

SHELBYVILLE TIMES-GAZETTE *Weekend*

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SATURDAY, FEBRUARY 18, 2023

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Challenging and complicated



Some members of the Joint Homeless Task Force. From left, Misty Pellar, Gary Haile, Stephanie Isaacs, Officer Letisia Diaz, and pastors Jeff Rasnick and Jimmy West.

City, county discuss homelessness issues

By **ZOË WATKINS**
zwatkins@t-g.com

The first meeting of the Joint Homeless Task Force was held on Tuesday evening. Sixteen of the 18 members, both from the city and county, were present to discuss and research the overall homeless population.

And words like challenging, difficult, and complicated

dominated the conversation.

The committee is led by County Commissioner Drew Hooker. “We just want this to be a very informed situation where we can identify what’s going on in our community and be ahead of it. I’ve talked to many communities who wished they’d done something earlier,” said Hooker.

By “researching” the homeless population, they hope to bring

forward action items in addition to connecting people to current resources.

Reaching out

Shelbyville police officer Letisia Diaz is one of the members. She maintains a list and photos of all homeless people in Shelbyville. Depending on how one defines “homeless,” whether they’re

“coach surfers” or living in a tent, Diaz said Shelbyville has around 30 homeless people living outside.

“Because of interactions with people on the streets, I have come to know many, many people and the hardships they face and the choices they make,” said Diaz. “A lot of them are locals that turn into homeless.”

Of course, many of those choices

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Paul Engel, founder of the Constitution Study, speaks at Bedford County Republican Party’s meeting.

‘Constitution scholar’ urges ‘do right thing’

Engel addresses Bedford GOP meeting

By **ZOË WATKINS**
zwatkins@t-g.com

With President’s Day Monday, many groups are taking a look at America’s history, acknowledging the good, bad, and ugly of where the country was then and where it is today.

That was the discussion at Monday night’s Bedford County Republican Party meeting, which hosted Paul Engel as their guest speaker.

A self-proclaimed “Constitution scholar,” Engel is the founder of the Constitution Study. It’s a program that essentially studies the U.S. Constitution as one would study the Bible—in short segments with guided questions.

Engel quoted John Jay— first chief justice of the United States and a contributor to the Federalist Papers—who said, “Every member of the State ought diligently to read and to study the constitution of his country and teach the rising generation to be free.”

‘Duty is ours’

During the meeting, Engel retold a story about John Quincy Adams, who was sixth president of the U.S. from 1817 to 1825 and was the only president to serve in the House of Representatives after his presidency. He was the eldest son of the 2nd president John Adams.

“In the House of Representatives, his main goal was abolishing the slave trade. And for 20 years he worked to abolish the slave trade,” Engel said.

However, most of the House was made of supporters for slavery, so his movement failed in the early days. When asked about it, Adams responded, “Duty is ours; results are God’s.”

“We do it because we know it’s our duty to do the right thing,” said Engel.

Little did Adams know at the end of his term that one of his prodigies sitting in that room would lead the country to abolish

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LOOKING FOR A ‘CLUE’?

Fly Community Theatre is presenting “Clue On Stage” as a fundraiser Friday, Feb. 24 and Saturday, Feb. 25 at 7 p.m. and Sunday, Feb. 26 at 2 p.m. Tickets are \$15 at the door or tables for 6 or 8 may be reserved. Text 931-212-0366 for reservations. The cast includes Cort Huffman as Colonel Mustard, April Glosson as Miss Scarlett, Terry Cooper as Wadsworth, Jennifer Smith as Mrs. White, Jody Turner as Professor Plum, and David Butner as Mr. Green.



Submitted photo

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2022



DEATH NOTICES

Bill Gibson

February 13, 2023

Bill Gibson, age 94, of Unionville died Monday morning, February 13, 2023 at his residence.

Funeral services were Wednesday, February 15, from the chapel of Lawrence Funeral Home in Chapel Hill with Bro. Jeff Elliott officiating. Interment followed at Swanson Cemetery in Chapel Hill.

OBITUARIES

Kenneth B. Fullerton

February 13, 2023

Kenneth B. Fullerton, 70, of Shelbyville died Monday, February 13, 2023.

Graveside services will be held 2:30 p.m. Saturday, February 18 at Willow Mount Cemetery. Visitation will be 11 a.m.-2 p.m. Saturday at Hillcrest Funeral Home.

He was born May 19, 1952 in Fayetteville; was a veteran of the U.S. Army; a former employee of Calsonic; and attended Gateway Church in Shelbyville.

He was the son of the late Russell and Edith Dotson Fullerton.

Kenneth is survived by his wife of 43 years, Gerry Lucas Fullerton; children, Jeremy K. (Carol) Hill of Murfreesboro, Amanda N. (Josh) Squiers of Las Vegas, Nev.; grandchildren, Miranda Hill and Zach Hill.



Myra Bates Nelson

February 11, 2023

Myra Bates Nelson, 100, of Shelbyville died Saturday, February 11, 2023.

Funeral services were held Friday, February 17, at Hillcrest Funeral Home, Rev. Tom Murdock officiating. Burial followed at Hillcrest Memorial Gardens.

She was born December 26, 1922 in Fayetteville. She was a former employee of Walmart and a member of First United Methodist Church of Tullahoma. She enjoyed coffee, chocolate and playing cards. She was always laughing, had a quick wit and was a fierce card player. She loved collecting red birds and chickens.

She is survived by a daughter, Penny Ann (Thomas Wayne Sr.) Daniel; a step-son, Buddy (Charlene) Nelson; a sister, Ruth Rymer; granddaughters, Leigh (William Greg) Tocchio, Kellee Smith; three great-grandchildren, Devon Whitaker, Trinity Whitaker, Madeline Tocchio and a great-great-grandchild, Keylin Trevor Coats.

Myra was preceded in death by her parents, David Warden and Lozelle Broadway; her husband, D.B. Nelson Sr.; a granddaughter, Catherine Holly Smith; sisters, Eoline Carter and Nancy B. Wright; a brother, Andrew Broadway and son-in-law, Robert Huston Smith.



National Guard chopper crashes in Alabama

HARVEST, Ala. (AP) — A Black Hawk helicopter from the Tennessee National Guard crashed Wednesday in Alabama, killing two crew members, the Tennessee National Guard said.

"We are deeply saddened by the loss of two Tennessee National Guardsmen, and our prayers are with their families during this heartbreaking tragedy," Brig. Gen. Warner Ross, Tennessee's Adjutant General, said in a statement. "We ask Tennesseans to join us in supporting their families during this time of unthinkable grief."

According to Ross, two members of the Tennessee National Guard were killed during a flight-training mission. The helicopter crashed around 3 p.m. local time and caught fire.

The Madison County sheriff's office said there were no injuries to anyone on the ground when the

helicopter crashed.

"We have no survivors," sheriff's Investigator Brent Patterson said. "We have a crime scene here. We have it taped off."

The UH-60 helicopter, more widely known as a Black Hawk, crashed in the unincorporated community of Harvest along Alabama Highway 53, the Alabama Law Enforcement Agency said in a statement.

The highway along which the crash happened passes through commercial areas northwest of Huntsville that are bounded by subdivisions, forests and fields south of the state line with Tennessee. The sheriff's office said in a statement that the crash was causing heavy traffic delays that are expected to last into Thursday.

Harvest is just northwest of Huntsville, which is home to NASA's Marshall Space Flight Center and

the U.S. Army's Redstone Arsenal. The once rural area, about 60 miles south of Shelbyville, has become increasingly suburban.

"Maria and I are deeply saddened by the tragic loss of two Tennessee National Guard members," said Tennessee Gov. Bill Lee on Wednesday. "Please join us in lifting their families up in prayer and support during this time of unspeakable grief."

A spokesperson for the Federal Aviation Administration referred questions to the military.

"Governor Lee, Alabamians will continue to uplift in prayer the families affected by this heartbreaking tragedy," Alabama Gov. Kay Ivey said. "The Guardsmen who lost their lives today will be remembered as heroes. The people of Alabama stand with our neighbors in Tennessee."

Engel

(Continued from Page 1)

slavery after a bloody civil war. That prodigy was Abraham Lincoln, 16th president of the U.S. He is one of the presidents we celebrate on President's Day as his birthday was on Feb. 12.

This theme of "duty" was one of the inspirations for Engel's talk, which emphasized that power lies in the people.

"If you think about the Preamble of the Constitution, it's the 'why,'" Engel explained. For instance, he talked about the "blessings of liberty," inherent rights, and delegated powers.

Engel references the meanings of those words by looking at Noah Webster's 1828 dictionary. Noah Webster was a contemporary of the Founding Fathers and was even asked to edit the Federalist Papers.

From that dictionary, liberty is defined in three paragraphs. Engel specifically talked about civil liberty which can be summed as living your life the way you see fit without any unnecessary external influence.

'Things are a mess'

"Now, the problem we have today is things are a mess," said Engel. That

is, many people believe that power solely lies and comes from Congress. However, Engel believes this is a room-upside-down approach.

"In Article I, Clause 1 of the Constitution of Tennessee says that all power is inherent in the people," he said. This is not unique, according to Engel, because this phrase can be found in many state constitutions.

Of course, some of that power is delegated to the government. "We created the government, we created the State of Tennessee, and we delegated to it certain powers," said Engel.

Then, the 10th Amendment of the U.S. Constitution says that powers not delegated to the U.S. in the Constitution, nor prohibited by to the States or retained by the states, is respectively to the people.

"We don't start in D.C....It starts right here in Bedford County," said Engel. That is, Engel encouraged people to "back up" and hold the county's elected officials accountable.

"We need to choose better elected officials," he said, ones that will support the Constitution of Tennessee. In this way, it will be worth living in a county that will protect individuals' rights against possible oppression from the federal government.

For example, in 2003, former

governor of Kansas Sam Brownback signed a 2nd Amendment Protection Act, which said that any firearm or fire accessory manufactured, sold, or remained in the state of Kansas is not subject to federal rules and regulations.

When one man made a suppressor and sold it to another man in Kansas, they were both arrested by the officers from the Bureau of Alcohol, Tobacco, Firearms and Explosives (or ATF). Engel said the governor and state officials "folded like a cheap suit."

"Where were the people?" Engel said. "It's amazing what happens when people understand their rights."

In this way, according to Engel, D.C. resumes its duty of foreign affairs, while domestic affairs are left up to the people and their local governments.

Next meetings

New GOP chairman Bo Gill discussed ways at Monday's executive meeting to get more people involved in the local party even in the "off season." The next meeting will be March 16 at 6:30 at the International House of Prayer.

The next Bedford County Democratic Party meeting will be 6 p.m. Monday, Feb. 20, at El Mexico.

City

(Continued from Page 1)

tie back to substance abuse, according to Diaz. She said often they don't seek help because they have low self-esteem.

"They need people that actually love them and show them love and not let them stab them in the back. They don't trust anybody with good reason because that's all they've experienced," said Diaz.

However, others are genuinely searching for a home and living day-to-day. Typically, they are the ones affected by the lack of affordable housing and increasing rent prices. According to task force member and council member Stephanie Isaacs, public housing in

Shelbyville is at or near capacity and there is a waiting list.

Needs vary — some need medical care, some need a job, some need housing, some need mental help.

There are resources in Shelbyville. There's the Shelbyville Soup Kitchen, which serves meals from 3:30 - 5 p.m. Tuesdays and Thursdays at 336 S. Cannon Blvd.

Food for the soul

Two of the members of the task force are pastors Jeff Rasnick and Jimmy West. They say many churches throughout the county donate food and resources to the homeless population.

"We take care of a lot of food...and we help when it comes to bills, or places

to stay," said Rasnick, who is pastor at First Baptist Church in Shelbyville. "We try to give food, and give food, and give food. We've given out probably, over the last decade, over a million pounds of food. But food goes away quickly."

Also, Brenda Knight, who attended the meeting, is the managing director for Cross Shelter Project and founder and president of Castle Ministries. They have a 90-day program that serves as transitional housing for the homeless, in addition to helping them find employment during that period.

They also have a "warming station," at 206 Madison St., which allows up to 12 unhoused people to warm up and get a hot meal on cold nights.

Despite resources, many

simply enjoy the lifestyle of being homeless. The many "types" of homeless situations makes the situation "complicated," according to Rasnick.

By the end of the hour-long meeting, members pinpointed that the majority of the problems stem from drug-addiction and violent offenders who are typically mentally ill.

"Mental health and drugs, I think those are really the ones where it's going to be the hardest to identify things to help resolve that, but is by far, the most important," said Hooker.

Compassion

Bedford County Zoning Director Chris White says he's had a lot of experiences with the homeless through living on the Shelbyville

square, some even making death threats and doing indecent exposure to him and his wife.

"Compassion goes both ways. It should be bi-lateral: compassion for people who are victimized by the homeless and compassion for the homeless," he said.

Member Lt. Chris Cook, who works at the Bedford County Jail, said the difficulty lies in that these offenders aren't in jail long enough to get in a program and have an intervention.

Officer Diaz said the situation can be difficult to handle when getting people mental help as they have to say certain words, typically words of harm, either to themselves or others.

The group identified that there needs to be more substance abuse help. However, the challenge is

getting people to admit and comply with the help.

Task force member Misty Pellar said, "Who's to say that we're honing in on these people when we're trying to get them these services, what's the next step when they say, 'I don't want your help'?"

The task force's next meeting will be on March 14 at 5:15 in the Community Room in the historic courthouse.

"I think we will need to spend the majority of our time at the next meeting focused on conversations about our violent offenders and drugs and mental health," said Hooker. They also plan to compile and discuss the resources available in the area and make those more well-known.

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Bruce Willis has frontotemporal dementia, condition worsens

NEW YORK (AP) — Nearly a year after Bruce Willis' family announced that he would step away from acting after being diagnosed with aphasia, his family says his "condition has progressed."

In a statement posted Thursday, the 67-year-old actor's family said Willis has a more specific diagnosis of frontotemporal dementia.

"While this is painful, it is a relief to finally have a clear diagnosis," the statement read. "FTD is a cruel disease that many of us have never heard of and can strike anyone."

Last March, Willis' family said his aphasia had affected his cognitive abilities. The condition causes loss of the ability to understand or express speech.

In Thursday's

statement, his family said communication challenges were just one symptom of frontotemporal dementia.

The Association for Frontotemporal Degeneration describes FTD as a group of brain disorders caused by degeneration of the frontal and/or temporal lobes of the brain that affects behavior, language and movement. Aphasia can be a symptom of it. The association describes frontotemporal degeneration as "an inevitable decline in functioning" with an average life expectancy of seven to 13 years after the onset of symptoms.

