, and I can say, "I Am Forgiven."

But, I Am Not Perfect—Just Forgiven.

I wear a leather bracelet with the word "FORGIVEN" on my right wrist, just to remind me that I am a Child of God who has accepted the forgiveness of my sins through the Blood

▶ See **Doug**, Page 3B



T-G Photo by Chris Siers

Shelbyville Central will be one of the host sites for the flag football league, set to debut this spring.

Flag football league to debut this spring

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

Baseball may be America's pastime, but there may be an even bigger following for football.

One of the biggest concerns with football in this day and age is the possible ramifications of playing a contact sport for years.

One way fans of the sport can play on the gridiron without the continual contact of traditional tackle football is flag football.

In past years, there's not been any flag football leagues set up to allow school-age athletes to participate in a flag football league

That's about to change with the efforts of Tre Stewart and the governing body of America's Flag Football Association.

Spanning from states throughout the southeast, America's Flag Football Association affords scholastic athletes the ability to play flag football, within a league and governing body.

"There are 380,000 kids playing in different cities across the board. I told him we would love to do something like that here because we have a huge population of youth, but not everybody wants to play tackle football. It's co-ed. It develops a base of athleticism across the board. It's flag football and it starts from kindergarten through 12th grade," Stewart said.

Stewart is organizing the efforts at a local level to bring flag football to Bedford County in a league that will be open to athletes K-12th grade.

The structure is designed to span from 5-on-5 in the younger age groups, to a more traditional 7-on-7

for high school athletes.

"This is school age kids. For the little kids, they play 5-on-5 and play on a 25-50-yard field and then it goes up to 6-on-6 and 7-on-7 for middle school and high school. It opens up the door for a lot of athletes," Stewart said.

The league will be played on Saturday afternoons this spring, at both Shelbyville Central and Cascade High Schools.

"We would love to have eight to 10 teams per age division. We also get to recruit local coaches, from parents, to coaches, players and college players. That's where you get the older tie ins to come back into the program," he said.

"We know baseball is big and a lot of people play travel ball. We're going to be playing on Saturday afternoons. We'll start kind of where baseball cuts off. The younger kids will start around 3 p.m. and we'll run it through the afternoon. We'll have music playing, concessions and things of that nature. It's light-hearted, but we do have TSSAA refs that will be out there. There will be structure and very organized."

The cost is \$135 per athlete, but that cost includes everything from admission to the games throughout the entirety of the season, to flags and jerseys as well.

There's also a non-profit charity the association uses to help athletes who may be otherwise unable to afford the cost.

"We have a non-profit charity where they can go in and sign up for that, and if they qualify, they cover the kids' cost for them. If they need assistance, they have assistance and it doesn't cost them

anything. We're going to hosting a lot of them at Central and a few at Cascade as well. Coach Jake (Tyre) and Coach (Jud) Dryden have agreed to let us use their facilities. I'm grateful for that portion," Stewart said.

With the league set to begin in a few months, registration is currently open through the association's website.

"The biggest thing was making sure we had all the ducks in a row with the fields and things of that nature. I've been working on this for a couple of months. It's a huge league with America's Flag Football Association. We're bringing in a huge brand that's been running for almost 10 years and that spans multiple states. That also brings in a great structure," Stewart said.

The league is currently being played in states like Alabama, Georgia, Louisiana, Mississippi and Florida.

"It begins in March. We're about to open the registration and it runs through May. I'm planning a couple different ones in different areas—one in Winchester, one in Tullahoma and close to Cleveland. After we get everything done, we run a tournament bracket. We run our local tournament, and then we'll start traveling and playing other teams," Stewart said.

For more information, visit americasflagfootball.com for registration and charity information.

Mark McGee
My Take

Signs of the apocalypse

"Oh, what a world! What a world!" The sentiment was part of the death speech of The Wicked Witch of the West in "The Wizard of Oz."

We all might be prompted to echo her sentiments with what we are seeing around us today. While the space for this column doesn't allow me to mention all the wild and crazy happenings around us, there are three that have really caught my attention in the last week.

For several years Sports Illustrated magazine had a weekly feature with the intro "Signs of the Apocalypse" when something odd happened in the sports world. We are seeing signs of the apocalypse on a more serious nature all around us.

Last week a 6-year-old boy in Newport News, Virginia ended an argument with his teacher by pulling out a gun and shooting her in the chest. The teacher was in critical condition but is improving. Whatever happened to reading, writing and arithmetic and coloring with oversize crayons?

David Riedman, founder of the K-12 School Shooting Database, has reported there have been three previous school shootings by 6-year-olds since 1970. Two of those incidents were accidental, but one involved the killing of a young girl.

Even in today's troubled world the shooting of an elementary school teacher by one of her students is shocking. Will such shootings continue to be rare incidents, or is it a sign of things to come?

Another story I was awed by involves the composting of bodies. New York has become the sixth state to approve this way of dealing with a corpse. Not surprisingly, the State of Washington was the first.

Bodies are placed in a container with wood chips, straw or grass. Microbes go to work and in a matter of weeks or months the body is transformed into soil perfect for planting. It gives the saying, "we therefore commit this body to the ground, earth to earth, ashes to ashes, dust to dust, in sure and certain hope of the resurrection to eternal life" a meaning not expected when it was written for the Church of England's "Book of Common Prayer".

Instead of having flowers placed on your grave your body can be used to grow them. The morbid reality is we are all going to decompose, so I guess some people think this is decomposition with a purpose for a greener world.

On a more humorous note, I have been seeing promotions on television for a professional slapping league. It is about as basic as a competition can be with two people standing face-to-face and seeing who can slap the hardest.

And I thought a professional cornhole league was a sporting blasphemy. I guess a professional pinching league is next.

Yes, what a world indeed.



The Shelbyville Rec Center is offering a 25% membership sale until Jan. 31. See additional photos on page 3B.

Rec Center membership sale

Full Annual memberships purchased before January 31 are 25% off. For residential rates: a single pass is \$225 but only \$168.75 now; a household of four is normally \$325 but on sale for \$243.75; a senior pass is normally \$150 but only \$112.50

now; and a senior couple's pass is normally \$225 but on sale for \$168.75. (Any additional person in the household of 4 is an additional charge of \$37.50 per person).

For non-residential rates: a single pass is \$275 and on sale for \$206.25; a family of four nor-

mally goes for \$375 but is on sale for \$281.25; a senior pass is \$175 but is one sale for \$131.25; and a senior couple's pass normally goes for \$250 but is only \$187.50 until Jan. 31.

'God incidents'

From brain surgery to recovery



Evelyn playing a lead role in Annie, Kids at Thomas Magnet.

Photos by Leandra Habel



Sisters Alissia, Evelyn, and Ella.



The Jefferson Family.



Evelyn Jefferson.

By LEANDRA HABEL

Special to the T-G

Evan and Stacey Jefferson are the parents of Ella, 15, and twin girls Evelyn and Alissia, 9. They've learned about the power that prayer holds and how a community can step in to show incredible strength when we're at our weakest.

On March 7, 2022, while getting ready for school and work on what seemed to be a typical Monday morning, Evelyn complained of a headache. It soon worsened, and her symptoms proved they needed to get to the hospital. Once there, it was decided that Evelyn needed to be rushed to Vanderbilt Children's Hospital, where the family discovered she had a brain bleed and required emergency brain surgery.

Throughout this terrifying experience, it was apparent that many people were praying for them. Evan and Stacey later realized how many "God Incidents" were being provided for them such as knowing the local EMT, finding out that the head of the Vanderbilt Children's Hospital ER was on duty, and the head of surgery being present throughout Evelyn's arrival. All of those people were waiting for Evelyn and immediately started to care for her.

Friends and family, including co-workers and acquaintances back in Shelbyville that were aware of the situation started praying. Their family and youth pastor, who were waiting at the hospital, found them and began praying in the parking garage and the waiting area. The ER doctors even prayed for them before the Jeffersons got on the elevator. God was preparing the way for them at an incredible time of need.

"The Lord Himself goes before you and He will be with you." (Deuteronomy 33:18)

Evelyn, who never lost her manners, was amusing the doctors and nurses while being examined. Doctors were asking her questions about her name or address, and she could only answer, "I'm sorry ma'am,

I can't remember," or "I'm sorry, I'll remember it later." She always addressed them with sir or ma'am.

Now at Vanderbilt, the Jeffersons were discovering the reality of the brain bleed. Evelyn's doctor calmly explained the surgery, and it was all becoming hard to comprehend. When coming up with a plan of action, the doctors realized that the brain bleed was in the area of the brain that affects speech, and it was possible that she may not be able to speak again. While things began to look dark, the family briefly said their "love yous" before Evelyn headed up to surgery. The Jeffersons had to accept that it could be the last time they got to say "I love you" to their daughter, but Evelyn reassured them that she would be fine by smiling and saying she was okay. The Jeffersons knew that they were at the feet of Jesus, giving it all to Him to bring them through the surgery.

The doctors performed what seemed to be an eight-hour surgery, but soon enough the doctor came back to give them the good news. The surgery had been a success and Evelyn was able to speak—not a lot, but talking nonetheless. Recovery might take a long time and could mean spending a long time in the PICU, outpatient rehab, or even inpatient rehab. Those estimates meant nothing to Evelyn, who had recently performed in the school drama in a significant role while presenting her lines, singing, and dancing.

The Jeffersons recognize that the "God Incidents" weren't coincidences, but rather God working through the prayer of friends, family, church, co-workers, and acquaintances. They are humbled by the care and love shown to them through the community, and it was that support that helped them survive and learn not to take things for granted. They understand how to cherish the small things, like sitting in church with your family or at a family movie night while hearing the laughter of your children. The smallest of blessings are often the largest.

Shall we sing the praises of public restrooms?

It's an amenity that most consumers take for granted. It's an amenity that most retailers/professionals grudgingly accept as a cost of doing business.

But I simply must salute those businesspeople who provide the miracle of indoor plumbing to their patrons.

When traveling or shopping, a restroom can be a lifesaver. We use the euphemism "when Nature calls," but Nature doesn't usually phone ahead. It shows up unannounced, kicking the front door in and toting two weeks' worth of luggage.

I am not here to chastise those business owners who in their infinite

wisdom decide not to go to the hassle of providing a restroom. Just know that the shoppers who make selections while squirming, fidgeting and jogging in place tend to overwhelm the Returns desk a few days later. ("Stains? What stains?")

I will not go as far as a theologian friend, who speculates that these businesspeople have a special corner reserved in hell. ("Don't sweat the flames. Drink all the water you want. You just can't get rid of it.")

Next up on the scale is the establishments with strings attached. I remember a vacation when the "Any port in a storm" mantra guided us

as we parked at a rural crossroads market. Our mission was urgent enough that we were not deterred by the sternly worded "Restroom reserved for paying customers!" sign or the glowering clerk. ("You folks just passing through? Would you recognize a meth lab? Does your next of kin know you're here?")

Predictably, this establishment did not provide paper seat liners. They would probably have clashed with the deep-fried toilet paper, anyway.

Besides, anything short of an exorcist, a flame thrower and Anthony Fauci's home phone number would have been inadequate.

On the next rung is the

place where you have to wait in line and ask for the key. I can't decide if this is more like Oliver Twist meekly asking for more gruel or your younger self asking Dad if you can take the training wheels off the bicycle.

As you do the walk of shame with the key, you are tempted to bluff to maintain your privacy. ("I donated my urethra and my gastrointestinal tract to African orphans, and I just need to use the mirror to check my worry lines.")

Even when no key ritual is required, you can rest assured that the person who beats you to a single-occupancy restroom is going to be the person with (a) a free hour of

playtime on Candy Crush, a person with a distorted sense of time ("2023? Already? Get outta here!") or a person with a bashful bladder. When dealing with the latter, you might yell through the door, "I can be your bladder's wingman!" or "Let me buy your bladder a copy of 'How To Win Friends and Influence People.'"

The holy grail, of course, is a spacious, modern, palatial, multi-stall, graffiti-free restroom.

That has its own problems. Operating in "we're not worthy" mode, you feel obligated to buy something, despite the inflated prices. And the guilt trip just accelerates.

"Take the cart. I need to

Danny Tyree

Tyrades



call my mother. And send that waitress a bigger tip. And if your pocketknife is still sharp, maybe I could do something for Locks of Love! Wait... Mom said Nature kicked in her door. I hope the potty at the hardware store is unoccupied."

•Danny Tyree welcomes email responses at tyreetyrades@aol.com and visits to his Facebook fan page "Tyree's Tyrades."