"Today there are no treatments for the disease, a reality that we hope can change in the years ahead," the family's statement read, adding that it can take years to get a proper diagnosis.

"As Bruce's condition advances, we hope that any media attention can be focused on shining a light on this disease that needs far more awareness and research."

The statement was posted on the website for the Association for Frontotemporal Degeneration and signed by Willis' wife, Emma Heming Willis, his ex-wife Demi Moore, and his five children, Rumer, Scout, Tallulah, Mabel and Evelyn.

Over a four-decade career, Willis' movies had earned more than \$5 billion at the worldwide box office. While beloved for hits like "Die Hard" and "The Sixth Sense," the prolific actor had in recent years primarily featured in direct-to-video thrillers.

Bedford County Comprehensive Plan being developed

Local storytelling opportunity to come

The Bedford County Regional Planning Commission has the goal of developing a 20-year comprehensive growth plan.

This plan, sometimes called a master plan, will be used by the Planning Commission to express the county's vision, goals, objectives, policies, development, and strategies for future growth (or intelligent shrinkage). It will include preservation policies for the county's most valued and appreciated resources (natural or historical), as well as for the planned provision of new services.

The plan is also completely location dependent. Said differently, certain areas of the county may be more suitable for certain types or densities of growth while other areas may be in need of special protections from concentrations of growth. A principal goal of the plan is for the county and municipalities to cooperate to create a community-wide vision for the future.

Officials say they want the plan to not only identify the community's goals and objectives but also recommend courses of action for future growth and development of lands, the creation of public facilities or

services, certain environmental protections, and to outline specific goals and strategies to help achieve the vision. It is a resource to inform policy decisions for the next 20 years.

Residents are encouraged to give input at public meetings, volunteer to be on a planning commission as well as increase their civic literacy by getting involved to help develop this comprehensive plan. Items in the plan will include:

- Population – Historic trends, projections, household number and sizes, education levels and income.

- Economic Development – Labor force characteristics, employment, and analysis of our economic base.

- Natural Resources – Consideration of the natural environment, agricultural and forest lands, plant and animal habitats, recreation, scenic vistas, and soil and air quality.

- Cultural Resources – Consideration of historic buildings, districts, museums, festivals, and natural scenic sites.

- Community Facilities – Consideration of water/sewerage systems and wastewater treatment, solid waste collection and disposal, fire protection, emergency medical services,

government facilities, education, and cultural facilities.

- Land Use – Consideration of existing and future categories including residential, commercial, industrial, agricultural, forestry, mining, public and quasi-public, recreation, parks, open space, and vacant or undeveloped lands.

- Transportation – Consideration of facilities including major road improvements, new roads, transit projects, pedestrian and bicycle projects, multimodal, and other elements of a network in coordination with land use.

The first meeting, designed to educate the public on the process and expected outcomes, will be held at Shelbyville Recreation Center on Tuesday, March 7, at 6 p.m. in meeting room 1. A collaborative workshop session will join our administrative staff and engineering professionals along with a group of citizen volunteers who wish to include their ideas and perspectives on future growth and preservation. Depending on participation and productivity, we may schedule additional workshops to follow.

Storytelling opportunity

The county is also inviting residents to write a short story about their community, village, or neighborhood, and tell everyone about some of their fondest memories. If anyone has photographs, the county would love to have copies of those as well.

Storytelling not only provides an opportunity to explain and teach but also to listen and learn from people and make plans with a community.

In a recent press release, officials from the zoning department want to "authentically engage the citizens and stakeholders of Bedford County by listening to them and their concerns; to hear their stories and use them to improve policies and projects."

They hope this participation will help shape and mold a future growth policy that looks more like Bedford County — one that complements the community and creates opportunity for the community everyone wants.

"You may not own any family heirlooms, but you can make one for your family by being an integral part of this record and of this

process. This plan can be an heirloom you pass down, not only to your family but to everyone else's family as well," the press release stated.

The county has plans to collect these short stories and compile them into the official record of this planning process. They will also use them to help steer their efforts to develop a comprehensive plan. As a part of this process, they will compile these stories into a book that will be donated to the public library and to the county archives department.

If you are interested in sharing your story or photographs, please send them to:

Bedford County Planning Department, 1 Public Square, Suite 300, Shelbyville, Tennessee. We can scan or copy photographs and documents in the event you do not want to leave your original photos or records with us. Please have your story or submittal items postmarked no later than March 31st, 2023, to have them included in the plan.

Navigation Advertising of Murfreesboro is working to create a historical documentary video of Bedford County. The owner,

Christian Hidalgo, is an award-winning producer of other historical documentaries including the history of Rutherford County and others. He has agreed to take the best of these stories, photographs, mementos, etc., and include them in his documentary which would include an interview with the submitters.

According to the press release, "Your involvement is far more important that you may realize. Your attendance and participation at our meetings will be incredibly beneficial — but more so if you're willing to share your ideas and experiences. Most importantly, these stories and your voice will never be forgotten. Become a storyteller and give your family and your community voices that will be heard for all the generations to come."

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Reeves votes to protect children from adult entertainment

NASHVILLE — Sen. Shane Reeves (R-Murfreesboro) voted in favor of legislation to protect children from being exposed to sexually explicit performances. Senate Bill 3, which Reeves is a cosponsor, cleared the Senate floor on Thursday, Feb. 9. The bill will restrict

overtly sexual adult entertainment from being performed on public or private property if kids could be around to see it.

"This is a common-sense protection for our children, and I was happy to support the bill," said Reeves. "Children's innocence should be safeguard-

ed, and they should never be subjected to sexual performances. I am glad to see this bill pass the Senate."

Under the bill, private establishments such as bars or restaurants that host sexually explicit shows must require patrons to show ID upon entry to ensure they are age 18 or older.

A violation of this bill would result in a Class A misdemeanor, and a second or subsequent offense would result in a Class E felony.

The legislation must pass the House of

Representatives and be signed by Gov. Lee before becoming law. It is moving through the House of Representatives and was considered by the House Criminal Justice Committee on Tuesday.

Reach more customers through the

TIMES-GAZETTE

■ Print Edition
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SOUP KITCHEN



As the sign says, "All are welcome." The 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.

Shelbyville Power Systems

Shelbyville Power, Water and Sewerage Systems would like to correct several inaccurate or misleading comments about its policies and procedures concerning discontinuing services of customers who have failed to pay their bills which have been circulated in several different media in Bedford County.

Shelbyville Power has made only two changes to its policies concerning discontinuing services for customers who fail to pay their bills. First, the rules were changed in June, 2022, to change the date when services will be discontinued from seven (7) days to ten (10) days after the payment is due. Second, the rules were changed in June, 2022, to provide that services will not be discontinued when the heat index is 100 degrees or higher. The rule previously provided that service would not be discontinued when the temperature was 100 degrees or higher. Both changes benefited customers who have failed to pay their bills.

During the Covid pandemic in March 2020, the Tennessee Valley Authority allowed its customers, including Shelbyville Power, to suspend discontinuing services for customers who failed to pay their bills. This suspension did not relieve Shelbyville Power customers from their obligation to pay their bills. Shelbyville Power resumed collecting its delinquent bills in June, 2020, and also began providing door hangers for customer accounts over 90 days past due. These door hangers were never intended to become a permanent final discontinuation notice, but instead were to serve as a courtesy for persons who failed to pay their bills. The Board of Shelbyville Power reiterated in June, 2022, that past due bills should be paid. The door hangers were discontinued because of the burden it placed on employees of Shelbyville Power to place them.

Shelbyville Power is very sympathetic to persons who have difficulty paying their bills, but Shelbyville Power has to balance this concern with its obligations to all of its customers as well as the City of Shelbyville. Shelbyville Power receives no money from the sales taxes and property taxes collected by Shelbyville to fund its operating expenses. Shelbyville Power depends on money it receives from customers from the sale of electricity and water together with fees paid by its customers. Shelbyville Power sometimes receives grant funding from the City of Shelbyville or the State of Tennessee, but those funds are used to repair existing infrastructure or build new infrastructure. Shelbyville Power has approximately 9,700 residential customers. The overwhelmingly majority of its customers pay their bills on time. It would be very unfair to those customers to require them to subsidize those customers who do not pay their bills on a long-term basis.

When discontinuing services, Shelbyville Power does not discontinue services at night. Shelbyville Power does not discontinue services under extreme weather conditions, either hot or cold. Shelbyville Power does not discontinue services without prior notice to the customers. Although Shelbyville Power has discontinued its door hanger practice, all bills sent out by Shelbyville Power state the balance due and when services will become past due. An additional late notice is automatically sent to all persons with unpaid accounts stating when services are eligible to be discontinued for nonpayment, and serves as final notice before services are discontinued.

Shelbyville Power is willing to work out reasonable payment plans with its customers. The burden is on the customer to contact Shelbyville Power about a payment plan. It would not be feasible for Shelbyville Power to initiate discussions about payment plans with its delinquent customers.

Shelbyville Power encourages its customers to make voluntary donations to assist customers who have difficulty paying their bills. Every bill Shelbyville Power sends out to residential customers has a place where the customer can donate to Project Help. Each month, Shelbyville Power forwards the proceeds of these donations to the Good Samaritan Association of Bedford County. Shelbyville Power also works with various charities such as South Central Human Resource Agency, Catholic Charities, and Good Samaritan Association of Bedford County to assist its customers who are unable to pay their bills.

Shelbyville Power has initiated practices to enable its customers to pay their bills in various ways. A notice of the payment options available was enclosed with a recent bill sent to all of its residential customers. Bills can be paid online, by phone, by automatic bank draft, or by check or money order mailed to the address shown on the bill, or by personal delivery to our office.

Shelbyville Power does not set rates it charges its customers arbitrarily. Shelbyville Power regularly employs experts in this field to evaluate its rates for fairness and to insure the long-term financial viability of Shelbyville Power. Shelbyville Power always considers the advice of experts when it sets rates.

Shelbyville Power, Water and Sewerage Systems

Photo storage in cloud goes kaput

Dear Heloise: I read with interest a recent column about storage of photographs in the "cloud." We are currently problem-solving this very issue. Our storage firm has failed, and the company has gone belly up. Fortunately, my husband is pretty techy and has some ideas to retrieve the history of lost photos. Time will tell.

Anyway, onto my hint! I decided to make a digital catalogue of my mother's photograph albums. I used my phone to take pictures of the old photographs and Polaroids. Much to my surprise was the amount of detail that was captured, including things that appeared quite vague or dark. When using the zoom feature, much more becomes visible than can be seen in the originals! Ditto to the suggestion that digital images are easier to share with family and friends across the miles.

Also, thank you for choosing one of my previous hints for publication. It was a jolt to my morning newspaper routine. Dropped my muffin! -- Elizabeth, Stephens City, Virginia

CUTTING BOARDS

Dear Heloise: There was a recent conversation regarding wood versus plastic cutting boards. If you have good knives, the wood is better for the knives. Plastic will dull them more quickly. Regards. -- Lilith, Ventura, California

HOT WATER SOAK FOR POTS AND PANS

Dear Readers: Sometimes, hot water may be all you need to soak and clean stainless steel pots and pans with light stains. But, for stub-



Hints from Heloise

born stains, pour 2 cups of white vinegar in them and let soak for about 30 minutes. Then, give pots and pans a quick scrub to remove gunk and debris, followed by a cold-water rinse. If pesky stains still remain, use a scrubber and put them in the dishwasher for a more-thorough cleaning. -- Heloise

DEALING WITH DRY MOUTH AT NIGHT

Dear Heloise: Someone wrote in to say that seniors who get dry mouth while they sleep at night with their mouths open use a chin strap. But the reader said they find chin straps uncomfortable, so they suggested using a sweatband around the chin and head.

As a senior, I have dry mouth during the night, but it is not because of sleeping with my mouth open. It's because of medications that lots of other seniors may also take. I solve this problem by keeping a small bottle of water on my nightstand. When I wake up with a dry mouth, I take a sip and go right back to sleep. -- Roma, in New York

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.

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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

VFW Music Night



VFW Post 5019, 1320 E. Depot St., will hold its monthly third-Saturday music night Saturday. Doors open at 5:30 p.m. with the event from 6-9:30 p.m. James Smotherman & Friends will be featured but other acoustic musicians and singers are welcome. Admission is \$3, and there will be a potluck meal. No alcohol or outside beverages are permitted. For more information, call 931-607-3149 or 931-684-2523.

SUNDAY

Laity Club

Bedford County Laity Club will meet at 6 p.m. Sunday, Feb. 19 at Mt. Olivet United Methodist Church. A meal will be furnished.

MONDAY

Democratic meeting

The Bedford County Democratic Party will meet at 6 p.m. Monday, Feb. 20 at El Mexico restaurant, 724 N. Main St.

TUESDAY

County committees

Bedford County Board of Commissioners' Rules and Legislative, Law Enforcement, and Courthouse and Property committees will meet consecutively beginning at 5 p.m. Tuesday, Feb. 21 at Bedford County Historic Courthouse.

COMMUNITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY			1	2	3	4
				Groundhog Day		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		Valentine's Day				
19	20	21	22	23	24	25
	Presidents' Day					
26	27	28				
		Mardi Gras				

Bell Buckle history

Bell Buckle Historical Commission will meet at 6 p.m. Tuesday, Feb. 21 in Town Hall.

FRIDAY

Benefit play

Fly Community Theatre will be presenting Clue On Stage as a fundraiser Friday, Feb. 24 and Saturday, Feb. 25 at 7 p.m. A matinee performance has been added on Sunday, February 26 at 2 p.m. Prizes and raffles, coffee and dessert are planned. Cost is \$15 at the door or reserve a table for 6 or 8. Text 931-212-0366 for reservations.

FEB. 25

Wartrace Alumni Game

An alumni game for anyone with a present or past connection with the newly refurbished Wartrace Gym will be held at 2 p.m. Saturday, Feb. 25, at the gym. All ages are welcome in the mixed-gender game.

FEB. 26

Spaghetti fundraiser

Middle Tennessee Spay & Neuter Clinic is holding its first spaghetti fundraiser from 11 a.m.-2 p.m. Sunday, Feb. 26, at Bedford County Agriculture Center, 2119 Midland Road. Funds will be used

for Spay Day. A silent auction will begin at 11 a.m.,

Benefit event

A benefit for Polly "Susie" Bearden, former owner of West Lane Market, will begin at 12 noon Sunday, Feb. 26, at The Hitching Post, 1926 Warners Bridge Road. Cornhole and pool tournaments are scheduled.

FEB. 27

Wartrace board

Wartrace Board of Mayor and Aldermen will meet at 6 p.m. Monday, Feb. 27, at Town Hall.

FEB. 28

County Financial Committee

Bedford County Board of Commissioners' Financial Committee will meet at 4:15 p.m. Tuesday, Feb. 28, in Room 110 at Bedford County Business Complex, 200 Dover St.

Planning Commission

Bedford County Planning Commission will meet at 7 p.m. Tuesday, Feb. 28, at Bedford County Historic Courthouse.

MARCH 7

Commodities

A commodity food distribution will be held Tuesday, March 7 from 9-11 a.m. at Bedford County Agriculture Center, 2119 Midland Road, by South Central Tennessee Human Resource Agency. Only Bedford County residents are eligible. Call 931-685-9962 for more information.

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.

PUBLIC NOTICE

The Shelbyville City Hall Drive-thru Window will be open on Saturday, February 25th from 8:00 AM until 12:00 noon in order to accept property tax payments only.

The drive thru is located on the W. Holland side of City Hall on the Public Square.

Kay Parker, City Treasurer

LEGAL NOTICE

The Shelbyville Housing Authority will hold a Regular Scheduled Board Meeting on Wednesday, February 22ND, 2023 at the Tate Street Community Center at 12:00 noon, in Shelbyville, Tn.

By: Jenni Feldhaus
Chairman

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.

An Equal Opportunity and Section 3 Employer

PUBLIC NOTICE

City Hall will be closed on Monday, February 20, 2023, in observance of President's Day. Monday's trash will be picked up on Tuesday, February 21st 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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CATHOLIC CHURCH

St. William of Montevegine Catholic Church is located at 500 S. Brittain Street in Shelbyville.

T-G photo by Zoe Watkins

CHURCH ACTIVITIES

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

Baptist

Pastor Tyler Shoemaker's message at 10 a.m. at **Calvary Baptist Church** will be "Why Evangelize" from Matthew 28:18-20. The service will be livestreamed.

"Followers Receive Power" from Acts 1:8 will be Pastor Jimmy West's message at 10 a.m. Sunday at **Edgemont Baptist Church**. The service will be livestreamed.

Bro. Bobby McGee's message at **Grace Baptist Church** will be "Your Needs Brings You God's Grace" from 2 Corinthians 9:6-13.

The Women's Ministry at **Sevier Street First Baptist Church** will sponsor a fish fry and hamburger plate sale, beginning at 11 a.m. Saturday, Feb. 18. Call 931-735-6568 to pre-order. Black History with guest speaker Pastor Stewart will be commemorated at Sunday's 10 a.m. service. R.C. Verge is the church's pastor.

Christian (Disciples of Christ)

Pastor Dan Asche's series on "Transformed Lives" will continue at **First Christian Church** at 10 a.m. Sunday with the message "Darkness to Light," the story of blind Bartimaeus, from Luke 18.

Church of Christ

The sermon series "The Fight" by Lance Bennett continues at **Fairlane Church of Christ**. The service will be livestreamed and broadcast on WLJ (98.7 FM/1580 AM/wljradio.com).

Buddy Koonce will speak on "Following Jesus - What it means to be a Disciple" from Matthew 28:18-20 at 10 a.m. Sunday at **Southside Church of Christ**. Brian Nicholson will lead a study of Philippians at 6 p.m. Sunday. Charlie Pope will lead Bible study at 6:30 p.m. Wednesday. Sunday morning and Wednesday evening services are livestreamed at cofcsouthside.com.

"He Touched Me" from Matthew 8:1-4 will be Marty Neal's message at 11 a.m. Sunday at **Wartrace Church of Christ**. A study of Leviticus will be held at 6 p.m. Sunday. Wednesday meeting time has been changed to 6 p.m.

Methodist

"The Transfiguration" from Mark 9:2-10 will be Pastor Abe Zimmerman's message at **First United Methodist Church**. The 10 a.m. service will be livestreamed on Facebook and broadcast on WLJ (98.7 FM/1580 AM/wljradio.com).

Antisemitism worries rising for many U.S. Jews

ASSOCIATED PRESS

More than four in ten Jews in the United States feel their status in America is less secure than it was a year earlier, according to a new survey by the American Jewish Committee.

The survey, conducted in the fall of 2022, was released Monday by the AJC, a prominent Jewish advocacy organization.

The survey was taken in a year of high-profile incidents of antisemitism, including a hostage-taking at a Texas synagogue and anti-Jewish statements shared by celebrities on social media. Former President Donald Trump dined with two openly antisemitic guests, drawing criticism from his own Jewish supporters.

According to the AJC survey, 41% of the respondents said the status of Jews in the U.S. is less secure than it was the year before, while 55% said it was the same. Only 4% thought it was more secure.

The results show anxieties

increasing since a comparable survey in 2021, when 31% of respondents thought their status was less secure than a year earlier.

Four in five Jews said in the 2022 survey that antisemitism has grown in the past five years; nearly half said it's taken less seriously than other forms of bigotry or hate.

A quarter of the respondents said they were directly targeted by antisemitic expressions, either in person or on social media, with 3% reporting a physical attack. Nearly four in 10 changed their behavior to lower risks to their safety.

Similarly, nearly four in ten reported avoiding visible expressions of Jewishness in public, such as wearing a skullcap. Smaller percentages reported taking similar steps on campus or at work.

Other findings:

—Nearly 90% of U.S. Jews — and the same percentage of the country's total population — believe antisemitism is a serious

problem, up from 73% in 2016.

—Of the Jews surveyed in 2022, 63% said that they see law enforcement as appropriately responsive when it comes to antisemitism, a substantial drop from 2019 when that number was 81%.

The survey collected data from a nationally representative sample of 1,507 adults of Jewish religion or background. It was conducted from Sept. 28 through Nov. 3.

News of antisemitic incidents surfaces almost daily in the U.S. Earlier this month, for example, numerous antisemitic flyers were distributed in suburban Atlanta, including at the home of Georgia's only Jewish state legislator.

Rep. Esther Panitch, a freshman Democrat, denounced the flyers from the floor of the House of Representatives, with dozens of colleagues surrounding her to show solidarity.

"This weekend, it was my turn to be targeted," Panitch said. "Unfortunately, it's not the first time to be afraid as a Jew in the

United States."

On Thursday, Doug Emhoff, the husband of Vice President Kamala Harris, took his campaign against antisemitism to the United Nations, urging diplomats from many nations to speak out against the rising global hatred of Jews and stressing: "Silence is not an option."

Emhoff pointed to celebrity comedians too often using antisemitism "to draw cheap laughs, high profile entertainers and politicians openly spouting tired antisemitic tropes (and) others making comments laced with not so subtle innuendo."

Among the most dramatic antisemitic incidents in 2022 was the January hostage standoff at Congregation Beth Israel synagogue in Colleyville, Texas, a suburb of Fort Worth.

A pistol-wielding British man took four people at the synagogue hostage and held them for 10 hours before they escaped, and the captor was killed by the FBI.

Pastors: Sermons written by ChatGPT have no soul

By DAVID CRARY
AP National Writer

NEW YORK

Among sermon writers, there is fascination — and unease — over the fast-expanding abilities of artificial-intelligence chatbots. For now, the evolving consensus among clergy is this: Yes, they can write a passably competent sermon. But no, they can't replicate the passion of actual preaching.

"It lacks a soul — I don't know how else to say it," said Hershael York, a pastor in Kentucky who also is dean of the school of theology and a professor at The Southern Baptist Theological Seminary.

Sermons are meant to be the core of a worship service — and often are faith leaders' best weekly shot at grabbing their congregation's attention to impart theological and moral guidance.

Lazy pastors might be tempted to use AI for this purpose, York said, "but not the great shepherds, the ones who love preaching, who love their people."

A rabbi in New York, Joshua Franklin, recently told his congregation at the Jewish Center of the Hamptons that he was going to deliver a plagiarized sermon — dealing with such issues as trust, vulnerability and forgiveness.

Upon finishing, he asked the worshippers to guess who wrote it. When they appeared stumped, he revealed that the writer was ChatGPT, responding to his request to write a 1,000-word sermon related to that week's lesson from the Torah.

"Now, you're clapping - I'm deathly afraid," Franklin said when several

congregants applauded. "I thought truck drivers were going to go long before the rabbi, in terms of losing our positions to artificial intelligence."

"ChatGPT might be really great at sounding intelligent, but the question is, can it be empathetic? And that, not yet at least, it can't," added Franklin. He said AI has yet to develop compassion and love, and is unable to build community and relationships.

"Those are the things that bring us together," the rabbi concluded.

Rachael Keefe, pastor of Living Table United Church of Christ in Minneapolis, undertook an experiment similar to Franklin's. She posted a brief essay in her online Pastoral Notes in January, addressing how to attend to one's mental health amid the stresses of the holiday season.

It was pleasant, but somewhat bland, and at the end, Keefe revealed that it was written by ChatGPT, not by herself.

"While the facts are correct, there's something deeper missing," she wrote. "AI cannot understand community and inclusivity and how important these things are in creating church."

Several congregation members responded.

"It's not terrible, but yes, I agree. Rather generic and a little bit eerie," wrote Douglas Federhart. "I like what you write a lot more. It comes from an actually living being, with a great brain and a compassionate, beating heart."

Todd Brewer, a New Testament scholar and managing editor of the Christian website Mockingbird, wrote in December about an exper-

iment of his own — asking ChatGPT to write a Christmas sermon for him.

He was specific, requesting a sermon "based upon Luke's birth narrative, with quotations from Karl Barth, Martin Luther, Irenaeus of Lyon, and Barack Obama."

Brewer wrote that he was "not prepared" when ChatGPT responded with a creation that met his criteria and "is better than several Christmas sermons I've heard over the years."

"The A.I. even seems to understand what makes the birth of Jesus genuinely good news," Brewer added.

Yet the ChatGPT sermon "lacks any human warmth," he wrote. "The preaching of Artificial Intelligence can't convincingly sympathize with the human plight."

In Brentwood, Tennessee, Mike Glenn, senior pastor for 32 years at Brentwood Baptist Church, wrote a blog post in January after a computer-savvy assistant joked that Glenn could be replaced by an AI machine.

"I'm not buying it," Glenn wrote. "AI will never be able to preach a decent sermon. Why? Because the gospel is more than words. It's the evidence of a changed life."

"When listening to a sermon, what a congregation is looking for is evidence that the pastor has been with Jesus," Glenn added. "AI will always have to — literally — take someone else's words for it... it won't ever be a sermon that will convince anyone to come and follow Jesus."

Also weighing in with an online essay was the Rev. Russell Moore, formerly head of the Southern

Baptist Convention's public policy division and now editor-in-chief of the evangelical magazine Christianity Today. He confided to his readers that his first sermon, delivered at age 12, was a well-intentioned mess.

"Preaching needs someone who knows the text and can convey that to the people — but it's not just about transmitting information," Moore wrote. "When we listen to the Word preached, we are hearing not just a word about God but a word from God."

"Such life-altering news needs to be delivered by a human, in person," he added. "A chatbot can research. A chatbot can write. Perhaps a chatbot can even orate. But a chatbot can't preach."

The Southern Baptist department formerly led by Moore — the Ethics and Religious Liberty Commission — has been monitoring artificial-intelligence developments for several years under the direction of Jason Thacker, its chair of research in technology ethics.

He shares the view that "wise, virtuous pastors" won't let new technology deter them from personal immersion in sermon-writing.

"But I also can see it being used in unhelpful or unethical ways," he added.

"Some young pastors may become overly reliant on these machines ... and not see the imperfections of these tools," Thacker told The Associated Press. "Many pastors are overworked, exhausted, filled with anxiety... One can see why a pastor might say, 'I can't do everything I'm supposed to do,' and start passing ideas off as their

own."

Hershael York, the Kentucky pastor and professor, said some of the greatest sermons contain elements of anguish.

"Artificial intelligence can imitate that to some level. But I don't think it can ever give any kind of a sense of suffering, grief, sorrow, the same way that a human being can," he said. "It comes from deep within the heart and the soul — that's what the great preachers have, and I don't think you can get that by proxy."

First Church of the Nazarene

Our purpose is to know Christ and to make Him known as Savior and Lord

SERVICE SCHEDULE
Sunday

Sunday School 9 A.M.
Sunday morning service 10 A.M.
NO SUNDAY EVENING SERVICES
Wednesday night services begin at ... 6:30 P.M.

Rev. Andrew Lee Keffer

Mini-union vote at Nissan plant set for March 16

By **JONATHAN MATTISE**
Associated Press

NASHVILLE — Fewer than 100 employees out of the thousands who work at Nissan's auto assembly plant in Tennessee will have the chance to vote on March 16 on whether to form a small union.

On Tuesday, the National Labor Relations Board set the secret ballot election date for about 86 tool and die technicians at Nissan's Smyrna plant. The vote on whether to be represented by the International Association of Machinists and Aerospace Workers will take place at the Nissan facility, which is about 25 miles (40 kilometers) outside Nashville.

The board ruled earlier this month that the smaller bloc of employees is eligible for union organizing. The decision was made by a board majority picked by President Joe Biden. It overturned a June 2021 ruling by one of the board's regional officials that had long blocked the vote.

The vote offers measured hope for unions in their uphill fight to get a foothold in foreign-owned auto assembly plants in the traditionally anti-union South.

Nissan had contended that the employees are not sufficiently distinct from other plant workers to be eligible for their own small unionized subgroup.

A spokesperson for Nissan, which has about 7,000 employees at the Smyrna facility, said Wednesday that the company believes its workplace

is "stronger without the involvement of third-party unions" like the Machinists, while emphasizing that it is the right of employees to decide.

"Our history reflects that Nissan respects the right of employees to determine who should represent their interests in the workplace," Nissan spokesperson Lloryn Love-Carter said in a statement. "However, we believe our workplace is stronger without the involvement of third-party unions, including the IAM, that have not been involved in our history of quality job creation and do not understand the relationship we have with Nissan teammates."

In a statement, the Machinists union commended the group of workers for "standing up to Nissan and demanding a voice in the workplace."

"We hope that over the next month, Nissan North America will respect the rights of their employees and let them make a decision free of intimidation and coercion," Machinists union Southern Territory General Vice President Rickey Wallace said in a news release.

Nissan does work with organized labor in the rest of the world, but votes to unionize broadly at the U.S.' two Nissan plants have not been close. Workers in Smyrna rejected a plantwide union under the United Auto Workers in 2001 and 1989. The Japan-based automaker's other U.S. assembly plant in Canton, Mississippi, rejected facility-wide representation by the UAW during a 2017 vote.

The margin was much closer in 2014 and 2019 votes at the Volkswagen plant in Chattanooga, Tennessee, where workers twice rejected a factory-wide union under the UAW.