Soccer fields at River Bottom Park in Shelbyville

T-G Photos by Zoe Watkins

Where to play?

Though a bit chilly, now is a great time for kids to play on the playground.



A little free library at Never Rest Park



Never Rest Park

Interesting facts about Martin Luther King, Jr.

Martin Luther King, Jr. was one of the most influential figures of the 21st century. King's tireless activism during the Civil Rights Movement of the 1950s and 1960s improved the lives of millions of people, and his tragic assassination on April 4, 1968, marked one of the darkest days in American history.

King's oratory prowess is well-documented. Individuals across the globe are familiar with his "I Have a Dream" speech, which King delivered during the March on Washington. Less familiar are some other notable facts about the life of Martin Luther King, Jr.

- If he were alive today, Martin Luther King, Jr. would still be years away from his 100th birthday. King was assassinated in 1968, when he was not yet 40 years old. Born in Atlanta in 1929, King could very much still be alive today and would have celebrated his 94th birthday on January 15, 2023.

- King was an extraordinarily gifted student. At

an age when many students were preparing to enter their sophomore or junior year of high school, King began his freshman year of college at Morehouse College. King enrolled at Morehouse when he was 15 after the school opened enrollment to junior high students in an effort to overcome a dip in enrollment related to World War II. King passed the entrance exam and enrolled in the fall of 1944.

- King was ordained as a minister prior to graduating from Morehouse. The Baptist ministry was something of a family business for the Kings, as Martin Luther King Jr.'s father, grandfather and great grandfather were all Baptist ministers. However, King did not initially intend to follow that path. He ultimately changed course and entered the ministry at age 18, graduating from Morehouse with a degree in sociology a year later.

- King survived a knife attack years before his assassination. King was stabbed in the chest with a letter opener dur-

ing a book signing event in Harlem in 1958. His assailant, Izola Curry, was ultimately deemed mentally incompetent to stand trial. Though the attack did not kill him, King had to undergo intensive emergency surgery and was hospitalized for several weeks.

- Conspiracy theories surround King's assassination. King's assassin, James Earl Ray, was found guilty and sentenced to 99 years in prison. Authorities, including the United States Department of Justice, concluded Ray, a career criminal, acted alone. However, some, including surviving members of King's family, believed his assassination was part of a conspiracy.

Despite his tragic assassination in 1968, Martin Luther King, Jr. left his mark on the world. That legacy is even more remarkable when considering the unique twists and turns King's life took prior to his death.

These are some notable facts about the life of Martin Luther King, Jr.



Doug

(Continued from Page 1)

of Jesus Christ.

Now, I am a preacher, and I am the pastor of a wonderful church in our community, but I will be the first to admit that I am not

perfect.

I Am A Sinner Saved By God's Grace.

It is my calling, my task here on Earth to proclaim the Good News of Jesus Christ, to let others know about the Grace of God.

Again, in John's Gospel, in 3:16, we read, "For God so loved the world that He

gave His Only Begotten Son, that whosoever believes in Him should not perish, but have everlasting life."

Years ago, as a young man, I realized that my life was a mess. I was a substance abuser in need of deliverance.

I was in desperate need

of a Savior, and I cried out to Jesus Christ asking Him to forgive me of my sins.

And He did; and I have never been the same since then.

I still mess up at times; I still think the wrong things, and I sometimes say the wrong things; and sometimes I do the wrong

things.

I still sin. I'm not perfect.

But, I have a Savior, a Deliverer, a Sin-Forgiver, a Way Maker.

His Name is Jesus Christ.

•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 dougmdezetell@gmail.com or at 931-607-5191.

And you can find Doug in

the pulpit at Cannon on Sunday mornings at 11.

There is a place for you at Cannon Methodist Church.

T^{SHELBYVILLE} TIMES-GAZETTE

Mort Walker's **beetle bailey**



Hank Ketchum's **Dennis the Menace** **care tactics**



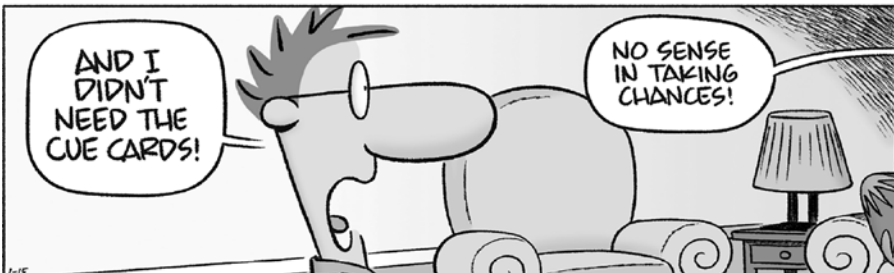
BLONDIE BY SEAN YOUNG & JOHN MARSHALL



The FAMILY CIRCUS By PIL KRANE



Baby Blues



DADDY DAZE



SALLY FORTH

by Francesco Marciuliano

I CAN LITERALLY SEE MY BREATH IN HERE!

OKAY, WHICH VERSION OF "LITERALLY" ARE YOU USING, HIL?

IT'S FREEZING IN THIS HOUSE!

GET A BIG, FUZZY BLANKET. SIT ON THE COUCH. CURL UP WITH A GOOD BOOK.

OR MAYBE WATCH A SHOW YOU'VE BEEN MEANING TO BINGE BUT CAN NEVER SEEM TO FIND THE TIME TO...

SERIOUSLY, MOM, CAN WE CRANK UP THE HEAT?

HEATING COSTS HAVE SKYROCKETED THIS WINTER, HIL, SO WE'RE TRYING TO BE CAREFUL.

WHY NOT PUT ON ANOTHER LAYER OF CLOTHES?

WITH ANY LUCK THE CAT WILL SIT ON YOUR LAP AS YOU GENTLY PET HER, HER SOFT PURRS SLOWLY, BLISSFULLY DRIFTING YOU AWAY FURTHER AND FURTHER UNTIL...

ANOTHER LAYER?! I HAVE ON A SWEATSHIRT, SWEATER, HOODIE AND HAT! I'M MORE FABRIC THAN HUMAN NOW!

THEN MAKE SOME HOT COCOA...

KEEFE

TED, CAN YOU FINISH MAKING THE SALAD? I'M GOING INTO FULL "COZY" MODE FOR THE REST OF THE DAY AND MAYBE ALSO TOMORROW IF I REALLY NOD OFF.

OKAY, BUT FIRST I HAVE TO RUN MY HANDS UNDER HOT WATER BECAUSE RIGHT NOW THE ONLY THING I CAN FEEL IS EMOTIONS.

The PHANTOM

by Lee Falk

THE PHANTOM AND DIANA LEARN MORE ABOUT THE... CREATURE?

I SAW THE FORMIDABLE BEAST. A BLOODTHIRSTY LESSER HUMAN... SLAUGHTER THE HUMAN.

...AND THEN I SHOT IT.

CALL IT THE DIFFERENCE BETWEEN MY KIND AND YOURS, HUMAN.

I KEPT QUIET UNTIL I KNEW WHAT THERE WAS TO KNOW.

HOW MANY HUMANS DO THAT?

POINT TAKEN...

GOOD GRIEF! WHY DIDN'T YOU SPEAK TO US IN THE CAVERN?

YOU LET US THINK YOU WERE AN ANIMAL!

WE ARE--WE ADMIT-- ALMOST HUMAN...

THEREIN LIES THE WARNING WE LIVE BY.

WE MUST STRIVE NEVER TO REGRESS TO THE MERELY HUMAN STATE!

Tony DePaul & Jeff Weigel 1-15-23

YOU THOUGHT WHATEVER WE DIDN'T KNOW ABOUT YOU MIGHT BE TO YOUR ADVANTAGE IN MAKING AN ESCAPE.

FAIR ENOUGH...

WHY CHOOSE TO SPEAK NOW?

CLEARLY, BY "ALMOST HUMAN" THEY MEAN TO SAY BEYOND HUMAN.

OH, DARLING-- IT'S AT LEAST THAT!

WHAT IS THAT? IRONY?

Hi and Lois

by Brian and Greg Walker

THIS IS GOING TO BE SO AWESOME!

FRESH POWDER!

IT'S GREAT TO BE SKIING AGAIN!

CRISP AIR!

BRIGHT SUNSHINE!

WE HAVEN'T STARTED YET.

I'M TRYING TO ENJOY THE MOMENT WHILE I STILL CAN.

ZITS

BY JERRY SCOTT AND JIM BORGMAN

SPLAT!

LICK!

BLAP!

LICK!

SLORP!

DONUT HOLE PING PONG IS PURE GENIUS.

WATCH THE SPIN I PUT ON THIS MAPLE GLAZED!

PLOPP!

THE LOCKHORNS

BY BUNNY HOEST AND JOHN REINER

"WE DO HAVE A SELF-DRIVING CAR... IF YOU LEAVE THE PARKING BRAKE OFF."

"SO... HOW'S NOT WORKING OUT WORKING OUT FOR YOU?"

CANDORVILLE

BY DARRIN BELL

MATT DAMON MISSED OUT ON A \$250 MILLION PAYDAY, BRUH.

WHEN THE FIRST AVATAR MOVIE CAME OUT, THEY WANTED MATT DAMON TO PLAY THE LEAD AN' OFFERED HIM 10% OF THE BOX OFFICE. BUT DAMON ALREADY HAD A GIG AN' HAD TO PASS.

MATT DAMON KICKIN' HISSELF FOR THAT TO THIS DAY, BIG L.

HE AIN'T NEVER GONNA GET OVER THAT. HE GONNA REGRET IT TILL HIS DYING DAY.

(A) HE'S RICH ANYWAY...

...AND (B), I'M STILL NOT LOANING YOU TWO DOLLARS IN RETURN FOR TEN PERCENT OF TWO DOLLARS.

YOUR LOSS, MATT DAMON.

"WE DON'T NEED ANY INSULATION... WE STUFFED THE WALLS WITH THE FLYERS YOU'VE BEEN LEAVING FOR THE LAST TEN YEARS."

SLYLOCK FOX

BY BOB WEBER JR.

Deputy Duck received a report stating that Reeky Rat and his punk pals flung french fries at diners inside Billy's burger joint ten minutes ago. Reeky admits being at Billy's but insists they left two hours ago. Why doesn't Slylock Fox believe the rat?

WHO, ME?

True or False

- 1) Pigs are smarter than dogs.
- 2) Pigs prefer to be alone and become stressed when in groups.
- 3) Mother pigs sing to their babies while nursing.
- 4) Pigs have poor memories.

YOUR DRAWING Today's terrific artist is Lyla, age 7

Submit your drawing to www.slylockfox.com

Spot six differences between these panels.

Answer -- Scarf, snowman's smile, bird, stick, flame and bone.

NEW! Slylock Fox: Spot the Six Differences book is here! Available at www.slylockfox.com

"BEFORE I MARRIED LEROY, I DID A BACKGROUND CHECK AND FELL ASLEEP."

D. PULLMAN MARRIAGE COUNSELOR

"I ADMIT, SOMETIMES MY MARITAL GPS SPENDS THE WHOLE DAY RECALCULATING."

VALENTINE'S IN WARTRACE



Businesses in Wartrace are encouraging visitors to grab their honey or their bestie and join the quaint little town for some Valentine's Day fun and shopping from 12 to 5 p.m. on Saturday, Feb. 11. Visitors can wander through town shopping and enjoying complimentary treats in each shop. Be sure to get your "I Love Wartrace" shopper's card punched in each store. If you complete all of the punches and turn in your completed card at a participating business, you get the chance to win a prize basket valued at over \$200 and including a stay at the Blue Victorian Bed and Breakfast in Wartrace! Other door prizes vary by each shop. Shops participating in the day will be Rock House Deli Depot, Chabbi's Sweets & Eats, Big Creek Winery & Tasting Room, The Shoppes at 31 Main, The Walking Horse Museum, The Sparrow's Nest, The Iron Horse Pizzeria, Old Petticoat Trading Co., and Seven on Main.



Menza's Daycare presents gift cards to an officer from the SPD.

Submitted photos



Dawns Hobbs, center, gives cookies to officers at the SPD.



Dawn Hobbs, center, delivers cookies to the Sheriff's Department.

National Law Enforcement Day

Monday was National Law Enforcement Day. Each officer from the Shelbyville Police Department received a Sonic gift card from Menza's Daycare and delicious cookies from United Communications. United Communications also delivered cookies to the Bedford County Sheriff's Department. Law enforcement personnel would like to thank both of these businesses for their support.