The year after the 2014 vote failed, 160 Chattanooga maintenance workers won a vote to form a smaller union, but Volkswagen refused to bargain. The German automaker had argued the bargaining unit also needed to include production workers. As a result, the 2019 factory-wide vote followed.

Unions also have run into opposition from Republican politicians when they attempt to organize at foreign automakers in the South, including in Tennessee.

Tennessee already has a big union presence at an American automaker: the General Motors plant in Spring Hill has thousands of production and skilled trades workers represented by UAW.

There is also an open question about whether workers will unionize at four sprawling new factories planned by Ford in Kentucky and Tennessee by 2025, with an aim of hiring nearly 11,000 workers. Three of the plants — two in Kentucky, one in Tennessee — will be built with Ford's South Korean corporate partner, SK Innovation, to produce electric vehicle batteries. A fourth, in Tennessee, will make electric F-Series pickup trucks.

It was 'haunting': Ballard recalls mission to Titanic

By **RODRIQUE NGOWI**
and **MARK PRATT**
Associated Press

FALMOUTH, Mass. — The sheer size of the vessel and the shoes were what struck Robert Ballard when he descended to the wreckage of the RMS Titanic in 1986, the year after he and his crew from the Woods Hole Oceanographic Institution helped find the ocean liner that struck an iceberg and sank in the North Atlantic in 1912.

"The first thing I saw coming out of the gloom at 30 feet was this wall, this giant wall of riveted steel that rose over 100 and some feet above us," he said in an interview from Connecticut on Wednesday, the same day the WHOI released on 80 minutes of never before publicly seen underwater video of the expedition to the wreckage.

"I never looked down at the Titanic. I looked up at the Titanic. Nothing was small," he said.

The crew of Alvin, the three-person submersible he was in, headed to the surface when it started taking water into its batteries, and as it rose Ballard saw the Titanic's portholes.

"It was like people looking back at us. It was pretty haunting actually," he said.

There were no human flesh or bones left, but he saw shoes, including the footwear of what appeared to be a mother and a baby, that looked like tombstones marking the spot where some of the roughly 1,500 people who perished came to rest on the ocean floor.

"After the Titanic sank, those that went into the water that didn't have lifejackets died of hypothermia and their bodies came raining down," he said.

The liner sank on its maiden voyage from Southampton, England, to New York City after hitting an iceberg in the early morning hours of April 15, 1912.

The WHOI team, in partnership with the French oceanographic exploration organization Institut français de recherche pour l'exploitation de la mer, discovered the final resting place of the ship in 12,400 feet of water on Sept. 1, 1985, using a towed underwater camera.

The newly released footage was from a return expedition the following year.

There had been prior efforts to find the wreck. But the 1985 discovery and the 1986 trip were made possible by sophisticated underwater vehicles that could withstand the unforgiving conditions, said WHOI engineer Andy Bowen, who helped develop them.

"The water is near freezing temperatures and probably the biggest challenge is the remoteness of the location, and in particular the harsh environment with regard to the pressure our equipment is exposed to," he said.

Ballard said he went through the gamut of emotions during the 1985 mission.

He was concerned that the public would figure out that he was a Naval intelligence officer who was on a top secret Cold War mission funded by the Navy to study the wrecks of two nuclear submarines that had also gone down in the North Atlantic. The search for the Titanic was a bit of an afterthought.

"I wasn't a Titanic groupie," he said. "I was heavily involved in my military program. So I wasn't expecting to be affected by the discovery."

The ship sank at about 2:20 a.m. The 1985 discovery using the underwater camera occurred at about 2 a.m.

Ballard recalled one of the crew glancing at the clock and saying: "She sinks in 20 minutes."

"We actually stopped the operation and raised the vehicle to gather my thoughts and I said, 'I'm going to go outside and just get myself back together' and everyone else followed," he said. "We had a small memorial service for all those that had died. But we were there, we were at this spot."

It was hallowed ground, like at the Gettysburg battlefield, he said.

The video, much of it haunting and grainy interiors of the ship taken by the remotely-operated underwater exploration vehicle Jason Jr., is being released in conjunction with the 25th anniversary release on Feb. 10 of the remastered version of the Academy Award-winning movie, "Titanic."

"More than a century after the loss of Titanic, the human stories embodied in the great ship continue to resonate," James Cameron, the film's director, said in a statement. "Like many, I was transfixed when Alvin and Jason Jr. ventured down to and inside the wreck. By releasing this footage, WHOI is helping tell an important part of a story that spans generations and circles the globe."

The story of the Titanic fascinates people to this day for many reasons, Ballard said. It was at the time the world's largest ocean liner and was supposed to be virtually unsinkable. Its passengers included some of the world's most wealthy and famous. And in the aftermath, the world heard remarkable stories of heroism and bravery by the crew and passengers.

He said: "I think everyone wonders in their own mind 'If I were there, what would I have done?'"

EPA declined to challenge TVA on new gas plant

By **TRAVIS LOLLER**
and **JONATHAN MATTISE**
Associated Press

NASHVILLE — Critics have long blasted the nation's largest public utility over its preference to replace coal-burning power plants with ones reliant on gas, another fossil fuel.

The same advocates are now frustrated that federal environmental regulators won't stand in the way of the utility's latest extensive project, which clashes with the Biden administration's directives to fight climate change, despite their laundry list of concerns.

The gas plant decision by the Tennessee Valley Authority came January 10, capping a monthslong conflict between the TVA and the Environmental Protection Agency — two federal agencies that are both charged with a mission to protect the environment. It was also just a few weeks before the first meeting of TVA's new board of directors, with a majority appointed by President Joe Biden, which will convene this Thursday.

The EPA had written to the TVA on Jan. 6 regarding its "substantial" concerns with the plan to bank on gas at the Cumberland Fossil Plant. But ultimately, the nation's environmental watchdog relented when it could have challenged the utility's claims about the gas plant's expected environmental impacts at the highest ranks of government — the White House.

In essence, the TVA "thumbed their nose at EPA's comments," said Pat Parenteau, an emeritus professor specializing in environmental law at the Vermont Law and Graduate School. The TVA provides power to about 10 million customers in parts of seven southern states.

The EPA had recommended integrating a combination of renewables, like wind and solar, along with projects that reduce the overall demand for electricity, like energy efficiency, to replace the mammoth aging coal plant near Cumberland City. Instead, TVA's analysis of alternatives compared only new gas plants to a massive

array of solar and battery storage.

TVA's environmental impact statement confirmed a new combined-cycle gas plant will release earth-warming carbon dioxide and methane pollution for decades to come. However, the utility found the solar and battery option would take too long to build and cost \$1.8 billion more than a new gas plant. The TVA also stated greenhouse gas effects from the two options would be "relatively close."

The EPA took issue with TVA's conclusions, saying the utility relied on misleading comparisons and inaccurate economic data. The environmental agency also noted the TVA could be left with "stranded assets" in the form of a plant it has to stop using before it has recuperated the cost of building. As for the environmental impacts, the utility's own analysis results in a \$3 billion savings with the solar option over the 30-year life of the project, according to the EPA.

EPA's decision not to take further action smacks of politics, Parenteau said.

"We know that the Biden administration is schizophrenic on gas," he said, noting large gas exports under Biden and high rates of oil and gas leasing. "This, of course, is in total contradiction to what he campaigned on. But it does reflect, to be fair, the political reality of the day. It reflects the war in Ukraine. It reflects the prices at the gas pump, it reflects lots of stuff."

Concerned citizens sent a letter on Jan. 4 to EPA Administrator Michael Regan urging him to refer TVA's Cumberland Fossil Plant project to the White House Council on Environmental Quality. The Department of the Interior was the last agency to send the council a project in 2016. The EPA hasn't done it since 1996.

While referrals are rare, they have sometimes resulted in "major changes," Parenteau said. "The abandonment of the jet port in the Everglades is one of them."

Instead, the EPA sent a letter to the TVA on Jan. 6 outlining the deficiencies

of its final environmental impact statement and urging the utility to address them in its record of decision. Four days later, TVA President and CEO Jeff Lyash issued that record of decision, moving forward with a 1,450-megawatt natural gas plant. It once again failed to address EPA's concerns.

In an email to The Associated Press, EPA spokesperson James Pinkney said the agency carefully considered all available options.

"EPA determined that there were practical and achievable actions TVA could do within its Record of Decision, as well as with future actions, to improve environmental outcomes while meeting its need to retire the Cumberland coal plant," he wrote.

Critics of TVA's long-stated preference for gas have accused the utility of not giving serious consideration to other alternatives, as required by the National Environmental Policy Act.

"TVA clearly spent a lot of time and money developing the gas alternative," said Amanda Garcia, Tennessee director for the Southern Environmental Law Center. "It did not do the same for solar and storage, let alone a range of alternatives like wind, energy efficiency and demand response," which helps customers change their usage patterns to flatten peak demand periods.

The law center has pointed out that the TVA signed contracts with two gas companies months before it completed the environmental impact study that was supposed to guide its decision.

The utility corporation said the contracts were necessary to allow preliminary planning work. They were not binding agreements to choose gas, TVA spokesman Scott Brooks said in an email. They were contingent on TVA's final fuel decision.

The TVA has faced criticism for other environmental reviews in the past.

The Sierra Club is suing the utility over its decision to install gas turbines at a

retired coal plant in New Johnsonville. In that case, the TVA said the new gas plant will not have a significant environmental impact, so it did not have to complete an impact statement required under the National Environmental Policy Act — despite TVA's own estimates that it will emit more than 1 million tons of carbon dioxide each year.

And the TVA has been involved in a decade-long lawsuit over its decision to begin clear-cutting millions of trees around its transmission lines without completing an environmental impact statement. The 6th U.S. Circuit Court of Appeals has ruled against the corporation repeatedly in that case.

The utility, in turn, pointed to its recent victory in a lawsuit over its decades-long power-provider agreements. A judge dismissed the challenge, ruling in part that the environmental act "does not require review of every major federal action."

The new gas plant at Cumberland is not yet a done deal. A 32-mile pipeline still needs approval, requiring yet another environmental impact statement. TVA's board members have remained mum about the project when contacted by the AP.

"It seems to me that enough serious questions have been raised that the new board might want to take a second look at it," Parenteau said.

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Submitted photos

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Mark McGee
My Take

Competence

I am glad people are choosing to work. It would be even better if more people stepped up to fill the many jobs being advertised all over town.

But while I am happy to see people working some less than exciting jobs is it too much to ask for them to do their jobs with some level of competence?

A few weeks ago, I decided to clean out some of the change in my cup holder in my car. I partially paid for an item at a fast-food restaurant with 12 quarters. The person who took my money looked as if I had handed her a sheet of Latin poetry to translate. After staring at the change for a couple of seconds she asked me if I had given her four dollars. Finally, one of her co-workers explained 12 quarters equal three dollars.

In another incident my mother insisted on shopping on her own at a local store. I waited for her for what seemed like hours. When I went inside to see what was wrong a clerk at the checkout was going through all of the bags my mother had paid for. She was rechecking the price of each item on the register tape. Finally, the clerk that checked her items realized she had given my mother back the same amount she had just spent instead of the proper amount of change which was double her purchase amount.

Last week the same thing happened to me at another business when the clerk returned the amount I had paid instead of the amount in change I should have received.

I remember in my ancient times in grammar school when we were taught to properly make change. Guess those lessons are too practical in today's curriculums. Maybe a cashless society might not be a bad thing after all.

But this goes beyond clerks and fast-food workers.

Monday morning my mother talked on the phone with the representative of a large national company. The person on the other line told her, rather rudely, there was no record of her in their system.

I made another call to the company and a different person pulled up her records and quickly solved her problem. How wonderful it was to find someone who was competent in the work they were being paid to do.

I have heard many employers say they have troubles because a person will work for a day or two and then never show up again. When did pride in doing a solid day's work disappear?

Don't get me wrong. I am not painting all workers with a broad brush. Most

▶ See **Mark**, Page 3B



Jackson Bailey, 3rd generation auctioneer, at the same auction ring as his grandfather.



Jackson Bailey's grandfather, Tommy Bailey, in 2014.

Submitted photos

Living the dream at 19

By **ZOË WATKINS**
zwatkins@t-g.com

The new owner of Lewisburg Livestock Market is Thomas "Jackson" Bailey Jr. And it's a dream come true for someone like him who has spent his entire life growing up on and around farms, stockyards, and auctions.

Owning and operating stockyards is in his blood. Family members before him have bought, sold, and auctioned at the very same stockyard that he is now the owner of.

Growing up, when people asked him, "What are you going to be when you grow up?" The answer was simple: "What I'm already doing."

"It's just something he loves. He has the passion for it," said his mom, Christi Bailey.

When he was 12 years old, Jackson started buying, selling, and trading chickens. When he was 14, he sold goats.

Then, at 16 years old, when he could drive and "wheel and deal" on his own, Jackson told his family he would own a stockyard before he was 40.

But when Jackson graduated from Community High School, and went on to attend the Nashville Auctioneering School in Tullahoma, he moved that goal of owning a stockyard down to 30.

After graduating auctioneering



Jackson surrounded by family and holding his nephew.

school, Jackson became a 3rd generation auctioneer. Not only following in his father's footsteps, Jackson is also following in his grandfather's footsteps — Tommy Bailey, who was an auctioneer for 50 years.

But he wanted to take it a step further.

For this young man, his dream of owning a stockyard came true at just 19 years old.

He officially took control of Lewisburg Livestock Market, located at 1930 Finley Beech Road in Lewisburg, on Feb. 1.

In the short time he's owned the stockyard, Jackson has made several small improvements — such as expanding the parking lot, redoing the auction ring, as well as fresh

paint and fencing.

Plus, "He drives about 6,000 miles a month buying and selling and trading livestock," said Christi.

But he has big plans for Lewisburg Livestock Market and intends on continuing to give back to the local community by drawing more people to the area who travel in for sale day and promote other local business.

Of course, it's all in the family, who help when and where they can. Jackson's grandparents, parents, aunts, and siblings have all pitched in to help renovate, upgrade, and support Jackson both mentally and physically to make his dream come

▶ See **Dream**, Page 3A

New children's book to make you laugh

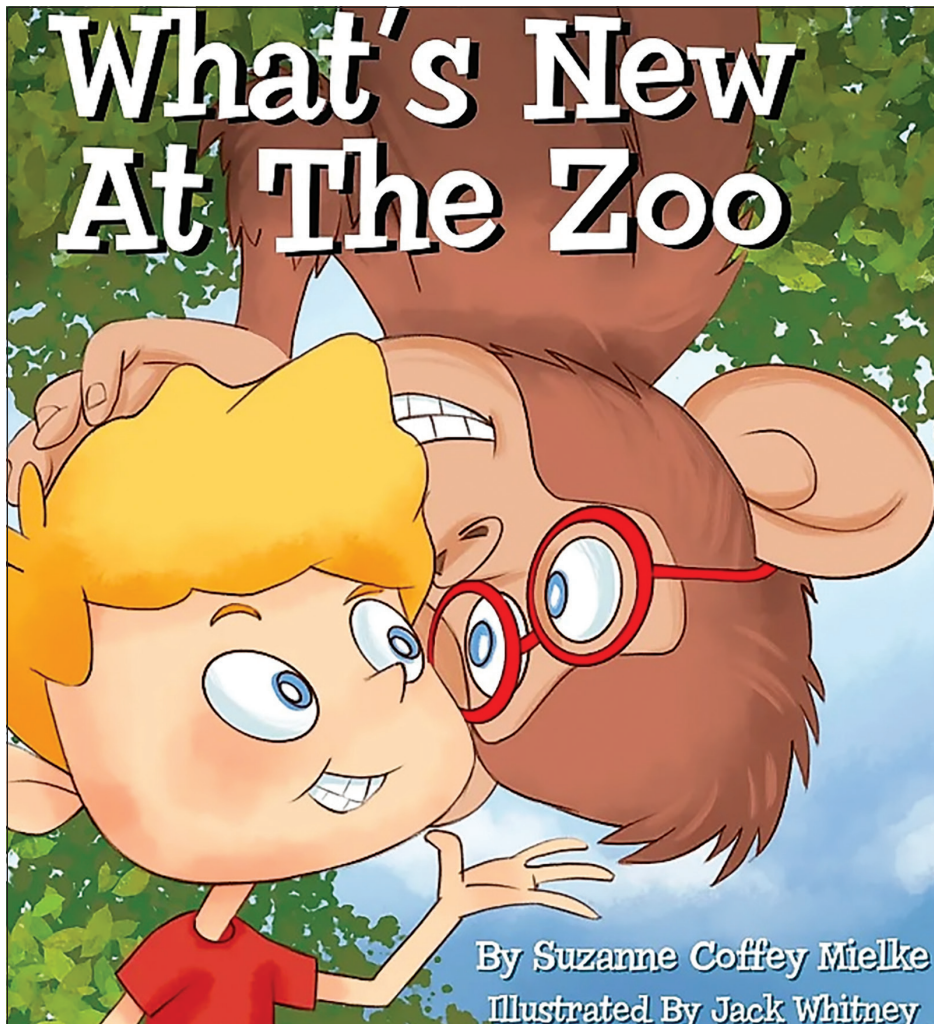
T-G STAFF REPORT

Suzanne Coffey Mielke's new book for 2023 is called *What's New at The Zoo* — a book that, in Mielke's words, "encourages laughter with your child."

It's about a grandson and grandmother who decide to see "what's new at the zoo." And new things they find indeed, such as owls wearing cowboy boots, monkeys with red glass, and elephants eating pies.

Since she loves to laugh, Mielke says this book is her favorite one by far. It's a rhyming book that children will love—Mielke should know since she tested it on her eight grandchildren.

To go along with the rhymes, illustrator Jack Whitney drew the pictures and, according to Mielke "totally captured the imagination of the story." To learn more about Whitney, a native



By **Suzanne Coffey Mielke**
Illustrated By **Jack Whitney**

Submitted photo

Suzanne Coffey Mielke's new book for 2023, What's New at The Zoo, came out Tuesday.

▶ See **Book**, Page 3B

▶ See **Doug**, Page 6B



Doug Dezotell
Musings and Memories

Ultimate sacrifice

The author of the following story is unknown, and it may be fiction, and then again it may be true.

Either way the message is powerful and meaningful. It's a reminder of God's love for you and for me.

It goes like this....

After a few of the usual Sunday evening hymns, the church's pastor slowly stood up, walked over to the pulpit and, before he shared his sermon for the evening, he briefly introduced a guest minister who was in the service that evening.

In the introduction, the pastor told the congregation that the guest minister was one of his dearest childhood friends and that he wanted him to have a few moments to greet the church and share whatever he felt would be appropriate for the service.

With that, an elderly gentleman stepped up to the pulpit and began to speak.

"A father, his son, and a friend of his son were sailing off the Pacific Coast," he began, "when a fast approaching storm blocked any attempt to get back to shore.

"The waves were so high that, even though the father was an experienced sailor, he could not keep the boat upright, and the three were swept into the ocean as the boat capsized."

The old man hesitated for a moment, making eye contact with two teenagers who were, for the first time since the service began, looking somewhat interested in the story.

The minister continued with his story, "Grabbing a rescue line, the father had to make the most excruciating decision of his life: to which boy he would throw the other end of the life line. He only had seconds to make the decision.

"The father knew that his son was a Christian, and he also knew that his son's friend was not. The agony of his decision could not be matched by the torrent of the waves.

"As the father yelled out, 'I love you, son,' he threw out the life line to the son's friend.

"By the time the father had pulled the friend back to the capsized boat, his son had disappeared beneath the raging swells into the black of night. His body was never recovered."

By this time, the two teenagers were sitting up straight in the pew, anxiously waiting for the next words to come out of the old minister's mouth.

"The father," he



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The Southern Methodist Publishing House building in downtown Nashville, around 1900.

TN State Library and Archives photo

Close vote in 1854 changed Nashville's history

By **BILL CAREY**

Bill Carey is the founder of Tennessee History for Kids, a non-profit organization that helps teachers cover social studies.

When people think about historic events, they usually think about military rebellions, battles and elections. But in 1854 something important happened to Nashville that doesn't fall into any of those three categories. Had it not occurred, Nashville would have become a publishing center, and never gotten Vanderbilt University or its medical center.

In 1854, the Methodist Episcopal Church South, picked Nashville for its publishing house.

The story starts ten years earlier. In 1844, the Methodist Episcopal Church – then the dominant Christian denomination in America – split over the issue of slavery. It took several years for the courts to decide how to divide up the assets of the publishing concern, which had offices in New York and Cincinnati. In 1854, the settlement was finalized, and

southern Methodists were given enough capital to start a new operation.

By this time, there had already been a lot of debate in the editorial pages of Methodist newspapers about where to locate the publishing house of the new Methodist Episcopal Church South. As it happened, the influential Nashville Christian Advocate had as its editor John McFerrin. McFerrin, a friend of the late president James K. Polk, used his newspaper to argue in favor of Nashville.

Among McFerrin's arguments: New Orleans was unqualified because it had "broken levees, deluged streets, deserted mansions, and epidemic diseases."

Louisville was a "border town," and "there is not a place in the South or West for which nature has done so much and man so little as the city of Louisville."

Nashville, on the other hand, was the political capital of the South, having produced two presidents in the last 30

years. And it was a place where "Methodism is decidedly in the ascendancy, and Tennessee is a commonwealth of primitive, real camp-meeting Methodists."

Despite McFerrin's arguments, Nashville did not immediately rise to the top of the list of cities for the new publishing house at the annual conference of the Methodist Episcopal Church South in 1854. On the first ballot, leading vote-getters were Memphis, Louisville and an industrial suburb of Montgomery, Alabama, called Prattville. One by one, cities were eliminated from the list. On the sixth ballot, Nashville beat Louisville 60 to 57.

So why is this so important? Almost immediately after its opening in Nashville, the Publishing House of the Methodist Episcopal Church South became one of the most important publishers of literature in the South, bringing a lot of jobs and many educated people to the city.

After the war ended, the

leaders of the Methodist Episcopal Church South decided to start a university. In its infancy it was known as Central University. But when millionaire Cornelius Vanderbilt, a relative (by marriage) of Methodist Bishop Holland McTyeire, donated \$500,000 to the cause, the school was renamed for him. One of the reasons Nashville was chosen as the site for Vanderbilt University was because the publishing house was already there.

Vanderbilt University broke from the church in 1914. The future of its small medical school was set in stone about a decade later, when the Rockefeller Foundation chose the school to be the recipient of a \$5 million gift.

Today Vanderbilt is one of the top private universities in the South. The Vanderbilt Medical Center is the largest non-governmental employer in Middle Tennessee, with a staff of nearly 40,000.

As for the Southern Methodist Publishing House grew, it grew in size and stature in the latter

part of the nineteenth century. And in 1891 the Southern Baptist Convention voted to form a publishing arm and chose Nashville for its headquarters, doing so in part because of the existence of the Methodist publishing arm. For generations it was known as the Baptist Sunday School Board.

In the early 20th century, the (predominantly African-American) National Baptist Convention also located its religious publishing organization in downtown Nashville – again because of the presence of religious publishing in Nashville. It became known as the National Baptist Publishing Board.

Desktop publishing and the internet have taken much business away from the world of religious publishing in recent years. (That, I suspect, is another column.) However, the 1854 decision by the Southern Methodist Church to put its headquarters in Nashville is still one of the most important things to ever happen to the city.

Journalism: Can't live with it, can't live without it

I was saddened to hear of the death of Dr. Glenn Himebaugh, co-founder of the journalism department at my alma mater, Middle Tennessee State University. Although I hadn't kept in touch with Dr. Himebaugh since graduation 40 years ago, I have to wonder what he thought of the current reality and public perception of the journalism field.

Sadly, trust in journalism has been underwater in surveys for at least two decades.

Whether you attribute it to bias, hubris or groupthink, news people (reporters, editors, publishers and broadcasters) - especially on the national level — suffer innumerable self-inflicted wounds.

Retractions receive perhaps one-tenth the prominence of the original error.

Stealth-editing of archived articles is the antithesis of accountability.

Sensationalized headlines prey upon readers who don't have the time to trudge their way to the more nuanced information buried in the 13th paragraph.

Some reporters can't get through a press conference without the all-purpose "Some people are saying..." ploy.

"Bombshell" after "bombshell" after "bombshell" fizzles out, revealing more about the wishful thinking of the reporter than the people or institutions they're covering.

One public figure gets asked, "Who do you like in

the World Series?" Another gets asked, "When did you stop beating your wife?"

"Ready, shoot, aim" seems to be the default reaction in the dreaded "24/7 news cycle."

Words are tweaked for the most manipulative connotation.

Favored people "state" things. The wrong people "claim" things.

Race and political affiliation get mentioned only when it serves some agenda (*ahem* Higher Purpose).

The media jealously guard the secret blend of herbs and spices that determines how one gets to be an "expert," what constitutes a "person close to the situation," how the valued whistleblowers are separated from the disgruntled cranks, what distinguishes

an "independent fact-checker," what defines an "extremist," when a sensitive topic gets cushioned with "context" and when it's left to twist in the wind, et cetera.

"Trust me" requires some minimal basis for trust.

Don't get me started on those three exasperating words: "nothing has surfaced."

Nothing has surfaced??? Bulletin: it's not the job of journalists to wait for things to surface! (I picture an underworld informant going missing for three weeks, his apartment left in shambles and the police refusing to investigate it as foul play until the corpse dislodges from the cement overshoes and bobs to the surface.)

Get off your butts, do some digging, show us

your expense report for shoe leather. If you ask the fox guarding the henhouse, "Did you do anything incompetent or corrupt?" and they swear they didn't, don't grin and assert that you've done your due diligence.

Remember the film "The Man Who Shot Liberty Valance"? Too many journalists have adopted the iconic line "When the legend becomes fact, print the legend."

No, facts are facts. Legends may become more embellished or more useful for steering the public, but they do not grow more rooted in objective reality with the passage of time.

Stuff happens because stuff happens, not because it's needed for some grand, noble narrative.

I'm confident that Dr. Himebaugh and his

Danny Tyree

Tyrades



colleagues trained many journalists who have upheld high standards of accuracy, fairness, honesty and public service.

If there are such dedicated newspeople in your community, don't hesitate to thank them. But let's all seize every opportunity to shame the bullies who give the journalism profession a black eye.

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

Sweet potatoes for your sweetie

February is national sweet potato month. So instead of chocolates, maybe you should woo your sweetie with sweet potatoes! Maybe not — but sweet potatoes are packed full of good things and taste deliciously sweet and hearty for a cold and dreary month.

Sweet potatoes are an excellent source of vitamins A and C and a good source of fiber, potassium and vitamin B6. The skin contains a lot of the fiber so eating the skin on a baked sweet potato will increase the fiber content.

Be sure not to store your sweet potatoes in the refrigerator as it will turn the sugars to starch and give them a bitter flavor. Just store in a cool, dark place, up to 3-5 weeks. Wash them, using a brush to remove dirt, before using. You can cook them with the skin on or peel it off, depending on the end use.

Sweet potatoes can be baked, roasted, broiled, boiled, mashed, pan sauteed or fried. They are extremely versatile from hash browns for breakfast to fries or a baked potato for lunch to mashed sweet potatoes for dinner.

One of my favorite ways to eat sweet potatoes is roasting them. This is an easy preparation and the inside gets creamy and soft while the outside gets some crispier bits on it. You can use just a little oil, salt and pepper or there are many ways to flavor roasted potatoes, from molasses to



Balsamic Honey Roasted Sweet Potatoes

Baharat seasoning to honey. The recipe below is a two-step roasting. The first few minutes are with the spices and balsamic vinegar. The second roasting is with a honey and balsamic glaze. This way the honey doesn't burn as it would if you added it at the beginning. It will get dark and caramelized on the outside making a deliciously crispy and flavorful potato bite.

So, for your special dinner, or any weeknight dinner, chop up a sweet potato and give it a roast. For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

Balsamic Honey Roasted Sweet Potato

1 sweet potato, peeled

and diced into 1/2" pieces
 1 tablespoon olive oil
 1 tablespoon + 2 teaspoons balsamic vinegar
 1/2 teaspoon kosher salt
 1/4 teaspoon black pepper
 1/4 teaspoon ground coriander
 1/4 teaspoon ground allspice
 2 tablespoons honey
 In a medium bowl, toss together the diced

sweet potato, olive oil, 2 tablespoons of the balsamic vinegar, salt, pepper, coriander and allspice. Spread into a single layer on a parchment lined baking sheet. Roast at 400 degrees for 20 minutes or until potatoes are tender when poked with a fork. Meanwhile, in same bowl, whisk together honey and remaining 2 teaspoons balsamic vinegar. After the

20 minutes or so, remove the sweet potatoes from the oven and toss into the bowl with the honey mixture. Stir to coat and then return to baking sheet. Continue roasting until potatoes are tender and glaze is bubbling and caramelized but not burnt, about 10-12 minutes, checking and stirring at 5 minutes and every few minutes after that.