Dr. Shane Kuhlman

Mental health challenges for men

January is "Manuary"

Growing up, you hear the expressions, "rub some dirt on it" or "suck it up" when trying to express emotions through pain, sadness, or fear. For some, these expressions have been passed down from previous generations as a way to encourage men to be strong and resilient. From an early age, men are often forced to repress and express emotions very differently than women, and this can lead to emotional challenges. Men feel the same emotions as women but have traditionally expressed only the emotions more accepted by society. Men often experience their feelings more restrictedly, which might make it challenging to unlearn and create more emotional awareness as they grow older.

"Men are not often exposed to mental health or discussing emotions. So having conversations where there was no exposure before might be fearful or unfamiliar territory," says Dr. Shane Kuhlman, Chief Psychology Officer at Centerstone's Research Institute.

While it might feel uncomfortable for men to be mindful of their emotions, there are also significant benefits to expressing them.

"Giving men the space to share feelings and care for their mental health allows for deeper connections in other areas of their life," says Kuhlman.

Mental health and emotional expression might positively impact men through better relationships with loved ones, lessen symptoms of mental distress, and increased performance at work or home.

Awareness surrounding men's mental health is improving, but there is still a stigma in the conversation. Emotions are not tied to any gender, so it may be harmful to assume weakness in men who are more emotionally aware or expressive than others.

Men are often met with many barriers when seeking mental health treatment, which only continues to echo the expressions taught at that early age.

For example, some men have difficulty finding male therapists, and it is often reported that men of color especially experience challenges locating therapists who are men of color.

Recognizing these challenges, there are still some ways you can help reduce the stigma for mental health treatment and encourage emotional expression:

Acknowledgment. Notice the changes in loved ones and acknowledge them. Men may not know how or when they are affecting themselves or others. Try to identify problems and offer a solution through mental health care. Reassure men that vulnerability may be challenging but that you will be there for them.

Communication. "Men are less likely to report symptoms of depression, but it doesn't mean they are not experiencing it," says Kuhlman. Allow men to have an open line of communication to express their feelings and thoughts. Check in every day and see how they feel. Try to be validating of men's feelings and experiences through this process.

Treatment. Sometimes it isn't easy for men to speak with loved ones. One of the best tools to help men gain greater recognition of their emotional depth or find new language to match to their emotions is seeking mental health treatment. Not every treatment method or therapist will be a good fit, so encourage men to keep trying until they are comfortable.

If you or someone you know is struggling with their mental health, Centerstone can help. Call 1-877-HOPE123 (1-877-467-3123) for more information about our counseling services.



Jackie Victory, left, director of Student Organizations and Service for the MTSU Center for Student Involvement and Leadership, greets a student attending a Promise Tour event for prospective transfer students in January 2022.



Danny Kelley, right, Middle Tennessee State University assistant vice president for Student Affairs, answers questions from a prospective transfer student during the MTSU Promise Tour kickoff event last January.

Pursuing transfer students, 'MTSU Promise Tour' embraces community colleges Jan. 24-Feb. 9

MURFREESBORO — Middle Tennessee State University's transfer admissions team will meet with prospective students at nine Tennessee community colleges — from Knoxville to Jackson and from Dyersburg to Chattanooga — in the coming weeks.

It's the annual MTSU Promise Tour. The goal is to reach out to the prospective transfer students across the state, in time for them to meet the Feb. 15 deadline for the guaranteed transfer scholarship — \$3,000 per year for qualifiers.

"Our guaranteed transfer scholarship goes a long way in making MTSU the most affordable four-year institution in the state and is one of many reasons MTSU is considered the number one transfer destination in Tennessee," said John Davis, MTSU undergraduate recruitment assistant director who oversees transfer admissions.

The MTSU Promise is one of the university's commitments to making the transfer process as smooth as possible and, in some cases, signing special agreements with the community colleges to ensure clear pathways.

Application fees will be waived during the Promise Tour visit for new transfer applicants for Summer '23 and Fall '23. There will also be giveaways and one scholarship drawing at each venue.

Tour events are from 10 a.m. to 1 p.m. local time and include stops at:

- Jan. 24 — Motlow State Community College, Hiatt-Spivey Center lobby.
- Jan. 25 — Volunteer State, Caudill Hall, Wemyss Auditorium, Gallatin.
- Jan. 26 — Nashville State,

Kisber Building lobby, White Bridge Road campus.

- Jan. 31 — Pellissippi State, Haslam Center lobby, Hardin Valley campus in Knoxville.
- Feb. 1 — Cleveland State, Student Center Commons recreation area.
- Feb. 2 — Chattanooga State, Albright OmniPlex Building Rooms 124-127.
- Feb. 7 — Columbia State, Jones Student Center cafeteria.
- Feb. 8 — Jackson State, Student Center main campus.
- Feb. 9 — Dyersburg State, Glover Education Center.

"We are thrilled about the opportunity to work with our community college partners to help their students understand how easy it is to transfer to MTSU after they graduate with their associate degrees," Davis said.

"As a two-time graduate from MTSU, I've personally experienced the quality education transfer students can expect to receive, and we are excited about the opportunity to guide them through the transfer process," he added.

Davis said the objective is "to streamline the transfer process and provide enough information that the students always have a clear understanding what their next steps will be and who they should be working with to accomplish their goals."

At the stops, MTSU staff will help students:

- Apply for admission to MTSU at www.mtsu.edu/applynow.
- Learn more about the Tennessee Transfer Pathways and other programs to help students transfer successfully.
- Obtain an MTSU ID Card if stu-

dents are already admitted.

MTSU transfer enrollment coordinators will be working with all of Tennessee's community colleges to assist students in navigating the enrollment process, Davis said.

If any students, parents or family members have any questions about transferring to MTSU, they can email them to transfer@mtsu.edu.

Spring True Blue Preview

MTSU will hold True Blue Preview events Saturday, Feb. 11, and Saturday, March 25, for prospective students to enjoy the full campus experience, with top campus officials welcoming hundreds of potential Blue Raiders to campus.

Visitors can participate in academic and departmental presentations, receive information on financial aid and scholarships and choose from many different special interest sessions. A tentative schedule is available.

Admissions also helps organize the Honors College Presidents Day Open House, set for Monday, Feb. 20.

It's a time for high-achieving high school students and their parents to visit and learn more about the Honors College, which fosters the academic excellence and nurturing environment of a small, select, private liberal arts college within the setting of a major university. A mix of information about MTSU, educational events and fun activities are planned.

MTSU also offers daily campus tours. For more information, call 615-898-5670 or email tours@mtsu.edu.

Our Wedding Policy ...

The Times-Gazette now runs all wedding, engagement and anniversary announcements on Saturday.

Pictures and announcements must be received 10 days prior to the issue in which you'd like your announcement to appear.

Wedding announcements must be received no later than six weeks after the date of the wedding.

Forms can be picked up at our offices, at

323 E. Depot St. in Shelbyville, or may be filled out and submitted from our web site at www.t-g.com.

Wedding and engagement announcements may also be submitted to our office in person, or by e-mailing tgnews@t-g.com.

Forms must be neatly printed or typed, and the spelling of all names should be double checked before submitting them to us. A phone number must be included.

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

WHERE TO PLAY?



Though a bit chilly, now is a great time for kids to play on the playground.

T-G Photo by Zoe Watkins

BEDFORD COUNTY DEVOTIONAL PAGE



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

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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
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Sunday Mass: 9:00am (English Mass) 11:30am (Spanish Misa)

Daily Masses:
Monday: 7:00pm • Tuesday: 7:00am • Thursday: 7:00pm • Friday: 7:00am
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
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Saturday, January 14, 2023



Jackson Davis fights through contact for a tough layup against the Eagles.
T-G Photos by Will Carter

Champs' defense holds down Eagles

By **WILL CARTER**
Sports Writer

EAGLEVILLE — On a night where offense was hard to come by at times for both squads, it was the Cascade Champions' defense and Lucas Clanton that showed out in their 57-35 win over the Eagleville Eagles on the road.

Up until the fourth quarter, the Champions were able to hold the Eagles to single-digit points in each of the first three quarters while Clanton took over on the offensive end to finish with a game-high 28 points.

"Defensively, we played a very solid game," Champions head coach Chris Lawson said.

"We talked about stuff that they do, but tonight I was impressed that our guys were flying to the ball no matter where it was. If they caught a pass, drove the ball, or got it into the post there was always a defender there for us."

Jayden Gulick was the only other Champion to reach double-digits with 13 total, and he got started

▶ See **Champ**, Page 2C



Lucas Clanton fires up Cascade's lone free throw in their matchup with the Eagles.

Cold night shooting costly for Viqueens

By **RICKEY CLARDY**
Sports Writer

UNIONVILLE — The Community Viqueens jumped out to a big first quarter lead, but a cold-shooting Viqueen second quarter and the hot shooting of the Cannon County Lionettes in the second half paved the way for the Lionettes to defeat Community 49-43 in a basketball contest Tuesday night.

With M.J. Simmons scoring six points in the opening quarter, Community (13-5) jumped out to a 7-0 lead just two minutes into the game and finished the quarter with a 15-7 lead.

The Viqueens could only manage four points in the second quarter as Cannon County cut into the Community lead.

Cannon County scored 10 points as the Viqueens maintained a narrow 19-17 advantage going into the intermission.

Simmons scored five points to lead the Viqueens in the third quarter, but the Lionette offense started to click.

Cannon County scored the first six points to take its first lead of the game before the Viqueens briefly retook the lead.

The Lionettes ended the quarter with a 34-31 lead.

Addison Brothers and Simmons scored five points each as the Viqueens fought to take the lead in the final quarter.

Community used four consecutive points over a 3-minute period to cut the Lionette lead to 40-38 with 2:41 to play, but it was as close as the Viqueens would get as Cannon County was successful on four free throws in the final 20 seconds to ward off a Viqueen comeback attempt.

Bella Pelham led the Lionettes with 16 points.

Simmons had 17 points and Brothers netted 11, including three treys, to lead the Viqueens.

The Viqueens were 11-of-14 at the foul line while Cannon County was 6-of-10.

"We did not shoot well tonight," Coach Cody Pierce of the Viqueens said. "We gave them a lot of easy baskets to get back in it early."

"We had a hard time defending them and we weren't hitting shots," Pierce added.

"I've got to give them credit. They came in here and played well," Pierce said.

"We've got to bounce back."

Community hosted Forrest in another District 7-AA clash on



Shelby Cawthon is surrounded by Cannon Co. defenders but scores the basket. Cawthon had six points for Community.
T-G Photos by Will Carter



Zoey Dixon drives to the basket for the Viqueens.

Friday night.
Cannon Co.: Bella Pelham 16, Anaston Holt 10, Addie King 4, Jenna Bush 3, Abi Alexander 2, Alli Lawson 8, Abbilyn Teter 6.
Community: M. J. Simmons 17, Addison Brothers 11, Shelby Cawthon 6, Haley Mitchell 4, Zoey Dixon 2, Anna Haskins 3, Jacey Collier.
3-Point goals: Cannon Co. (3): Holt 2, Teter; Community (4): Brothers 3, Haskins.
Halftime score: Community 19, Cannon Co. 17.

Huge 4th rallies Eaglettes past Indy

T-G STAFF REPORT

THOMPSON'S STATION — A massive fourth-quarter effort rallied Shelbyville Central past Independence on Tuesday night to the 50-46 win over the Lady Eagles.

The Eaglettes played a closely-contested first half and held a slim, 21-19 halftime lead.

The needle tilted in favor of the hosts in the third period when Indy orchestrated a 16-10 run, with Jailyn Banks and Katy McDonald each tacking on five points in the quarter.

By the end of the third quarter, Indy had rallied to a 35-31 lead over the Eaglettes.

But in the decisive fourth, it was a stellar effort by Lanaya Young, who rattled off six points, and some sharp shooting by Paige Blackburn, that spurred on a 19-point final frame.

Blackburn added seven for the winners in the final quarter and the Eaglettes made the most of their trips to the charity stripe, connecting on 5-of-7 attempts in the quarter, which were key in preserving the four-point victory.

Banks led all scorers with 16 points, but it was a one-two punch by Young and Blackburn, who combined for 23 points, and the efforts of Sammie and Lilly Brown, who added a combined 17 points as well, that led the Eaglettes to the win.

Shelbyville is back on the road on Tuesday night at Coffee County.