Submitted photo

The month of love

By ZOË WATKINS

February is the month of love, which means stores and doorsteps are filled with red, purple, and pink hearts — a superficial view of love.

But Joan Leichner, who did the devotion at last Wednesday's Shelbyville Woman's Club, asked if they knew the source of love.

She quoted 1 John 4:7, "Beloved, let us love one another for God is love. God is the source of love."

And 1 John 4:10, "God showed us his love by sending His son to die for our sins."

Leichner said that's how God demonstrated His love for us — Calvary.

"When we believe in God's love, when we receive His son as our savior, He gives us the in-dwelling Holy Spirit to empower us to love as He loves," she said.

Ephesians 5:22 tells us that when we receive Jesus Christ and when we receive the Holy Spirit, then the fruit of the groves in us.

That is, love, peace, joy, patience, kindness, goodness, gentleness, faithfulness, and self-control.

"You know, each day that we wake up, we have some decisions to make," said Leichner. "Do we get out of bed, or do we snuggle up a bit longer? What am I going to put on today? What am I going to eat?"

Because of Calvary, we are free to choose. Leichner quoted several good mottos to repeat throughout the day to help us stay on track with the fruits of the spirit.

Pulling from a Christian author she once read, Leichner said, "This is what I choose: I choose love. No occasion justifies hatred. No injustice warrants bitterness. Today, I will love God and I will love who and what God loves."

Today, Leichner said, choose joy and refuse the



Joan Leichner did the devotional at the February Shelbyville Woman's Club meeting.

temptation to be cynical. "I will refuse to see any problem as anything less than an opportunity to see God."

And the reason we can choose peace is because we live forgiven. "I will therefore forgive others," she said.

Choose patience. Leichner continued, "I will overlook daily inconveniences, when waiting in line, when having to hear people blow their horns because they're having to top and wait. I will thank God for that time I can pray for that person or for something that's on my heart."

Choose kindness — to the poor, to the homeless, to the underserved, and kind to the unkind — because that's how God treats us.

Choose goodness. "I will go without a dollar before I take a dishonest one. I will be overlooked before I boast," Leichner

said. Choose faithfulness. She continued, "I will keep my promises. My debtors will not regret their trust in me. My family will not question my love."

Choose gentleness because nothing is won by force, according to Leichner. "If I raise my voice, let it be in praise to God. If I clench my fist, let it only be in prayer."

And, finally, choose self-control. Be drunk only with joy; be impassioned only with faith; be influenced only by God.

Leichner finished, "Love, peace, joy, patience, kindness, goodness, gentleness, faithfulness, and self-control — to these I be commit my day. If I succeed, I will give thanks. And when I fell, I will seek God's grace."

Thankfully, grace fills our shortcomings.

Dream

(Continued from Page 1)

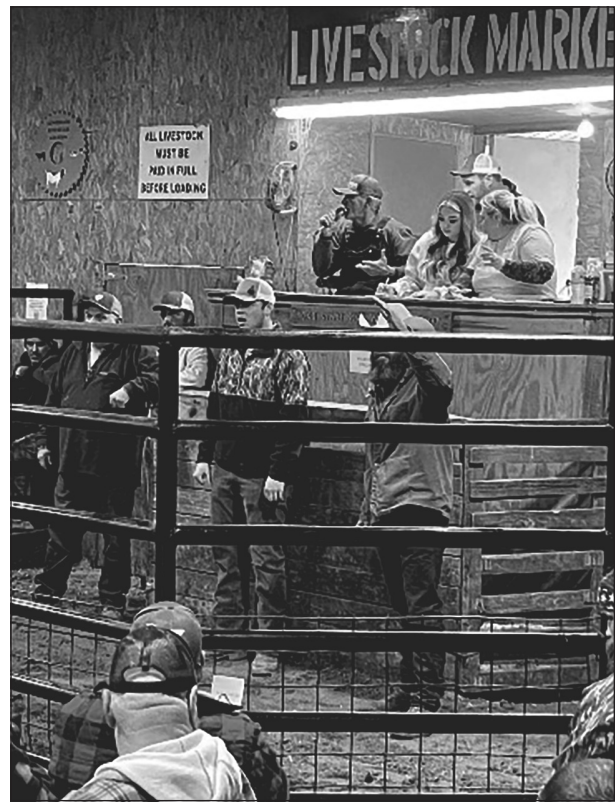
true, according to Christi.

She said he and the whole family looks forward to meeting each and every buyer and seller that comes through the stockyard, and that they will continue to appreciate all the local support as Jackson takes on this journey at such a young age.

For the market, "every Saturday is sale day."

When the family had their first sale on their first Saturday sale day, Christi said it was standing-room only. At 11:30 a.m. they sell farm equipment. By 1 p.m. they start selling cows, goats, sheep, horses, mules, donkeys, imus, llamas. After livestock, they sell chickens, ducks, geese, turkeys, and even farm fresh eggs.

For more information, visit their Facebook page, Lewisburg Livestock Market, or email lewisburglivestockmarket@yahoo.com. Sellers can



Jackson Bailey, center, in the ring.

send in pictures of what animals they want to bring in. Livestock gets taken in as early as 5 a.m. on Saturday.

Christi said she looks forward to the whole family working together

to make the market bigger and better—and, of course, for Jackson to live his dream.

"His pop in heaven would be really proud of him," said Christi.

Book

(Continued from Page 1)

jackwhitneyfineart.com

Mielke was born in Tennessee. Her father, Bedford County native Charlie Coffey, was a college football coach, so the family moved around a lot—Florida, Louisiana, Washington, DC, Tennessee, Arkansas, and Virginia.

Mielke graduated from the University of Tennessee with a major in fashion merchandising. Her career profile has included retail management and buying, owning her own catering company, and conducting radio sales, with the majority of her career (17 years) spent as an executive television producer.

Today, she is the mother of two grown children, who are married, and the grandmother of six grandchildren, who refer to her as "Zuzu."

She is also the author of another

book entitled Providence Road, which focuses on her life journey after a near death experience. She lives in Charlotte, North Carolina.

There are several reasons why Mielke says she writes children's books. One, she writes them for fun; two, for her grandchildren; and three, to donate to Shriners Hospitals as well as libraries.

In addition to "What's New at the Zoo," Mielke also has "A Boy and a Tree" and "The Adventures of Vick Bick."

Mielke writes on her website, "I hope you will enjoy the books. I look forward to hearing from you and appreciate all feedback and reviews."

The book can be ordered from Amazon Books or on the Barnes and Noble's website. The book can be bought at Dwell Interiors, 119 E. Depot St. For more information, visit suzannecoffey-mielke.com/.

Mark

(Continued from Page 1)

people are doing their best to properly perform in their jobs. They even do it

with a smile.

I am sure this column isn't perfect. We all make mistakes no matter what our lines of work. That is to be expected. But I don't think a little bit of competency is too much to ask.

SHELBYVILLE TIMES-GAZETTE

Mort Walker's **beetle bailey**



Hand Ketchum's **Dennis the Menace** To Be Continued...



BLOWNIE BY SEAN YOUNG & JOHN MARSHALL



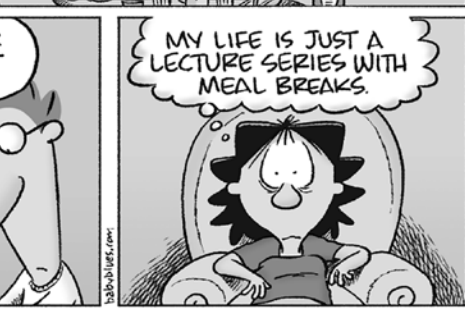
The FAMILY CIRCUS By Bill Kean



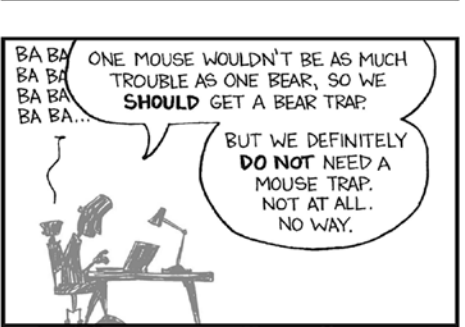
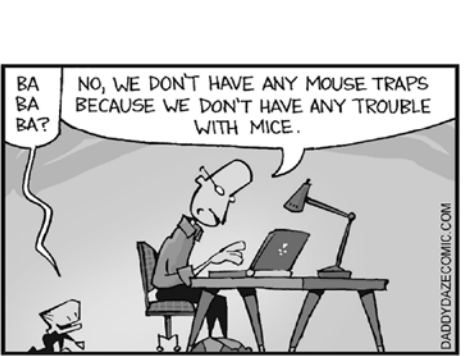
PICKLES BY BRIAN CRANE



Baby Blues



DADDY DAZE



SALLY FORTH

by Francesco Marciuliano

WAIT, WHAT'S THE TEMPERATURE?!

IT'S HAPPENING! IT'S FINALLY HAPPENING!!!

WHAT?! WHAT?!

NOW HURRY! HURRY!

WE HAVE TO ENJOY THE BRIEF, BEAUTIFUL WARMTH BEFORE IT'S TOO LATE!

KEEFE

THAT ONE DAY IN FEBRUARY WHEN THE WEATHER SUDDENLY CHANGES INTO GLORIOUS, GLORIOUS EARLY SUMMER!

OW OW OW OW OW!!!

LIKE THE RAY BRADBURY STORY?

YES! THE ONE ON VENUS!

MAD ME SOB HYSTERICALLY AS A KID!

BUT THAT ONE MOMENT WHEN WE FELT THE WARM AIR AND LOOKED UP AT THE BRIGHT SUN BEFORE THE ICE BALLS HIT OUR EYES...

I WAS STARING UP IN SUCH SLACK-JAWED AWE A HAILSTONE WENT DOWN MY THROAT.

I ACTUALLY FELT IT BOUNCE OFF MY COLON. THAT CAN'T BE GOOD, RIGHT?

The PHANTOM

by Lee Falk

THIS IS THE WAY THE DEVIL WANTED TO GO!

WE WERE FOLLOWING THE AIRFLOW TO THE SURFACE AT THE TIME.

NOW WE'RE FOLLOWING A SPECIES WE KNOW ALMOST NOTHING ABOUT... TO A PLACE WE KNOW ABSOLUTELY NOTHING ABOUT.

DARLING, YOU THINK THE WOMAN TEVORA SAVED MIGHT BE A PRISONER? DESPITE THAT TEVORA DENIED IT?

WE DON'T KNOW ANYTHING ABOUT THESE ALMOST HUMANS... ALL WE KNOW IS WHAT TEVORA'S TOLD US.

IF INDEED 'TEVORA' IS WHAT THE HUNTRESS IS CALLED AMONG HER SPECIES.

NOW THAT WE KNOW THE WOMAN'S HERE, I CAN'T LEAVE WITHOUT KNOWING SHE'S FREE TO LEAVE AS WELL.

AND THAT SHE KNOWS THERE'S NOTHING STOPPING HER.

WELL... PRISONERS CERTAINLY HAVE BEEN KNOWN TO IDENTIFY WITH THEIR CAPTORS.

OUT OF SHEER TERROR, THEY SOMETIMES ALLY THEMSELVES WITH THOSE WHO THREATEN THEM.

IF THAT'S THE CASE HERE, TODAY'S HER LUCKY DAY... SHE'S LEAVING WITH US.

THE OATH HE SWORE! TO FIGHT PIRACY, GREED, CRUELTY IN ALL ITS FORMS...

PHANTOMS DON'T WAIT FOR IT TO COME TO THEM...

THEY GO WHEREVER THE FIGHT FOR WHAT'S RIGHT MAY LEAD!

Tony DePaul & Jeff Weigel 2-19-23

Hi and Lois

by Brian and Greg Walker

DING DONG

OH, THAT USUALLY MEANS A SMILE BOX IS AT THE DOOR!

ANOTHER PACKAGE JUST ARRIVED.

SHE SENDS HER SOMETHING ALMOST EVERY DAY.

WHAT IS IT?

A NEW DOLL.

I HOPE GRANDMA'S NOT SPOILING YOU, TRIXIE.

NAH.

THERE'S NO SUCH THING AS "TOO MANY TOYS."

2-19

ZITS

BY JERRY SCOTT AND JIM BORGMAN

HEY, OLD GUY! SNOWBALL FIGHT?

"OLD GUY"??

KID, I'D DESTROY YOU!

BWAAK! BWAAK! CHICKEN!

I'M NOT CHICKEN, I'M BEING MATURE.

A MATURE CHICKEN!

PBETH!

WHY DON'T YOU ASK YOUR GRANDMA IF IT'S OKAY?

SHE'S NOT MY GRANDMA, AND VIOLENCE IS NEVER THE ANSWER.

POW!

"NEVER" IS A BIG WORD.

SCOTT & BORGMAN 2-19

THE LOCKHORNS

BY BUNNY HOEST AND JOHN REINER

"LEROY'S LISTED IN THIS YEAR'S 'WHO'S WHO IN HO-HUM.'"

"WOW! I DIDN'T KNOW YOU COULD BREAK DANCE!"

CANDORVILLE

BY DARRIN BELL

HAS IT OCCURRED TO YOU THAT MAYBE YOU'RE JUST PARANOID?

darrinbell.substack.com
WWW.CANDORVILLE.COM
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SHAVE \$15
HAIRCUT \$30

"SHAVE MY HEAD"

SLYLOCK FOX

BY BOB WEBER JR.

Count Weirdly is suspected of using his time machine to strand Forestville citizens in the distant past. Slylock Fox wants to question Weirdly. How did he safely reach the door, despite the count's guard monster?

Solution -- Slylock led the mindless monster around the door, then used his claws to reach the door.

HOW TO DRAW a squirrel

2-19

YOUR DRAWING Today's terrific artist is Mackenzie, age 11

Which dog is widely regarded as the tallest dog breed in the world?

a) Greyhound
b) Great Pyrenees
c) Irish Wolfhound
d) Great Dane
e) Saint Bernard

Submit your drawing to www.slylockfox.com

Spot six differences between these panels.

Answer -- Door-knob, puddle, shadow, toolbox, tongue and bone.

Have fun solving a new comic puzzle every day at www.slylockfox.com

"THIS MAY TAKE A WHILE... THE HELP DESK IS CALLING ANOTHER HELP DESK."

"HEY, ISN'T THE GUY PLAYING CYMBALS OUR GARBAGE MAN?"

Enjoy Better-for-You Foods Focused on Flavor

FAMILY FEATURES

From salads and snacks to breakfast, lunch and dinner, rounding out a full menu of healthy meals shouldn't be a chore. In fact, you can still enjoy your favorite flavors and tickle your taste buds with nutritious recipes that capitalize on powerful ingredients you actually want to eat.