Shelbyville 11 10 10 19 — 50
Independence 8 11 16 11 — 46
Shelbyville: Lanaya Young 12, Paige Blackburn 11, Sammie Brown 9, Lilly Brown 8, Yasmine McFarland 5, Jaydn Lee 3, Jaz Western 2.
Independence: Jailyn Banks 16, Savanna Seay 12, Anna Gibbs 5, Katy McDonald 5, Evy Nichols 5, Aaliyah Fleming 2, Leah Oubre.
3-Point goals: Independence (5): Banks 2, Seay 2, Nichols; Shelbyville (5): Blackburn 3, Lee, S. Brown.
Halftime score: Shelbyville 21, Independence 19.

Champs

(Continued from Page 1C)

scoring early in the contest with an opening three-pointer to kickstart a 7-0 run over the first two and a half minutes of the contest.

Eagleville knocked down a three-pointer of their own to stop the run midway through the opening frame, and went on a run of their own to close out the quarter.

After an Eagles' 9-3 run over the final minutes of the first quarter, the Champions held a 16-9 lead.

Clanton and Gulick combined for all 16 of Cascade's points in the quarter with 12 coming from three-pointers.

Both teams had a tougher time in the second quarter as Cascade managed only seven points while holding Eagleville to only two, and Clanton accounted for all seven.

"We had a few careless turnovers, ill-advised shots, and just some bad decisions overall," Lawson said. "I told them that if we want to get to the next level in the postseason, we're going to have to clean those things up."

Clanton opened the scoring in the second quarter with a three-pointer at the six minute and 15 second mark, but went cold for the next five minutes as both teams couldn't buy a bucket.

After a layup and a put-back layup off a rebound of his own shot, Clanton and the Champions went into the halftime break with a 23-11 advantage.

Coming out of the break, Cascade was able to find a few more points on the offensive end while holding Eagleville to only four points in the third frame to extend its lead to 20 points heading into the final frame.

While scoring points is obviously important in basketball, Lawson and the Champions want to hang their hat on their defense and make it difficult for other teams to score.

"We really want to hang our hat on defense, blocking out, and rebounding," Lawson said. Tonight, we did a great job of that. We struggled a little bit on offense, but I can't credit our guys enough for their defense."

With a hefty lead in hand, the Champions cruised to the finish line for 22-point quarter in the final frame to put the finishing touches on their road win.

Clanton's final eight points came in the fourth quarter with all coming from in-and-around the paint compared to his three treys in the first half.

"I hate even thinking about not having Lucas in the future," Lawson said. "He's very versatile and does a great job of knowing where he can make plays, whether it's shooting a three, a pull-up in the midrange, or driving and kicking to an open teammate."

The Champions were back on the hardwood Friday night against Grundy County.

Cascade 16 7 12 22 - 57
Eagleville 9 2 4 20 - 35
Cascade: Lucas Clanton 28, Jayden Gulick 13, Thomas Gentry 5, Jackson Davis 4, Logan Pulley 3, Isaac McElroy 2, Saebyn Burris 2.
Eagleville: Jordan Reed 10, Jackson Nichols 8, Isaac Gazaway 5, Camden Cole 4, James Bagg 2, Grey Barker 2, Owen McClaran 2, Grant Womack 2.
3-point goals: Cascade (8): Clanton 3, Gulick 3, Davis, Gentry; Eagleville (5): Nichols 2, Reed 2, Gazaway.
Halftime score: Cascade 23, Eagleville 11.

Lady Champs' effort falls short at Eagleville

By WILL CARTER
Sports Writer

EAGLEVILLE — The Cascade Lady Champions put up a strong fight in the second half against the Eagleville Lady Eagles on Tuesday night, but ultimately came up short as they fell 43-33 on the road.

It was a slow start for the Lady Champions (1-14) on the offensive end having not scored until midway through the first quarter, but they found their footing soon after and took a two-point lead after a Sophie Ray layup.

But Eagleville took back the lead with less than a minute left in the first frame, and held onto it for the remainder of the first half.

Cascade was able to limit Eagleville's offensive attack for the majority of the first half, but they couldn't muster much of their own on the other end of the floor.

Their first and only made basket of the second quarter came in the final minute and twenty seconds of the first half when Laina Carter knocked down a three-pointer.

Carter accounted for eight of Cascade's 10 first half points.

At the half, Eagleville led 18-10.

"We carried over a little bit of how we played on Friday night," Lady Champions head coach Janie Demonbreum said. "We slowed down, read their defenses, and were getting good shots, but they just weren't falling. That's where our struggle is. I told the girls that we're gonna start working on our shooting a lot more at practice."

Like they did for most of the first half, Eagleville came out of the halftime break with a high-pressure defense that caused some periodic problems for the Lady Champions on offense.

Eventually, Cascade was able to find some gaps in the defense for some much needed points.

After trading blows throughout the third quarter, Kaydence Miller knocked down back-to-back threes to close their deficit to just three points and force Eagleville to take a timeout with less than a minute and a half left in the frame.

Miller scored a team-high nine points, with all from three-point range.

Heading into the final frame, the Lady



Laina Carter lines up a three-point attempt before knocking it down against the Lady Eagles.

Champions trailed 26-21.

"Even though we were down, our girls were still giving a lot of effort and playing hard," Demonbreum said.

"Eagleville changes their defense a lot, and I thought Kaegan Young did a good job of slowing down and running our offense."

The Lady Eagles opened the fourth quarter on an 11-0 run over the first three minutes to take a double-digit lead and never looked back.

Cascade's first basket of the fourth came with 3:32 remaining when Isabell Rhodes found some space in the paint and scored.

Rhodes knocked down a three on the next possession to close the lead back to single-digits, but the Lady Champions couldn't complete the comeback in the end.

Despite the loss, Demonbreum was proud of her team for competing on the defensive end of the floor throughout the night.

"Defending their screens is difficult and we worked through that well on the defensive end," she said.

"Our girls did a great job of knowing where their shooters were on the floor and staying with their assignments."



T-G Photos by Will Carter

Sophie Ray hits a tough layup in the first quarter against Eagleville.

Cascade took the floor again on Friday night and hosted Grundy County in a district matchup.

Eagleville 9 9 8 17 - 43
Cascade 7 3 11 12 - 33
Cascade: Kaydence Miller 9, Laina Carter 8, Isabell Rhodes 6, Kaegan Young 4, Sophie Ray 4.
Eagleville: Elica McClaran 13, Alex Klarer

11, Isabella Sawyer 7, Brinli Bain 6, Shelbie Mooneyham 3, Julie Wese 3.
3-point goals: Cascade (6): Miller 3, Carter 2, Rhodes; Eagleville (3): Mooneyham, Sawyer, Wese.
Halftime score: Eagleville 18, Cascade 10.

Independence perimeter shots doom Eagles

T-G STAFF REPORT

T H O M P S O N ' S STATION — A monster night in perimeter shooting by Independence was more than Shelbyville Central could overcome in an 80-46 loss on Tuesday night.

Indy connected on 13 treys in the contest, with Jett Montgomery scoring 15 of his game-high 28

points from beyond the arc, while Brayden Buck launched four treys of his own.

Jett connected on all five of his 3-pointers in the opening frame and posted 17 of Indy's 25 points in the opening quarter.

The Eagles spread 12 points among four players, with Kyler Trice banking

a pair of baskets in the opening frame.

Shelbyville played Indy in a much closer second quarter, with the host Eagles only outscoring the Golden' Eagles 16-15 in the period, with Joe Harris making good on seven of his team-high 15 points.

Still, Independence led 41-27 at the intermission.

In the third, Indy caught fire again from the arc, this time with Buck connecting on three treys to lead the hosts to a 23-point quarter.

In the fourth, Shelbyville was only able to muster up six points, while Independence closed the game on a 16-point high note.

The Eagles will be back

in action on Tuesday with another road trip scheduled at Coffee County.

Shelbyville 12 15 13 6 - 46
Independence 25 16 23 16 - 80
Shelbyville: Joe Harris 15, Tyler Trice 13, Tae'Shawn Shelton 6, Zyon Bonner 5, Rocky Chandler 3, Terrence Johnson 2, Marquis Wilson 2.
Independence: Jett Montgomery 28, Brayden Buck 14, Michael Ashley 12, Tyler Lewis 11, Casey Lynch 4, Henry Spaanstra 3, Matthew Witt 3, Andrew Murphy 2, Houston Hicks 2, Bradley Stewart 2, Kayden Ridley 2.
3-Point goals: Shelbyville (5): Harris 3, Trice 2; Independence (13): Montgomery 5, Buck 4, Ashley 3, Spaanstra.
Halftime score: Independence 41, Shelbyville 27.

Record five first-year coaches lead teams into NFL postseason

By JOSH DUBOW
AP Pro Football Writer

Coaching changes paid off in a big way for several NFL teams this season.

From impressive turnarounds for Jacksonville and the New York Giants to big boosts for Minnesota and Miami, a record-setting five of the 10 teams that hired new coaches for the 2022 season made the playoffs.

Doug Pederson led the Jaguars on a worst-to-first flip in the AFC South, Brian Daboll helped the Giants go from last place to a wild-card berth, Kevin O'Connell took Minnesota from a losing record to 13 wins and an NFC North title, Mike McDaniel got Miami to its first playoff berth since 2016 and Todd Bowles helped Tampa Bay repeat as division champs for the first time in franchise history. That broke the previous record

of four coaches getting to the postseason in their first season with a team, which was set in 1997 when Jim Fassel (Giants), Pete Carroll (Patriots), Bobby Ross (Lions) and Steve Mariucci (49ers) did it.

There were a record-tying 10 coaching changes last offseason and not all of the newcomers had success, with Denver firing Nathaniel Hackett last month and Houston firing Lovie Smith on Sunday night.

Chicago's Matt Eberflus finished with the worst record in the NFL, Josh McDaniels turned a 10-win playoff team in Las Vegas into a 6-11 team and the Saints had double-digit losses for the first time since 2005 in their first year under Dennis Allen.

The most impressive turnaround came in Jacksonville, where Pederson helped the Jaguars become the first team since the

2008 Dolphins to win their division the season after posting the league's worst record.

Daboll's work helped the Giants go from 4-13 to 9-7-1 despite a flawed roster hurt by a staggering \$54.8 million in dead money on the salary cap to get to the postseason for the first time since 2016.

Bowles struggled a bit more as Tampa Bay won just eight games to become the fourth division winner in NFL history with a losing record. Two of the previous three — the 2010 Seahawks (7-9) and 2014 Panthers (7-8-10) — won a playoff game, while Washington (7-9) lost to the Bucs in the 2020 playoffs.

The Texans are looking for a new coach again after rare, back-to-back seasons of one-year coaching tenures. Houston fired David Culley after the 2021 season and Smith this season.

The only other team since the merger to do that was the 49ers, who had three coaches in a row last a year or less from 1976-78 in Monte Clark, Ken Meyer and Pete McCulley, and did it again in 2015-16 with Jim Tomsula and Chip Kelly.

Rematch weekend

All six games on wild-card weekend are rematches from the regular season, including three matchups of division foes, with Baltimore playing Cincinnati, Miami visiting Buffalo and San Francisco hosting Seattle.

Two of those three matchups ended in splits in the regular season, with the Ravens-Bengals and Dolphins-Bills splitting their two games.

The 49ers swept the Seahawks but know how little that matters

after losing to the Rams in the NFC title game last season following two regular-season wins.

In the Super Bowl era, teams that swept an opponent in the regular season are 14-10 in a playoff rematch, including 13-6 when the game is at home, like it is for the 49ers on Saturday.

In the other rematches, the Chargers are seeking to avenge a Week 3 loss to Jacksonville, the Giants are looking to do the same after losing to the Vikings in Week 16 and the Cowboys are trying to do it after losing in Week 1 to Tampa Bay.

This is the fifth time since the merger that every game in the opening round of the playoffs is a rematch from the regular season, according to the Elias Sports Bureau. It happened on four-game wild-card weekends in 2009, 2004, 1994 and 1992.



Corey Paterick looks for an opening and drives to the paint.

T-G Photos by Rickey Clardy

Second half costly in Viking loss to Lions

By **RICKEY CLARDY**
Sports Writer

UNIONVILLE — The Community Vikings used three first half runs to take the lead at the intermission, but the Vikings could not stop the Cannon County Lions in the second half as the Lions scored 44 points over the final two quarters to defeat the Vikings 62-51 in a basketball contest Tuesday night.

Five different players scored as the Vikings used two 6-0 runs to take a 12-9 lead after one quarter.

After the Lions took an 18-14 lead with 3:48 left in the second quarter, the Vikings used a big run to retake the lead.

Ramone Hernandez scored the final six points of the quarter, including a 4-of-5 performance at the free throw as the Vikings scored eight straight points to take a 22-18 lead at halftime.