A fruit-forward breakfast is a nutritious way to start your morning, and a fresh twist on pasta salad can make lunches or your evening side an enjoyable way to stay on track. Bowls filled with grains, veggies and a favorite protein are all the rage, and this seafood-fueled version is no exception when you're craving a combination of your personal favorites.

Take your better-for-you eating plan from bland and boring to delightfully delicious by visiting Culinary.net for more recipe inspiration.

Eat Smart with Seafood

No matter if you're searching for a healthy family dinner, a quick lunch at home or an easy idea to meal prep for the week ahead, these Orange Shrimp Quinoa Bowls are perfect for seafood lovers who also enjoy a hint of spice. Fresh, healthy and full of deliciously prepared shrimp, these bowls are also loaded with mushrooms, peppers and cucumbers.

The homemade sauce is light with a sweet yet spicy vibe. Resting over a cup of steamy quinoa for a filling base of healthy grains, it's a quick and easy recipe you can customize with favorite toppings like sesame seeds and cilantro.

Find more wholesome, health-forward recipes at Culinary.net.

Orange Shrimp Quinoa Bowls

Servings: 2

- 1 cup quinoa
- 1 cup orange juice
- 1 tablespoon hot sauce
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 4 tablespoons vegetable oil
- 1 tablespoon lime juice
- 1 tablespoon white miso
- 1 1/2 pounds shrimp, peeled, deveined and tails removed
- 1/4 cup butter
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup mushrooms, sliced
- 1 red bell pepper, diced
- 1 cucumber, sliced into half moons
- 5 green onions, sliced
- 1 avocado, sliced
- 1 teaspoon sesame seeds
- 2 tablespoons cilantro, chopped

Cook quinoa according to package instructions. Set aside.

In medium bowl, whisk orange juice, hot sauce, honey, soy sauce, vegetable oil, lime juice and miso until combined. Pour 1/4 of liquid into separate bowl. Set aside.

Add shrimp to remaining mixture and marinate 15 minutes.

Heat large skillet over medium heat with butter. Add shrimp, salt and pepper. Cook 2 minutes on each side until pink. Add mushrooms and cook until tender.

In two serving bowls, divide quinoa, bell pepper, cucumber, onions, avocado and shrimp. Sprinkle sesame seeds and cilantro over both bowls.

Drizzle with reserved dressing.



Orange Shrimp Quinoa Bowls

Start the New Year with a Savory Salad

Starting the new year with fresh intentions, whether you're trying to reset for 2023 or simply add more greens to your meals, begins with delicious, nutritious and easy recipes.

With more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, Fresh Express provides plenty of inspiration, information and incentives to help you achieve your goals. For example, this Pesto Pasta Salad features red lentil rotini and Twisted Pesto Caesar Chopped Salad Kits loaded with a fresh blend of crisp iceberg and green leaf lettuces, crunchy garlic brioche croutons, Parmesan cheese and creamy pesto dressing. Add fresh grape tomatoes and toasted walnuts for a simple side or easy lunch that can be made ahead of time.

Discover more fresh recipe ideas at FreshExpress.com.

Pesto Pasta Salad

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 6

- 1 quart cooked red lentil rotini
- 2 packages (9 1/2 ounces each) Fresh Express Twisted Pesto Caesar Chopped Salad Kits
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup grape tomatoes, halved
- 1/2 cup walnuts, toasted

Prepare red lentil rotini according to package directions; cool 15 minutes.

In bowl, mix rotini and one dressing packet from salad kits. Sprinkle with salt and pepper; mix well. Refrigerate, covered, 30 minutes, or until rotini is cold.

In large bowl, mix lettuce from both salad kits with remaining salad dressing package. Add rotini and tomatoes; toss to combine. Sprinkle with garlic brioche croutons and shredded Parmesan cheese from salad kits and walnuts.

Substitution: Traditional rotini can be used for red lentil rotini.



Pesto Pasta Salad



Brunch Fruit Tart

A Fruity Twist on Breakfast

Whether it's a weekend celebration or a simple morning bite on the go, it's often said breakfast is the most important meal. Starting off your day with some fruity nutrition is a sweet way to add vitamin C to your diet without skimping on flavor.

With a tasty granola crust and yogurt filling, this Brunch Fruit Tart is an easy way to impress guests or fuel your morning at the office. Balanced and easy to make, the crunchy crust and smooth center make it an enjoyable addition to at-home menus. This version calls for strawberries, blueberries and kiwi, but you can get creative with your own favorite fruits for a different flavor each time you make it.

Visit Culinary.net to find more nutritious breakfast ideas.

Brunch Fruit Tart

Recipe adapted from homemadeinterest.com

Crust:

- 4 cups granola mixture
- 1/2 cup butter, softened
- 4 1/2 tablespoons honey
- nonstick cooking spray

Filling:

- 2 1/4 cups vanilla Greek yogurt
- 8 ounces cream cheese, softened
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 package gelatin

Toppings:

- strawberries, sliced
- blueberries
- kiwis, sliced

To make crust: Preheat oven to 350 F.

In large bowl, combine granola, butter and honey. Grease 11-inch tart pan with nonstick cooking spray. Line bottom of tart pan with parchment paper.

Press granola mixture into tart pan. Place tart pan on baking sheet and bake 10 minutes. Cool completely.

To make filling: Using mixer, combine yogurt, cream cheese, sugar, vanilla extract and gelatin until whipped completely.

Pour yogurt mixture into tart crust. Refrigerate at least 1 hour. Top with strawberries, blueberries and kiwis.

Doug

(Continued from Page 1)

continued, "knew his son would step into eternity with Jesus, and he could not bear the thought of his son's friend stepping into an eternity without Jesus.

"Therefore, he sacrificed his son to save the son's friend. How great is the love of God that He could do the same for us. Our Heavenly Father sacrificed His only begotten Son that we could be saved. I urge you to accept His offer to rescue you and take hold of the life line."

With that, the old man turned and sat back down in his chair as silence filled the room.

The pastor again walked slowly to the pulpit and delivered a brief sermon

with an invitation at the end. And then the pastor closed the service with prayer.

Within minutes after the service, the two teenagers were at the old man's side.

"That was a nice story," one of the boys said politely, "but I don't think it was very realistic for a father to give up his only son's life in hopes that the other boy would become a Christian."

"Well, you've got a point there," the old man replied, glancing down at his worn Bible.

Sorrow began to overtake the old man's smiling face as he once again looked up at the boys and said, "It sure isn't very realistic, is it? But I'm here today to tell you that I understand more than most the pain God must have felt to give up His only

Son. For you see, I'm the man who lost his son to the ocean that day, and my son's friend that I chose to save is your pastor."

In one way this is a heart-breaking story, but on the other hand it is beautiful story of not only a father's love, but of the love of God for a boy who didn't know Jesus Christ.

The father knew his son would go from the angry waves of the Pacific into the Arms of the Heavenly Father.

The boy's father knew his son had made the decision to accept Christ, and that Jesus had a place prepared for him.

But his friend hadn't made that decision yet.

That father's love and assurance would forever change that young man's life. He accepted Christ's love and God called him to

preach the Gospel.

Whether a true story or not, the message is powerful.

I know the following story is true. It's found in The Gospel of John, chapter 14:

Jesus said to his gathered disciples, "Let not your hearts be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you.

"I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also. And where I go you know, and the way you know."

Thomas said to Him, "Lord, we do not know where You are going, and how can we know the

way?"

And Jesus said to him, "I am the Way, the Truth, and the Life. No one comes to the Father except through Me."

In the next chapter of John's Gospel, these words of Jesus are recorded: "Greater love hath no man than this—that a man lay down his life for his friends."

The Apostle John wrote the following words in his first letter to his friends of a nearby church:

"By this we know love, because He (Jesus) laid down His life for us. And we also ought to lay down our lives for the brethren.

"But whoever has this world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?"

"My little children, let

us not love in word or in tongue, but in deed and in truth."

My prayer for you, dear friend, is that you will accept Christ as your Savior and your Lord. I want you to join me in Heaven one day, and rejoice around the throne of Grace and Mercy with me and the throngs of the Redeemed.

•Doug Dezotell is the pastor of Cannon United Methodist Church, and a columnist for the Times-Gazette. He is a husband, a father, a grandfather, and your friend. He can be contacted at dougdezotell@gmail.com, or at 931-607-5191. You can find Doug in the pulpit on Sundays at 11 a.m. at Cannon UMC, 1001 S. Cannon Blvd., in Shelbyville, Tennessee.

5 things you need to know about eye health as you age

(BPT) — As you age, it's perfectly normal to notice changes in your body. You may not be able to move as fast or hear as well. Age also increases your risk of developing wet age-related macular degeneration (AMD), a leading cause of blindness in seniors.

February is AMD Awareness Month, making it the perfect time to learn more about ways you can protect your vision and keep your eyes healthy. Read on for the five facts you need to know about AMD.

1. AMD is the #1 cause of vision loss in seniors

AMD is the leading cause of vision loss and blindness for those over 65 in America, according to the Centers for Disease Control and Prevention. In the U.S., 20 million people are currently living with AMD. The advanced form of the disease may cause foggy or blurred central vision, which is crucial for reading and driving.

2. AMD progresses in stages

There are two forms of AMD: Dry and wet. Dry AMD accounts for 85% to 90% of all cases. About 10% to 15% of people



develop wet AMD. Wet AMD can result in sudden and severe central vision loss, and may cause permanent blindness if left untreated.

3. There are AMD symptoms - but they may not always be noticeable

In its early stages, AMD may not cause any noticeable symptoms. Because AMD typically starts in just one eye, you may not notice any significant change in your vision. If you experience blurred vision and have dif-

ficulty doing detailed work, sewing or reading fine print, you may have AMD. Blind spots may develop in the middle of your field of vision, and it may become hard for you to distinguish colors. Lines and edges may start to appear wavy

- a hallmark for wet AMD.

4. There are multiple AMD risk factors besides age

While age is the main risk factor for AMD, there are others. Women tend to have a greater risk of developing AMD than

men. White patients are more likely to lose vision from AMD than Black and Asian patients. You're at a higher risk of developing AMD if you're a smoker, obese or have a family history of the disease.

5. Early diagnoses and treatment are key

There is good news: AMD-related vision loss can be significantly slowed if diagnosed and treated early on.

The best thing you can do for your eyes is to get regular eye exams. Make it a habit of regularly visiting your eye doctor so they can track any changes to your vision over time to keep your eyes as healthy as possible as you age.

Be on the lookout for any signs and symptoms of AMD. If you've already noticed vision changes, talk with your health care provider and get your eyes examined as soon as possible.

Your sight is so much more than just vision - it's how you experience life, remain independent and connect with others. Help preserve it by staying on top of your eye health. To learn more about AMD, visit gene.com.

A novel option to treat the symptoms of heart failure

(BPT) — Heart failure, also known as congestive heart failure, affects more than 6 million adults in the United States according to the National Heart, Lung, and Blood Institute. It is a condition that develops when the heart isn't pumping enough blood to meet the body's needs - which can happen when the heart is unable to fill up with enough blood or if the heart is too weak to pump the blood properly.

While there is no current cure for heart failure, patients often seek medical intervention to find effective treatments - including medicines, procedures and devices - that will relieve the symptoms of heart failure and help them live fuller lives.

Barostim is the world's first FDA-approved heart failure device to use neuromodulation - the power of the brain and nervous system - to improve the symptoms of heart failure.

For patients like Otto Isaac, a 72-year-old from Bastrop, Texas, living with heart failure prevented him from living a normal life and doing what he loved most.

"I was depressed and anxious," said Isaac. "I'd wake up and go right back to sleep in front of the TV and sleep all day. I just couldn't get up. I felt as though I had lost myself."

Before he was diagnosed with heart failure, Otto used to work as a State Park Ranger. Just the simple act of walking 25



Otto Isaac

feet to put up a flag during the job left him exhausted. And after no success with alternative contemporary medications to improve his symptoms, Otto's doctor recommended he consider Barostim.

Barostim is an implantable device that works by stimulating baroreceptors - natural sensors located in the wall of the carotid artery - that tell the nervous system how to regulate heart, kidney, and vascular function. These effects reduce the heart's workload and help it pump more efficiently, helping to restore balance of the autonomic nervous system and improve the symptoms of heart failure, like breathlessness, fatigue and swelling.

Clinical trial data show that patients who received Barostim in addition to their medications felt much better and could walk farther than patients receiv-

ing only their medications. Barostim is the only heart failure device therapy that does not require any hardware in the heart or blood vessels.

With his Barostim implant, Otto can feel like himself again. He's found that he has more energy and can exercise, which has improved his quality of life.

"I feel like I got my life back," said Isaac. "I would encourage people who have heart failure to get Barostim if they qualify."

Barostim is designed for heart failure patients who may not get adequate symptom relief from medications alone. If you have heart failure and your heart failure medications are not relieving your symptoms, Barostim may be the treatment option you've been seeking.

To learn more, visit <https://www.cvr.com/>.

William Shatner wants you to take care of your hearing

(BPT) — It's the sweet sounds of your favorite music and your loved one's voice. It's the morning alarm nudging you awake or the car alerting you that it's low on gas. It's the oven buzzing that your food is done or the fire alarm blaring that dinner is overdone.

From cherished melodies to important alerts and life-saving alarms, your world is full of sound. However, as people age or have exposure to excessive noise, their hearing can start to deteriorate. Almost half of people in the United States over the age of 65 have some degree of hearing loss, according to the Mayo Clinic.

Despite how common hearing loss is, everyone experiences it differently, which is why professional hearing care is so important.

Treating individual hearing loss

"Your hearing is as unique as your fingerprint," said Dr. Leslie Soiles, Chief Audiologist with HearingLife. "While you may be tempted to treat your hearing issues yourself, I highly recommend you see a professional to check for other medical concerns, to diagnose your specific hearing care needs, and provide professional guidance on your options."

Getting checked by an expert is imperative to rule out any other issues that may be impacting your hearing before diagnosing you with hearing loss. This includes wax buildup, and infections or injuries that may require different

types of treatment. To educate Americans about the importance of caring for their hearing and getting hearing tests, as well as pointing out ways to identify hearing loss in your loved ones, HearingLife has partnered with William Shatner to launch a campaign entitled "Live Life to Your Fullest."

"Proactive health habits are so important to living a long and healthy life. For me, especially as I struggled with tinnitus, taking care of my hearing has been a big part of living life to the fullest with my family and in my career, allowing me to enjoy every special moment," said actor William Shatner. "When I met with the audiologist from HearingLife and saw her dedication and commitment, it was truly inspiring. I realized the care that HearingLife provides can be life-changing for so many."