It was the Lions that took control to start the second half.

Cannon County scored the first seven points of the third quarter and took the lead for good at 23-22 with 7:07 remaining.

Jason Cullum led the Vikings with seven points while Landon Lovvorn added five as the Lions took a 42-36 lead to the final quarter.

The Lions increased their lead to 46-36 with 6:30 to play before the Vikings made one final run.

Hernandez scored seven points as Community used a 7-0 run to cut the Cannon County lead to 46-43, but the Vikings could not get closer as the Lions increased their advantage to double digits with six consecutive points down the stretch.

A.J. Armstrong led four Lions in double figures

with 18 points.

Hernandez led the Vikings with 15 points while Cullum added 14.

The Vikings were 19-of-25 at the free throw line while the Lions were 15-of-21.

Community hosted Forrest in a District 7-AA game on Friday night.

Cannon Co. 9 9 24 20 — 62
Community 12 10 14 15 — 51
Cannon Co.: A. J. Armstrong 18, Eli Pelham 13, Theo Winters 12, Antonio Jones 11, Lukas Phillips 3, Austin Ferrell 4, Eli Garrett 1, Jon Hare.
Community: Ramone Hernandez 15, Jason Cullum 14, Landon Lovvorn 9, Jacob Flannagan 5, Cole Crockett 3, Emery Smith 4, Corey Paterick 1, Austin Stickler, Noah Watson, Landon Berman, Moe Berman.
3-Point goals: Cannon Co. (5): Winters 2, Armstrong, Jones, Ferrell; Community (2): Hernandez, Lovvorn.
Halftime score: Community 22, Cannon Co. 18.

Ramone Hernandez makes the basket and is fouled. Hernandez finished with 15 points, including a 10-of-11 performance at the free throw line.



NFL offseason a mental, physical reboot for players

By **DENNIS WASZAK Jr.**
AP Pro Football Writer

Aaron Rodgers hits the beach and has even hosted a TV game show. Alvin Kamara has snowboarded in the mountains of Montana.

Quinton Jefferson takes his kids to school and runs errands. Sheldon Rankins catches up on cooking and traveling.

Game plans and practices are replaced in the NFL offseason by all the activities — exciting and mundane — players couldn't do the last several months. It's also a chance to rejuvenate their bodies and minds from the tolls of playing such a violent, competitive game.

Playoff teams can play deep into January, and even into February if they make it to the Super Bowl. But for players on the 18 teams that failed to make the postseason, the offseason begins when the clock hits zero in the regular-season finale.

"You want to get to that ultimate goal of the Super Bowl and all that," said Kamara, whose Saints have

missed the playoffs the past two seasons. "But if you don't make it, you fall short, it's still like, 'All right, we lost,' but now you've got some time to decompress and really just get your body right, get your mind right. Because it's demanding every week.

"You can't do this job halfway. So, I just kind of disconnect from everything. I go on a hiatus, really."

Rodgers, who has surfed the shores of California to unwind and guest-hosted 10 episodes of "Jeopardy!" during the 2021 offseason, knows the feeling.

"I think we all take a deep breath once the season is over, and for me it's not that hard to get into that offseason mode and enjoy my time away from it," the Green Bay quarterback said. "I think it's important to actually take time. When you're younger, you want to jump back into workouts. When you're older, you give yourself a little bit more time.

"But it's more just hav-

ing that balance, being able to shut that off when you get out of here."

This offseason will be a bit more intriguing than most, though, for the 39-year-old Rodgers. He's under contract for next season but is uncertain about his playing future.

"I want to take the emotion out of it and have the conversation and see where the organization's at and see how I feel after some time has passed," Rodgers said after the Packers were eliminated from playoff contention with a 20-16 loss to Detroit last Sunday night.

Reflection and recovery — mentally and physically — are part of the offseason routine for every player, youngster or vet.

"It is a mental strain," said Jefferson, whose Seahawks will play at San Francisco on Saturday in the NFC wild-card round. "I've seen this game break down a lot of strong dudes, strong men."

Several Bills players acknowledged the duress

they experienced after witnessing teammate Damar Hamlin being resuscitated on the field in Cincinnati last week — and then playing and beating New England in the regular-season finale last Sunday.

"Honestly, I don't know how some of us did it," cornerback Tre'Davious White said.

NFL players often mention being able to compartmentalize and separate their lives on and off the field. That's why most use the first several weeks of their "vacation" to clear their minds. Some eventually explore new business ventures or work on earning academic degrees.

"At least early in the offseason before I get back training, I'm not doing nothing," said Kamara, who spent part of his 2021 offseason learning how to snowboard in southwestern Montana. "I'm just chillin', kind of flowing with the wind."

The disappointment of not making the playoffs

— or losing during them — gradually gives way to relief during the offseason, but the grind takes its toll. So does the overwhelming desire to win.

Titans quarterback Ryan Tannehill acknowledged he had a "deep scar" and was in a "dark place" after Tennessee's 19-16 loss to Cincinnati in the AFC divisional round last year. He needed therapy to get him through "a lot of sleepless nights" after blaming himself for the defeat.

Tannehill isn't alone in seeking help for mental health during and after the season.

"I go see a therapist weekly, definitely making sure I even go see them in person now," Jefferson said. "I do a Zoom in season, but make sure I spend that time to see my person. Just really taking time to get your mental and your body right."

The focus for NFL players from some time in late-February or early March, when many start getting in

training mode with light workouts and reviewing game film, through the next 10 months is performing at a high enough level to help their team reach the playoffs — and hopefully the Super Bowl.

When that goal no longer exists, players recognize the need to flip a mental switch before gradually restarting the process.

"Allow your mind to shift to other things you like and enjoy doing," said Rankins, whose Jets have the NFL's longest postseason drought at 12 years. "Because just like with anything, you stay too locked in, you'll burn yourself out."

Jefferson, who's married with four kids, takes the time away to, well, reintroduce himself to his family.

"That's the most important thing, making sure I'm being engaged with my children and making sure I'm being present," he said. "This is strenuous on a lot of our wives. They don't get us during the season. It's hard."

Late-surge has Jags' Allen looking dominant

By **MARK LONG**

AP Pro Football Writer

JACKSONVILLE, Fla. — Josh Allen was the last player off Jacksonville's practice field Wednesday. The fourth-year pro spent extra time working through pass-rush drills and then a few more minutes chatting with a coach — an offensive coach.

Allen has started getting technique tips from Jaguars assistant offensive line coach Todd Washington. The recent tweak may have aided in Allen's late-season surge.

The Jacksonville linebacker has 23 quarterback pressures in his last five games. He also returned a fumble 37 yards for a touchdown in the closing minutes to beat Tennessee 20-16 last Saturday and secure the franchise's second AFC South championship.

It was just the latest game-altering play for Allen, who has half his six sacks during Jacksonville's five-game winning streak and was named the AFC Defensive Player of the Week on Wednesday. He's essentially been the dominant force the Jaguars

(9-8) thought they had when they drafted him with the seventh overall pick four years ago and watched him make the Pro Bowl as a rookie.

Allen had been admittedly disappointing since, even going eight consecutive games this season without a sack. But he's taken his play to another level since mid-December, and the Jaguars are counting on him to continue his hot streak when they host the Los Angeles Chargers (10-7) in a wild-card game Saturday night.

"We're ready to take over," Allen said. "We're not in (the playoffs) for no reason. We worked our butts off to get to this point."

Allen maybe as much as anyone.

He was seemingly slow to adjust to the team's new 3-4 defensive scheme, one that sometimes requires him to drop into coverage. It was a somewhat uncomfortable spot even though it was role he handled well in college at Kentucky.

But Allen looked right at home off the ball against the Titans, especially when he

scooped up Joshua Dobbs' fumble in full stride and went untouched the other way for the go-ahead score. He added a strip-sack on the ensuing possession that helped Jacksonville close it out.

"I think it's just being patient," Allen said. "I've always worked hard. It's just letting those opportunities come. I've been dialed in with myself a little bit more. ..."

"Me working hard before and after practice and doing what I need to do and being where I need to be. I knew when the moment comes, when the opportunity comes, if I keep at it, good things are going to come."

Although Allen's sack totals are down, his 64 quarterback pressures this season rank fourth in the NFL, according to the league's Next Gen stats. More than a third of those have come in the last five weeks.

"I think it's Josh. He's made his mind up that it's the time of the season for him to turn it on, and he's turned it on," defensive coordinator Mike Caldwell said. "He's picked his game up, and he's doing a good

job for us."

The O-line assistant might deserve an assist. Allen approached Washington last month and started asking a series of questions about how to approach trying to beat certain offensive tackles.

"Really just getting an extra set of ears, extra set of eyes, extra input," Allen said. "Just to hear something different. ... He kind of helped me find myself, just talking to me, sitting down, writing down, just casual conversation that I have with him, and we get things going."

Allen and his fellow defenders have things going right now. The Jaguars have allowed a combined 22 points in their last three games and essentially won two games with takeaways: Rayshawn Jenkins' interception return for a TD to beat Dallas in overtime and then Jenkins' strip-sack that led to Allen's scoop-and-score against the Titans.

"You have to find a way to win, and right now we're finding multiple ways to win," Allen said.

Geno Smith ready for playoffs in comeback year

By **TIM BOOTH**

AP Sports Writer

RENTON, Wash. — Geno Smith smiled and joked about some of his teammates on Wednesday, showing none of the signs that might be apparent for someone about to add another first to the resume in the 10th season of his career.

Smith certainly doesn't seem overly stressed with his first playoff start on the horizon.

"I've always had that thought process that if I did get an opportunity that this is where we should be," Smith said. "And like I said, it's not about me. It's about the team and everyone else around me, and how we are collectively coming together and how we collectively have gotten to the playoffs."

The next and maybe final chapter to what has been one of the best comeback stories in the league this season will take place this weekend when Smith and the Seahawks face San Francisco in the NFC wild card game.

Seattle is a massive underdog to the 49ers and has been written off by most analysts as not being ready for the playoff stage. But that falls in line with Seattle's entire season — derided in the summer as not having enough talent, only to see Smith and his teammates defy those expectations and achieve just enough to sneak into the playoffs on the final day of the regular season.

Making the postseason provides a definition of success to the season for both Smith and the Seahawks. But he doesn't want getting there to be the end of the story.

"I don't think we should be getting hyped up right now or acting like this is our end goal because we have another goal in mind," Smith said. "Obviously it starts just one game at a time, one play, one practice at a time, staying focused on staying in the moment. But we know that we can't just say, 'Oh, we're happy to be in the playoffs.' There's more to it. We've got to stay focused on that."

Smith finished the season leading the NFL in completion percentage (69.8%) and fifth in passer rating (100.9). He set

a number of franchise QB records and was the only quarterback in the league to play every snap this season.

But if Seattle is going to continue its playoff push past the matchup with the 49ers, it needs a better version of Smith than what it got in the latter part of the season. Smith was great through the first 12 games with a passer rating of nearly 109, a completion percentage of 72.7% and 22 touchdowns against six interceptions. He was a big reason why Seattle was 7-5 through those 12 games.

Smith was also partly to blame for the Seahawks finishing 2-3, a stretch that included Seattle's 21-13 loss to San Francisco on Dec. 15. Smith's completion percentage tumbled to 63.3% as some of the easy throws that made Seattle's offense work didn't connect. He threw five interceptions, including two in the loss to Carolina and two in Week 18 against the Rams. Smith was also sacked 15 times during that stretch.

"When we're in 3rd and manageable, we've done great, and we've been able to execute, move the chains," Smith said. "For us, it's staying efficient on first and second down, me in particular getting the ball out, being efficient getting the ball to the guys in the right timing and to the right reads, and then everything else kind of goes from there."

San Francisco has been especially troublesome for Smith and the Seahawks. Smith has converted only two third downs via pass in 20 attempts against the 49ers over eight quarters this season. Seattle's only offensive touchdown in the two games came late in the fourth quarter of the 21-13 loss last month, a game where Seahawks didn't run a play inside the 49ers' 20-yard line until the final drive.

"They don't fool you," Seattle coach Pete Carroll said. "They just line up and they are running their scheme. They have some things that they do. They pressure rarely but effectively. It's just the fact that they are so consistent at what they do. You have to beat them, and you have to block them."

Dawgs for 3?: Georgia has chance to make college football history

By **GREG BEACHAM**

AP Sports Writer

Kirby Smart has spent the past 16 years coaching at the top two powerhouses of this era in college football, so he already knew the question on everybody's mind the morning after his Georgia Bulldogs won their second straight College Football Playoff championship game.

"I really don't want to talk about three," Smart said Tuesday in a Los Angeles hotel ballroom shortly before the Bulldogs flew home.

Smart might not want to discuss it, but he couldn't deny he is already thinking about Georgia's chance to do something unprecedented in the last eight-plus decades of college football after obliterating TCU 65-7 in the most one-sided postseason college football game in history.

The Bulldogs have more national championships (2) than losses (1) over the past two seasons, establishing the new gold standard in college football after this 15-0 season.

They'll have a golden opportunity next year to play for a three-peat, which has never been done in the AP poll era, which dates to 1936.

"Starting to think about the next one, I do think it's going to be much tougher," Smart said. "And I do think we're going to have to reinvent ourselves next year, because you can't just stay the same. We have a lot of guys that are going to come back, and it's easy to get comfortable. And comfortable does not win."

In the long history of the AP Top 25, no team has ever been awarded three national championships in a row by poll voters. Twelve teams, including Georgia this season, have been ranked No. 1 in consecutive seasons in the final Top 25 since the poll became an annual endeavor in 1936. A number of teams — notably Minnesota in the 1930s and Army

in the 1940s — claimed threpeats as awarded by other polls.

No team has ever won three straight titles in the AP poll, the coaches' poll, the Bowl Championship Series or the College Football Playoff. That puts Georgia squarely on the cusp of history — with a good chance to make it.

"I mean, this place is special," said Javon Bullard, the defensive back who will return in 2023 after making two interceptions and recovering a fumble against TCU. "Just growing up as a kid from the state of Georgia, playing for the University of Georgia, it's special. So the word 'dynasty,' it's something we're building together. And that was built before us, and it's going to continue to be built after us."

Sure, the Dawgs' personnel losses will be significant: The remarkable career of 25-year-old quarterback Stetson Bennett is finally over, while standout defensive tackle Jalen Carter declared for the NFL draft immediately after the game. Other expected losses include defensive backs Kelee Ringo and Christopher Smith, giant tight end Darnell Washington, linebacker Robert Beal and a chunk of the offensive line.

But waves of talent have hit Georgia every year of Smart's tenure at his alma mater. The Dawgs have another bumper recruiting class alongside the addition of several elite players in the transfer portal, most notably the leading receivers at Mississippi State (Rara Thomas) and Missouri (Dominic Lovett).

Georgia also has a remarkably comfortable schedule in 2023, with a late-season trip to Tennessee looming as probably the biggest obstacle to another unbeaten regular season and trip to the SEC title game.

Vegas agrees: The Bulldogs are the 3-to-1 favorite to three-peat,

according to FanDuel Sportsbook.

In the bigger picture, Georgia will need years to rack up the accolades of Nick Saban's Alabama era. The Bulldogs have won two national titles and two SEC championships under Smart; six of Saban's seven national titles and eight conference titles have come with the Crimson Tide.

But Georgia is only the fourth team since 1980 to win two straight national titles and to reach this precipice of history.

The last team to get this close to a three-peat also was Alabama, which won national titles in 2011 and in 2012. The Tide began 2013 ranked No. 1 and won their first 11 games, but Auburn kept Alabama out of the SEC championship game and the final BCS title game with the legendary Kick Six — Chris Davis' 109-yard return of a missed field goal for a touchdown on the final play of the game.

Southern California got within a few minutes of a third straight national title back in 2005 after going undefeated all the way to the BCS title game at the Rose Bowl. The Trojans' bid ended in heartbreaking fashion with Texas' 41-38 victory led by Vince Young in one of the sport's greatest games.

College football is always changing, and Georgia got another reminder Tuesday when beloved quarterback Stetson Bennett elected not to come to the traditional morning-after news conference.

Bennett, who hopes for an NFL career that would be even more improbable than his college ascent, said on the field after the game that his obligations to Georgia were finished after the final whistle.

"I know he's got G.O.A.T. status in Athens, Georgia, forever," Smart said.

Chargers: Inexperience isn't such a big deal

By **GREG BEACHAM**

AP Sports Writer

COSTA MESA, Calif. — Kyle Van Noy already has been everywhere the Los Angeles Chargers are trying to go on their franchise's first playoff trip in four years, and the veteran linebacker wants his new teammates to know their postseason inexperience means absolutely nothing on this journey.

"It's just about who comes out there and plays better," the two-time Super Bowl champion said Wednesday. "All the rest of it doesn't matter. I've told these guys that it's not about experience, and home-field advantage is a myth, too. Confidence matters, and that comes back to the preparation you've done."

Van Noy earned his two rings with the New England Patriots and racked up 12 games of playoff experience — more than a good chunk of his Chargers teammates combined — during his first eight years in the NFL.

Los Angeles (10-7) is headed to Jacksonville on Saturday for the Bolts' first playoff appearance since a two-game run after the 2018 season, which stands as the Chargers' only playoff appearance since the 2013 season back in San Diego.

Justin Herbert's show-

down with Trevor Lawrence in both touted young quarterbacks' playoff debuts will get most of the attention heading into the game in Jacksonville, but many players on both teams will be getting their first tastes of postseason pressure.

Just six Chargers remain from the 2018 playoff team, yet they comprise much of the current team's core: receivers Keenan Allen and Mike Williams, running back Austin Ekeler, pass-rusher Joey Bosa, safety Derwin James and cornerback Michael Davis.

"We're such a different team since then, but we're hungry every year," Ekeler said. "That's why we play the entire game, to get to the playoffs and continue to build on what we're doing. Finally getting back, I feel like we have a lot of guys that have made a lot of leaps in their career. Justin is coming along, and we brought in veterans that can help us get there, and we finally put a product together."

Other Chargers have playoff experience with other teams, but Van Noy doesn't have to look far for an illustration of his belief in the unimportance of playoff experience.

"He's told us, 'Just look at Cincinnati last year,'" Chargers linebacker Drue

Tranquill said.

Indeed, the Bengals ended their franchise's five-year postseason drought and rolled all the way to the Super Bowl last season thanks to a gifted young quarterback, an impressive collection of playmakers around him, and an opportunistic defense. The Chargers have all of those things, and Tranquill is among the young leaders eager to show they can handle their first taste of playoff pressure.

Tranquill, now a four-year NFL veteran, will be playing in his first postseason game since his 12-0 Fighting Irish were thrashed 30-3 by Lawrence's Clemson Tigers in a College Football Playoff semifinal at the Cotton Bowl in December 2018.

"You know you're always going to hear about playoff experience, but good things will happen for this team if we play our game," Tranquill said. "Just got to play our brand of football."

Defensive coordinator Renaldo Hill is telling his players all about the importance of seizing playoff opportunities. He made it to just one postseason game in his 10 years as an NFL player, and his sole playoff experience in 11 years as an assistant coach came during

his three-year stint as the Pittsburgh Steelers' defensive backs coach.

"We know it's a different temperature during the playoffs," Hill said. "I know our guys are up for the challenge. I told them that it's going to be a different feel."

Slater returns

Left tackle Rashawn Slater is grateful to be back in practice this week. The Pro Bowl selection as a rookie hasn't played since rupturing his biceps in Los Angeles' loss to Jacksonville in late September.

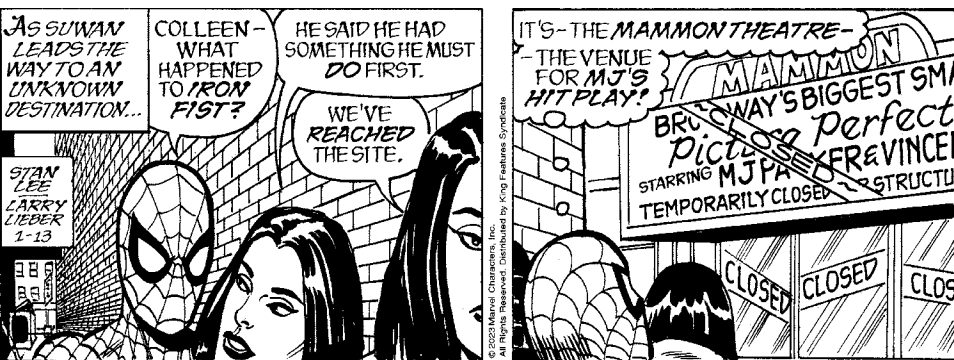
"I always had the mindset that I would work hard and come back when I can come back this season, or I would get a good jump on the offseason," Slater said. "Haven't had a chance to go full-speed yet, but I'm working in the weight room, and I'm getting close."

Coach Brandon Slater has already said Slater won't play Saturday against the Jaguars, and Slater is uncertain whether he has a shot to play the following week if the Chargers win. Slater, the 13th overall pick in the 2021 draft, has been capably replaced by rookie Jamaree Salyer.

"I'm just kind of slowly working my way back into it," Slater said.

SHELBYVILLE
TIMES-GAZETTE
WANT TO SEE
COVERAGE OF YOUR
EVENT?
Let us know about it at
tgnews@t-g.com

THE AMAZING SPIDER-MAN® by Stan Lee-Larry Lieber



SUDOKU

9x9 Sudoku grid with pre-filled numbers.

Level: Beginner

CURTIS® by Billingsley



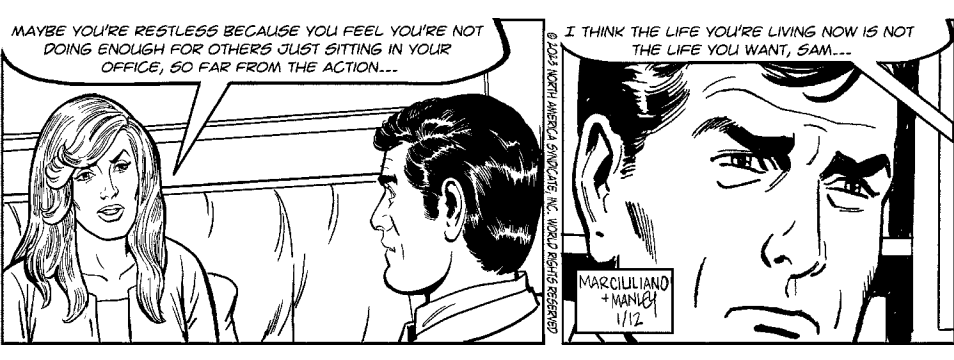
THATABABY® by Paul Trap



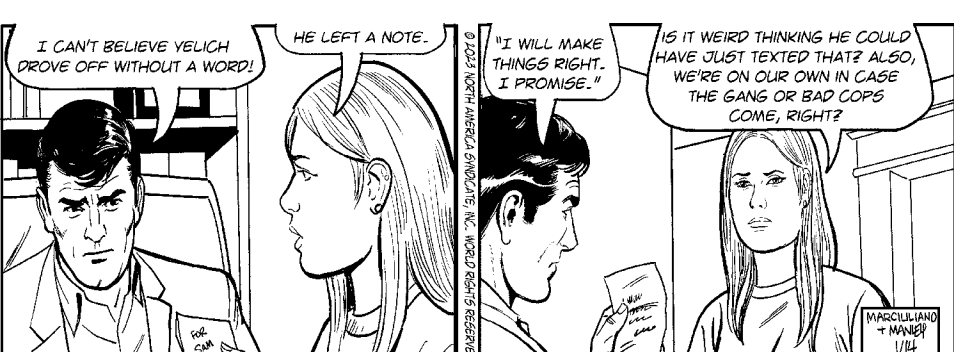
JUDGE PARKER® by Marciuliano-Manley



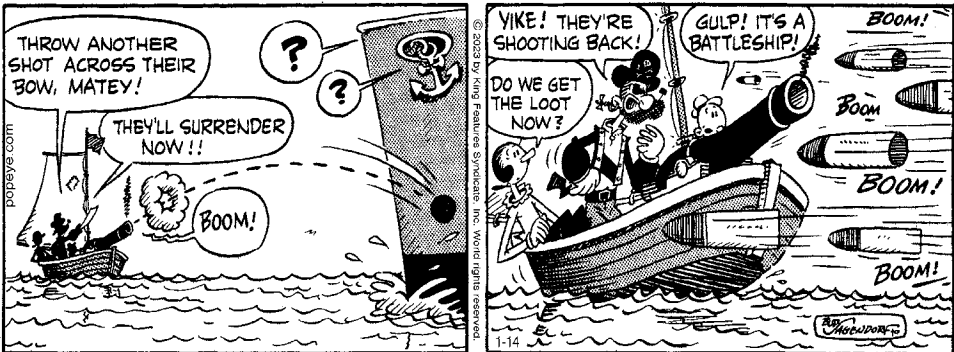
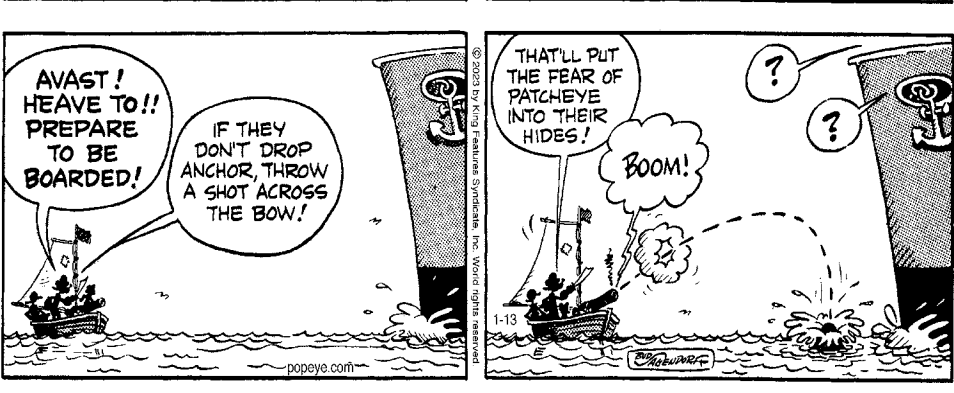
CRYPTO FUN puzzle with a grid of symbols and letters.



Answers for Crypto Fun puzzle: A. 7 14 24 17 13, B. 3 19 13 19 23 6 19 5 26, C. 6 3 11 24 17, D. 10 26 23 22 11 12 17 7.



POPEYE® by Bud Sagendorf



Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes.

9x9 grid for the 'Here's How It Works' section.

ANSWER:

5 Healthy Habits to Help Reduce Stress

FAMILY FEATURES

Between work, family obligations and a constantly changing world, people in the United States are stressed. In fact, U.S. workers are among the most stressed in the world, according to a State of the Global Workplace study. While some stress is unavoidable and can be good for you, constant or chronic stress can have real consequences for your mental and physical health.

Chronic stress can increase your lifetime risk of heart disease and stroke. It can also lead to unhealthy habits like overeating, physical inactivity and smoking while also increasing risk factors, including high blood pressure, depression and anxiety. However, a scientific statement from the American Heart Association shows reducing stress and cultivating a positive mindset can improve health and well-being.

To help people understand the connection between stress and physical health, the American Heart Association offers these science-backed insights to help reduce chronic stress.

Stay Active

Exercise is one of the easiest ways to keep your body healthy and release stress. Physical activity is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression. It can also help increase energy and improve quality of sleep. The American Heart Association recommends adults get at least 150 minutes per week of moderate-intensity activity, 75 minutes of vigorous activity or a combination.

Meditate

Incorporate meditation and mindfulness practices into your day to give yourself a few minutes to create some distance from daily stress. Some studies show meditation can reduce blood pressure, improve sleep, support the immune system and increase your ability to process information.



Stress 101

Understanding stress is an important step in managing and reducing it. Consider these things to know about stress and how it could affect your life:

- Today, 1 in 3 adults in the U.S. report being worried or depressed.
- Higher levels of the stress hormone cortisol are linked to increased risk of high blood pressure and cardiovascular events like heart disease and stroke.
- The top sources of stress are money, work, family responsibilities and health concerns.
- Work-related stress is associated with a 40% increased risk of cardiovascular disease like heart attack and stroke.

Photos courtesy of Getty Images

Practice Positivity

A positive mindset can improve overall health. Studies show a positive mindset can help you live longer, and happy individuals tend to sleep better, exercise more, eat better and not smoke. Practice positive self-talk to help you stay calm. Instead of saying, "everything is going wrong," re-frame the situation and remind yourself "I can handle this if I take it one step at a time."

Show Gratitude

Gratitude – or thankfulness – is a powerful tool that can reduce levels of depression and anxiety and improve sleep. Start by simply writing down three things you're grateful for each day.

Find a Furry Friend

Having a pet may help you get more fit; lower stress, blood pressure, cholesterol and blood

sugar; and boost overall happiness and well-being. When you see, touch, hear or talk to companion animals, you may feel a sense of goodwill, joy, nurturing and happiness. At the same time, stress hormones are suppressed. Dog ownership is also associated with a lower risk of depression, according to research published by the American Heart Association.

Find more stress-management tips at [Heart.org/stress](https://www.heart.org/stress).

Expert tips for welcoming a kitten

(Family Features)

Fostering kittens and cats has risen in popularity during these unprecedented times, and many pet lovers are becoming fosters to help overcrowded animal shelters. Fostering a kitten can be a fun and exciting time, but it may also come with a learning curve.

Among the 43% of respondents to a Royal Canin survey, who have fostered a pet, 6 in 10 have "foster failed" and permanently adopted the pet they were fostering. Most pet owners who responded also agree the first year of pet ownership is the most important, but 64% believe it is the most difficult, as well.

Whether you're fostering or adopting a kitten, learn how to give your kitten proper care during her first weeks and months with you with this advice from the experts at Royal Canin.

Arriving Home

The new sights, sounds and smells in your home, and the separation from her mother, may make your kitten feel stressed. Keeping the environment calm and quiet can ease the transition.

When you arrive home, put the cat carrier in the room you've prepared for the kitten with the kitten

still inside, allowing her to get acclimated before opening the door. Then allow the kitten to explore a closed-off area. Resist the urge to cuddle your kitten right away.

As your kitten gains confidence in its new surroundings, she will want to explore more. Make sure the environment is prepared with electrical wires and outlets covered; windows, balconies and stairs secured; and small or sharp objects put away so she can safely explore with your supervision. If there are possible hazards, a designated room with windows and plenty of social contact for the first few weeks may be better.

Creating a Safe Place

Kittens can tire easily. After a little exploration time, give your kitten access to a bed in a cozy, quiet place with access to water, food and a litter box. Turning out the light helps establish sleep patterns, but on the first night you might want to leave a night light on to help with the adjustment.

Provide somewhere quiet to eat. This should be somewhere your kitten feels secure, away from where you and any other pets eat. Cats don't like to eat too near their litter boxes and



should always have fresh water available.

As kittens grow rapidly, their digestive and immune systems develop slowly and they have specific nutritional needs that are different from adult cats. Any sudden changes in your kitten's diet can cause digestive trouble, so for the first few days, keep the same feeding routine as the previous caretaker. You can

slowly switch to a different routine, if you choose, and transition to kitten food suitable for the appropriate growth stage. For example, Royal Canin Kitten formulas are tailor-made with optimal vitamins and minerals to support healthy development.

Ongoing Care

Your kitten should see a veterinarian as soon as

possible. In addition to a general health check, your vet can help you create a vaccination schedule and give advice on deworming, nutrition and more. Always use a carrier to transport your kitten safely while in the car and into the vet's office.

Gradually introducing your kitten to new experiences can help with socialization. New sounds can

startle a kitten, so be ready to offer plenty of reassurance. You may also need to introduce new terrain like stairs or unfamiliar surfaces. Gentle play and careful handling can help your kitten become more comfortable with being touched.

Learn more about proper cat nutrition and how to create a welcoming home at [royalcanin.com](https://www.royalcanin.com).

Keeping pets safe in the garden

(Family Features)

If you have pets that enjoy spending time outdoors, it's important to make sure your yard is a safe place for them to be.

Consider these hazards that can negatively impact the well-being of your furry friends.

Poisonous Plants - Some common plants can be dangerous for animals, causing anything from mild oral irritations and upset stomachs to cardiovascular damage and even death. For example, these are some of the toxic plants the American Society for the Prevention of Cruelty to Animals (ASPCA) has identified as harmful for either cats or dogs:

- Aloe - can cause vom-

iting, diarrhea, tremors, anorexia and depression

- Azalea - can cause vomiting, diarrhea, hyper-salivation, weakness, coma, cardiovascular collapse and death

- Burning bush - can cause vomiting, diarrhea, abdominal pain and weakness, as well as heart rhythm abnormalities with large doses

- Caladium - can cause burning and irritation of the mouth, tongue and lips, excessive drooling, vomiting and difficulty swallowing

- Daylilies - can cause kidney failure in cats

- Hibiscus - can cause vomiting, diarrhea, nausea and anorexia

- Mulch and Compost -

The decomposing elements that make compost good can be bad for pets, according to the National Garden Society. Keep compost in a secure container or fenced off area so pets can't get to it. Cocoa mulch can be a particular problem for dogs. A byproduct of chocolate production, cocoa mulch can cause digestive problems and even seizures in dogs. Shredded pine or cedar mulch is a safer choice.

Fertilizer and Insecticides - The chemicals used to get rid of pests or make your lawn lush can be toxic to pets. Some of the most dangerous pesticides include snail bait with metaldehyde, fly bait with methomyl, systemic



insecticides with disulfoton, mole or gopher bait with zinc phosphide and most forms of rat poison, according to the ASPCA. Follow all instructions carefully, and store pesticides and fertilizers in a secure area out of the reach of animals.

Fleas and Ticks - In

addition to using appropriate flea and tick prevention methods such as collars and sprays, make sure your yard isn't a welcoming environment for these pests. Keep the lawn trimmed and remove brush and detritus, where fleas and ticks often lurk. Fleas can cause hair loss, scabs, excessive

scratching, tapeworms and anemia. Ticks can do all of that, plus bring you and your family in contact with diseases like Rocky Mountain spotted fever and Lyme disease.

Find more tips for keeping pets safe in your yard at [eLivingtoday.com](https://www.eLivingtoday.com).

CLASSIFIEDS

SHELBYVILLE TIMES-GAZETTE

Place an Ad - It's Easy!

Call 684-1200, To submit, change or cancel an ad. Monday - Friday 9 a.m. - 4 p.m.

In person Monday - Friday 9 a.m. - 4 p.m.

Fax 684-3228, 24 hours a day, 7 days a week. Include your name, address and daytime phone number for verification.

Electronically Submit your ad to classifieds@t-g.com include your name, address and daytime phone number for verification.

Deadlines

Table with 2 columns: Day Published, Deadline. Tuesday and Saturday, Day Before at 11 a.m.

Sell it in the Classifieds!

General Policies: The Shelbyville Times-Gazette reserves the right to edit, cancel, reject or determine the classification of ads. All ads are prepaid unless prior arrangements have been made.

Publisher's notice: All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination."



About Us

Business Hours: Monday - Friday 9 a.m. to 4 p.m.

Address/Telephone/Fax/Email: Mailing: PO Box 380, Shelbyville, TN 37162. Office: 323 E Depot St., Shelbyville, TN 37160.

Payment: Payment in advance required for classified advertising. Cash, check or credit/debit card accepted.

Adjustments: Advertisers are requested to check the first insertion of their ad for any error. The Shelbyville Times-Gazette will be responsible for only one incorrect insertion.

WANT TO BUY

WE BUY JUNK CARS & TRUCKS running or not we pick up & pay cash 931-619-5810

Always buying old sporting goods & sports related items, sports cards, non sports cards collections wax boxes & cases 931-492-4304

SERVICES

Land Cleared Dozer Work 615-906-4103

HELP WANTED

LPN or Certified Medical Assistant for busy medical office. Full time, must have experience in medical office setting.

FOR SALE

Firewood For Sale 931-492-0322

Seasoned Firewood

Household Heating, Camping, Bonfire, Cooking 931-607-5075

FOR RENT

1200 Sq. Ft. Business Office for Rent On Madison St. (Near McDonald's) \$1250, 931-703-9455

PUBLIC NOTICE

PUBLIC NOTICE

The City of Shelbyville is accepting applications for the full-time position of Truck Driver/Laborer for the Public Works Department.

PUBLIC NOTICE

COMMUNITY DEVELOPMENT BLOCK GRANT PUBLIC MEETING NOTICE

The City of Shelbyville, Tennessee will hold a public meeting at 5:30 p.m., Tuesday, January 31, 2023, in the Shelbyville Recreation Center, H. V. Griffin Park, 220 Tulip Tree Road, Shelbyville, Tennessee to discuss the Community Block Grant (CDBG) Program administered by the Tennessee Department of Economic and Community Development.

All residents or entities with projects are encouraged to attend this meeting or mail suggestions to City Manager's Office, Shelbyville City Hall, P.O. Box 185, Shelbyville, TN 37160.

PUBLIC NOTICE

PUBLIC NOTICE

The City of Shelbyville is accepting applications for the part-time position of Recreation Supervisor for the Shelbyville Parks & Recreation Department.

PUBLIC NOTICE

PUBLIC NOTICE

The City of Shelbyville is accepting applications for the position of part-time/seasonal Batting Cage Attendant for the Parks and Recreation Dept. Applicant must be available to work from March 1 - July 15.

PUBLIC NOTICE

sonal position with an hourly rate of \$12.00. Applications and a copy of the job description may be picked up at City Hall during normal business hours or download from the City website: www.shelbyvilletn.org.

Request for Proposals

Audit of Bedford County, Tennessee School Activity Funds and E-911 Bid No. 23-26 Bid packages are available on the Bedford County website, bedfordcountytn.org.

The Wartrace Planning Commission is holding a public hearing on Tuesday, January 31, 2023 at 5:30 p.m. regarding the annexation request of the property located on Hwy 64E, Parcel 071 054.00, owned by Dennis and Bonnie Holden. All meetings are open to the public. (Jan. 14, 2023)

NOTICE OF SUBSTITUTE TRUSTEE'S SALE

WHEREAS, default has occurred in the performance of the covenants, terms, and conditions of a Deed of Trust dated October 9, 2019, executed by Dorothy L. Cantrell, an unmarried woman, to David Marttala as Trustee, for Mortgage Electronic Registration Systems, Inc., as beneficiary, as nominee for First National Bank of Middle Tennessee, its successors and assigns, and appearing of record on October 11, 2019, in the Register's Office of Bedford County, Tennessee, at Book TD943, Page 312, and Instrument Number 19007347.

WHEREAS, the beneficial interest of said Deed of Trust was last transferred and assigned to Guild Mortgage Company, LLC, the party entitled to enforce said security interest; and having appointed Clear Recon LLC, the undersigned, as Substitute Trustee by instrument filed or being filed for record in the Register's Office of Bedford County, Tennessee, with all of the rights, powers, and privileges of the original Trustee named in said Deed of Trust.

N O W

THEREFORE, notice is hereby given that the entire indebtedness has been declared due and payable as provided in said Deed of Trust, and that the undersigned, Clear Recon LLC, as

PUBLIC NOTICE

Substitute Trustee or his duly appointed agent, by virtue of the power, duty, and authority vested and imposed upon said Substitute Trustee will, on February 21, 2023, at 11:00 AM, local time, at the main entrance of the Bedford County Courthouse, located in Shelbyville, Tennessee, proceed to sell at public outcry to the highest and best bidder for cash or certified funds ONLY, paid at the conclusion of the sale, the following described property situated in Bedford County, to wit:

The land referred to herein below is situated in the County of Bedford, State of Tennessee, and is described as follows:

A certain tract or parcel of land lying and being in the 11th Civil District of Bedford County, Tennessee, being bounded and described as follows:

Tract 3: (Map28, Parcel 44.01) Beginning at an iron rod (existing) 15.00 ft west of the approximate center of Roy Moore Road, the northeast corner of the Melvin L. Ralston et al James Randall Boyce property of record in Deed Book 235, Page 598 and the northwest corner of the property described. Thence; along said road, south 9 deg. 05 min. 03 sec. west 246.19 ft to an iron rod (set) 15.00 ft west of the approximate center of said road, the northeast corner of Tract 2 of this division of the Melvin L. Ralston et al James Randall Boyce property and the southeast corner of the property described. Thence; leaving said road, north 80 deg. 54 min. 57 sec. west 170.49 ft to an iron rod (set), the northwest corner of the said Tract 2 and the southwest corner of the property described. Thence; North 8 deg. 56 min. 44 sec. east 263.89 ft to a corner post, the northwest corner of the property described. Thence; south 75 deg. 00 min. 35 sec. east 172.04 ft to the point of beginning containing 1.00 acre more or less, being all of Tract 1 of this division of the said Melvin L. Ralston et al James Randall Boyce property, according to Caffey Surveying, Inc. 319 Lane Parkway, Shelbyville, TN 37160, TN Lic. #276 and TN Lic. #1819, dated February 15, 2000.

Tract 4: (Map 28, Parcel 44) Beginning at an iron rod (existing) 15.00 ft west of the approximate center of Roy Moore Road, the south corner of the Melvin L. Ralston et al James Randall Boyce property of record in Deed Book 235, Page 598 and southeast corner of the property described. Thence; leaving said road, north 77 deg. 18 min. 12 sec. west 163.39 ft to a fence post Thence; north 73 deg. 19min. 52 sec. west 6.99 ft to a corner post, southwest corner of the property described/ Thence; north 8 deg. 56 min.44 sec. east 204.02 ft to an iron rod (set), the southwest corner of Tract 1 of this division of the Melvin L. Ralston et al James Randall Boyce property and the northwest corner of the property described. Thence; south 80 deg. 54 min. 57 sec. east 170.49 ft to an iron rod (set), 15.00 ft west of the approximate center of said road, the southwest corner of the said Tract 1 and

PUBLIC NOTICE

the northeast corner of the property described; thence along said road, south 9 deg. 05 min.03 sec. west 215.24 ft to the point of beginning containing 0.82 acres more or less, being all of Tract 2 of this division of the said Melvin L. Ralston et al James Randall Boyce property, according to Caffey Surveying Inc. 319 Lane Parkway, Shelbyville, TN 37160, TN Lic. # 276 and TN Lic. #1819, dated February 15, 2000.

Subject to Matters as shown on plat of record in Plat Cabinet B, Envelope 17, Register's Office of Bedford County, Tennessee.

Being part of the same property conveyed to JONATHAN BLAKE BOYCE, by deed of record in Book 326, page 624, said Register's Office.

The instrument constituting the source of the Borrower's interest in the foregoing described property was a Warranty Deed recorded at Book D353 Page 718 in the Register's Office of Bedford County, Tennessee.

Parcel ID: 028 044.01 / 028 044.00 Commonly known as 397 Roy Moore Rd, Unionville, TN 37180

The street address and parcel number(s) of the above described property are believed to be correct; however, such references are not a part of the legal description of the property sold herein, and, in the event of any discrepancy, the legal description herein shall control

This sale is subject to tenant(s)/ occupant(s) rights in possession.

This sale is subject to all matters shown on any applicable recorded plat; any unpaid taxes; any restrictive covenants, easements, or setback lines that may be applicable; any statutory rights of redemption of any governmental agency, state or federal; any prior liens or encumbrances as well as any priority created by a fixture filing; and to any matter that an accurate survey of the premises might disclose. In addition, the following parties may claim an interest in the above-referenced property: Dorothy L. Cantrell.

If the United States or the State of Tennessee have any liens or claimed lien(s) on the Property, and are named herein as interested parties, timely notice has been given to the applicable governmental entity, and the sale will be subject to any applicable rights of redemption held by the entity as required by 26 U.S.C. § 7425 and/or Tennessee Code § 67-1-1433.

All right and equity of redemption, statutory and otherwise, homestead, and dower are expressly waived in said Deed of Trust, and the title is believed to be good; however, the undersigned will sell and convey only as Substitute Trustee.

The transfer shall be AS IS, WHERE IS, AND WITH ALL FAULTS, and without warranties of any kind, express or implied, as to the condition of the Property and the improvements located thereon, including merchantability or fitness for particular purpose. Trustee shall make no covenant of seisin or warranty of title, express or

PUBLIC NOTICE

implied, and will sell and convey the subject real property by Substitute Trustee's Deed only.

The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above.

This property is being sold with the express reservation that the sale is subject to confirmation by the lender or trustee. This sale may be rescinded by the Substitute Trustee at any time.

THIS OFFICE IS ACTING AS A DEBT COLLECTOR AND IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Clear Recon LLC Substitute Trustee 651 East 4th Street Suite 200 Chattanooga, Tennessee 37403 Phone: (877) 319-8840 File No: 2007-047A (Jan. 7, 14, & 21, 2023)

NOTICE

Amanda Beeman and Brian Lee Lyon:

The State of Tennessee, Department of Children's Services, has filed a petition seeking temporary legal custody of your children due to neglect, dependency or abuse. You are hereby ORDERED to appear for trial on that petition on February 6, 2023, at 9:00 AM, at Bedford County Juvenile Court, 108 Northcreek Drive, Shelbyville, Tennessee or to otherwise enter an appearance in this matter. If you fail to do so, an order may be entered against you for the relief requested in the petition. You may view and obtain a copy of the petition and any other subsequently filed legal documents in the Juvenile Court Clerk's Office at the address shown above.

ENTER this the 20th day of December, 2022. CHARLES L. RICH JUVENILE COURT JUDGE (Dec. 31, 2022 & Jan. 7, 14, & 21, 2023)

BEDFORD COUNTY ZONING BOARD OF APPEALS

Agenda January 19, 2023

1 Public Square Suite 200 at 5:30 PM Roll call.

Approval of December 15, 2022, minutes.

Approval of the Agenda

New Business. Owner requests a variance at 3768 41A North, Unionville

Owner requests a variance at 506 Coop Rd. Bell Buckle

Adjourn. (Jan. 14, 2023)

Bedford County Board of Commissioners

Special Called Commissioner Board Meeting

Date: Tuesday, January 24, 2023

Time: 7:00 PM

Location: Bedford County Historic Courthouse, 2nd Floor, Community Room

Agenda

Call to Order: Chairman, Mayor Chad D. Graham

Prayer and Pledge of Allegiance

Open Meeting: Sheriff

PUBLIC NOTICE

Austin Swing Roll Call: County Clerk Donna Thomas

New Business:

1. Issuance of General Obligation School Bonds

Adjourn Chad D. Graham, Bedford County Mayor

Accommodations

Persons with a disability who wish to request accommodation to participate in the public meeting should notify Suzanne Alexander at least one (1) business day prior to the meeting at (931)684-7944 or email your request to suzanne.alexander@bedfordcountytn.gov to discuss accommodations. Every reasonable effort will be made to meet your need. (Jan. 14 & 21, 2023)

Per TN Self Storage Law, contents of the following leased storage units will be sold to satisfy the owner's lien at Turbo Self Storage located at 803 E. Lane St., Shelbyville, TN 37160. The sale will occur online Thursday, January 19, 2023 at 10:00am CST. The sale may be withdrawn at any time without notice. Certain terms and conditions apply. See manager for details (888-887-2621).

76 - Lisa Smith (Jan. 14, 2023)

BARGAINS

Generator Champion Model 201033 7500 Starting Watts 6000 Running Watts Bought 1/4/2022 Never Used, Put Gasoline in Only Three Times to Start (Last 9/5/2022) Receipt Included Plus Opened Box \$800, 931-580-9117

BARGAINS

PlayStation 2, \$150 10 Games, 2 Controllers Power Cable 931-607-9059

BARGAINS

Murray Push Mower, \$50 High Wheel, 5HP 931-607-9059

BARGAINS

Air Fryer, \$60 Pressure Cooker, \$60 Pet Taxi, \$50 33" Wide, 32" Long 931-808-4460

SERVICE DIRECTORY

D&R CONTRACTORS Shawn Roberts Owner. Home Improvement • Construction • Fire • Water • Storm Restoration. Office: 931-684-1685 • Fax: 931-685-8047 2320 Hwy. 41 A South, Shelbyville, TN dandrcontractor.com

RAY'S PAINT & BODY Free Estimates Insurance Work Welcome 114 Prince Street Owner: Ray Brown 931-685-0046

SHelbyville Times-GAZETTE PLACE YOUR CLASSIFIED AD FOR SALE MAKE YEAR AUTOMOBILE One owner, garage-kept, many options, excellent condition. Call to Order: Chairman, Mayor Chad D. Graham Prayer and Pledge of Allegiance Open Meeting: Sheriff

WE ARE HIRING

Job Fair Details:



DATES/TIMES:

JANUARY 13, 2023 | 12PM-6PM

JANUARY 14 2023 | 9AM-2PM

LOCATION:

1700 WILSON PARKWAY,
FAYETTEVILLE, TN 37334

JOIN THE
FRITOLAY
TEAM!

OPEN POSITIONS:

- PACKAGING MACHINE OPERATOR
- PACKER
- SANITOR
- FORKLIFT OPERATOR/LOADER
- GES ORDER PICKER/LOADER
- DIESEL MECHANICS

**PAYS UP TO
\$24.45/HR**

GUARANTEED ONSITE INTERVIEWS!

BENEFITS START DAY 1 FOR FULL TIME EMPLOYEES:

- HEALTH INSURANCE
- DENTAL AND VISION
- 401K+ MATCH
- PENSION
- AND MORE!!!



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