Which hearing aid is right for you?

There are many things to consider when starting your hearing care journey. Since the types and causes of hearing loss are numerous, and without a proper hearing assessment and diagnosis, buying over the counter (OTC) hearing aids may not be the right choice for you.

"Seeing a licensed hearing care professional to assess your hearing and provide you with options that best suit your hearing needs, budget and lifestyle will enable you to hear to your full potential and get the most out of life," said

Dr. Soiles.

OTC hearing aids do provide access to hearing devices at a lower cost, however there are key challenges to self-diagnosing and buying these devices:

They do not require a hearing evaluation from a licensed professional to determine the degree and type of hearing loss, or if there is a medical concern that may need to be addressed by a physician. It is left to the individual to be the expert by self-diagnosing their hearing challenges and deciding which devices will best meet their needs. OTC offers little to no professional set up or adjustments for different sound experiences by licensed experts.

Unlike OTC, prescription hearing aids often include professional services to help you hear your best. For example, prescription hearing aids purchased from HearingLife that include an AfterCare program come with: complimentary annual hearing assessments, the services of a hearing care professional, fine-tuning, programming, fitting, troubleshooting, Bluetooth assistance, coaching and re-instruction, free non-rechargeable batteries and replacement domes and filters, and cleaning and maintenance for the life of the devices."

If you're confused by your options, HearingLife's OnDemand expert team offers free consultations on the phone or through video chat. Visit HearingLife.com/OnDemand or call 866-YES-HEAR today to get help with your hearing loss and have your hearing aid questions answered.

Championing health: Why a football legend is talking about vaccination

(BPT) — Hall of Fame quarterback Joe Montana has been vocal about the importance of getting vaccinated against pneumococcal pneumonia - a potentially serious bacterial lung disease that can disrupt your life for weeks and, in severe cases, put you in the hospital and even be life-threatening.

He thinks about it like how he would prepare for games, so here are his top tips for protecting your own health:

1. Preparation is key - on or off the field.

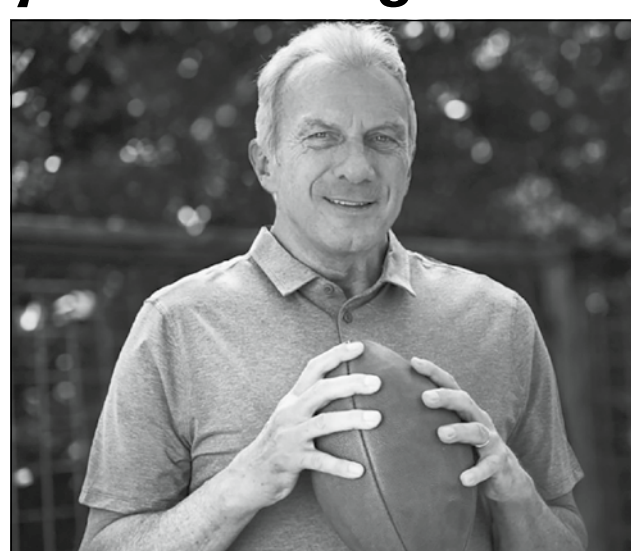
Like anyone else 65 or older, Joe is at increased risk for pneumococcal pneumonia - but he knows that getting vaccinated is

one of the best ways to help defend his health. And helping protect himself against pneumococcal pneumonia is a lot like preparing for a big game.

For his gameday preparation, he always reviewed the playbook and watched game film so he could handle whatever was thrown at him. Now, he stays prepared by prioritizing his health - which is why he got vaccinated against pneumococcal pneumonia.

2. Understanding the opponent

Joe also knows the importance of learning about pneumococcal pneumonia and who could be affected. It's not just people 65 or older who are



Joe Montana

at increased risk. If you are 19 or older and have an underlying medical con-

dition like asthma, diabetes, chronic heart disease or COPD, you may be at

increased risk, too.

3. Preparing your teammates

Communication is vital to any successful team, and getting the word out about pneumococcal pneumonia vaccination is no different. Even if you're not at increased risk yourself, you may have someone in your life who is - so make sure they know about the vaccination recommendation to help them protect their own health.

4. Taking action

Pneumococcal pneumonia can strike at any time of year - and vaccination is available year-round, too. There's no need to wait to get vaccinated, so you can start looking into it today.

5. Getting expert advice

Just as Joe would work with his coaches to make sure he knew the best plays to run during games, Joe's last tip on helping to protect your health is asking a doctor or pharmacist about pneumococcal pneumonia vaccination. Even if you've already had a previous pneumococcal pneumonia vaccine, your healthcare provider may recommend additional protection.

You can also learn more about your own risk at knowpneumonia.com. Like Joe says: preparation is key, no matter if you're getting ready for the big game or preparing to protect your health.

CEDAR GROVE CHURCH



Cedar Grove Church, on Manire Road near the Cedar Grove Road intersection in northwest Bedford County, welcomes worshippers each Sunday.

T-G Photo by David Melson

BEDFORD COUNTY DEVOTIONAL PAGE



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longviewbaptistchurch.org • servingoursavior@yahoo.com
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Confessions: Thursday/Jueves 5:45pm-6:45pm
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Saturday, February 18, 2023

Eaglettes drop 6-4A opener despite better effort

By **GARY JOHNSON**
Sports Writer

MANCHESTER — Shelbyville Central's Golden Eaglettes battled Warren County till the end and played much better despite suffering a 53-35 loss in the opening round of the District 6-AAAA Tournament hosted by Coffee County High School on Monday night.

"Warren County is a talented, athletically gifted team. They are the most athletic, best transition team in our league. They're difficult to defend and to score against. There's a reason they tied for the regular season championship," Eaglette coach Kyle Turnham said.

Warren County held a slim 5-4 lead at the end of the first quarter and led 23-12 at the intermission.

The Eaglettes trailed 37-18 going into the fourth quarter but rallied and cut the lead to 43-33 with 2:54 left to play when Sammie Brown nailed a three-pointer from deep in the corner.

"Defensively, we had a difficult time keeping them out of the paint, either in transition or in the half court. We struggled with containment at the point of attack and our gap support wasn't as good as we needed it to be against a team that offensively talented. Their shooting percentage inside the arc was too high plus they made enough threes to do damage," Turnham said.

The Lady Pioneers closed out the game with a 10-2 run to secure the win.

Mia Hobbs led the winners' with 16 points while Kyra Perkins contributed 13.

Paige Blackburn's 12 points paced Shelbyville Central.

"Offensively, we had some success early getting the ball into the mid-post against their zone but we



Shelbyville Central's Jaz Western looks to make a pass in the Eaglettes matchup with Warren County in the District 6-AAAA Tournament on Monday.



Sammie Brown fires off a three-pointer in Shelbyville Central's opening round game of the district tournament on Monday.

T-G Photos by Gary Johnson

didn't shoot the ball well enough from the three-point line to match them," Turnham said.

Even though the game went down as a loss, Turnham was still pleased

with the effort of everyone who stepped on the floor for the Eaglettes.

"I'm very proud of our battle. We were really good in the first quarter, but got knocked back on our

heels a little in the second and third quarters. Even then, we battled back to cut it to 10 but just couldn't finish it off. The girls gave a fantastic physical effort the entire way," he said.

The Eaglettes faced Franklin County on Friday night at 6 in the consolation game then will complete in the region tournament next week.

Shelbyville Central	4	8	6	17	—	35
Warren County	5	18	14	16	—	53

Shelbyville Central: Jaz Western 2, Yasmine McFarland 1, Paige Blackburn 12, Lilly Brown 8, Sammie Brown 8, Lanaya Young 4.
Warren County: Kyra Perkins 13, Sable Winfree 2, Shelby Smartt 9, Mia Hobbs 16, Savannah Winfree 8, Lex Verge 2, Brienne Kelsey 3.
3-point goals - Warren County (4): Hobbs 2, Perkins, Smartt; Shelbyville Central (1): S. Brown
Halftime score: Warren Co. 23, Shelbyville Central 12.

Golden Eagles can't match Pioneer offense



Shelbyville Central's Joe Harris fires off a three-point shot in the District 6-AAAA Tournament on Tuesday night.

T-G Photo by Gary Johnson

T-G STAFF REPORT
MANCHESTER —

Warren County simply had too much offensive firepower for the Shelbyville Central Golden Eagles to overcome in Tuesday night's District 6-AAAA semifinal matchup against Warren County.

The Pioneers put three players in double figures and saw Nathan Elrod and Treyton Terry combine for 38 points as the Eagles fell, 75-38.

Warren County opened the game hot from the arc, cashing in on five treys as part of a 25-point opening frame.

Tae'Shawn Shelton pitched in his part in the opening quarter and scored seven points, but the only support he got in the opening frame was a three-pointer courtesy of Joe Harris.

Not much changed in the second quarter as the Pioneers doubled up the Eagles on a 16-8 run to take a 41-18 lead at the half.

Elrod and Terry went on to combine for 13 points in the third period and closed the game with four more apiece in an 18-point fourth frame.

In total, the Eagles saw eight players score in the district semifinals, but only Shelton reached double figures as he led Shelbyville with 11 points.

While they didn't get to the line a ton, the Eagles did make the most of their time

Acuña gets quick start to year of high expectations

By **CHARLES ODUM**
AP Sports Writer

Atlanta Braves right fielder Ronald Acuña Jr. has been cleared to play in the World Baseball Classic and was taking swings at the team's spring training camp on Wednesday, getting an early start on a season with high expectations.

Acuña hit .266 with 15 homers and drove in 50 runs in 119 games in 2022 after sustaining a season-ending torn ligament in his right knee on July 10, 2021. Acuña played through knee pain last season and at times was used as the team's designated hitter.

Now the Braves' three-time All-Star is looking forward to a pain-free season with hopes of returning to his 2019 peak form, when he .280 with 41 homers and 101 RBIs and led the NL with 37 stolen bases.

"I'm just beyond excited and happy," Acuña said through a translator last month at the Braves Fest fan event at Truist Park. "I think my face says it all. I think it's beyond two years at this point since I've felt completely healthy, so I'm beyond excited."

The Braves at first planned to keep Acuña out of the WBC. The team was persuaded there's no reason he can't take a break from his normal spring training schedule to represent his native Venezuela in the WBC, assuming he has no setbacks.

"Me personally, I've always wanted to represent my team and play in the Classic," Acuña said.

A healthy Acuña is especially important as the five-time defending NL East champion Braves look to replace Dansby Swanson at shortstop and search for a starter in left field.

"I expect him to be better than the 2019 Ronald," said second baseman Ozzie Albies. "When he went all off. I think he's going to have a big year this year. ... Last year he came back kind of still playing not 100%. We talked to him and he said he feels better. He's going to have a crazy year."

Among other Atlanta position players reporting to camp early: Albies, 1B Matt Olson, 3B Austin Riley, CF Michael Harris

II and OFs Sam Hilliard, Kevin Pillar and Eli White.

Shooting for the stars

New York manager Aaron Boone said it is too early to say if the Yankees have closed the gap with the World Series champion Houston Astros.

The Yankees kept slugger Aaron Judge, signing him to a \$360 million, nine-year contract, and added free agent left-hander Carlos Rodón with a \$162 million, six-year deal. Infielder DJ LeMahieu, who missed the 2022 postseason with a right toe injury, is expected to be ready for opening day.

Houston swept New York in last year's American League Championship Series, the third time since 2017 the Astros advanced to the World Series by defeating the Yankees.

"We can talk about closing the gap but right now that's all talk," Boone said. "We'll see. We're in February. We've got a long way to go to even get that opportunity to find out if we get to play in the playoffs and have that crack again. We feel like that's our expectation."

The Yankees haven't won the World Series since 2009.

"I feel like every year that I've been here we've gone in with the ideal that we want to be a championship team," Boone said. "Feel like it was a reasonable goal, but obviously we haven't done it yet There's been some teams, namely the Astros, that have been a nemesis that have knocked us off a couple times, and they've kind of set the standard right now certainly in the American League."

Boone said the Astros last year had "probably as good a pitching staff as we've faced in any run that we've had in the playoffs."

Setback for Strasburg

Washington Nationals right-hander Stephen Strasburg, a three-time All-Star and 2019 World Series MVP, did not report with other pitchers following a recent setback in his comeback from a 2021 operation to correct thoracic outlet syndrome.

Hendrick drivers own Daytona's front row

By **DAN GELSTON**
 AP Sports Writer

DAYTONA BEACH, Fla. — Alex Bowman admired yet another Daytona 500 pole trophy that he won from mastering the superspeedway over one fast lap ahead of NASCAR's marquee race.

The Hendrick Motorsports driver still wants to add to his Daytona collection. There's a championship trophy missing.

"It may not be the big one," Bowman said. "But it's not a bad one to have."

Bowman and Kyle Larson turned Daytona 500 qualifying into another Hendrick Motorsports romp.

Bowman posted the top speed in his No. 48 Chevrolet at Daytona International Speedway and won his third career pole for the race. He'll be joined by Larson in the No. 14 Chevrolet on the front row for NASCAR's season opener.

The Hendrick dominance is a recurring theme at Daytona.

"They've got something figured out, for sure," Larson said. "There's obviously tricks they've learned along the way that still apply to these cars."

Bowman, who missed five races late last season because of a concussion, is on the Daytona 500 front row for the sixth straight time, and the organization has produced a pole winner in eight of the last nine years.

"There's a ton of effort that goes into trying to qualify well here," Bowman said.

Jimmie Johnson made a triumphant return to NASCAR on Wednesday night and qualified for the Daytona 500, a tremendous start for the seven-time champion as he heads into his first Cup race since 2020.

The 47-year-old Johnson returned from a two-year dalliance in IndyCar for an ownership stake in Legacy Motor Club — and he quickly added to his own,

joining the 40-driver field Wednesday night in his No. 84 Chevrolet.

Yes, a reverse of the No. 48 he ran when he won two Daytona 500s.

"I think I really have a shot to win," Johnson said before he qualified. "If I survive and get through the first two stages, there's really a shot that I have to win this race."

Johnson will be joined Sunday by another 40-something part-timer in former X Games thrill-seeker Travis Pastrana. Pastrana said racing in the Daytona 500 was one of his last motorsports goals and this was his last, best shot to get there. He landed a ride for Daytona in the No. 67 Toyota as a third entry for the NASCAR team owned by Michael Jordan and Denny Hamlin.

With 36 drivers already locked into the 40-car field based on NASCAR's charter system, Johnson and Pastrana were among six others competing for the final four starting spots at Daytona International Speedway.

Johnson and Pastrana embraced on pit row after they locked themselves into the race. They can rest easy for a night.

So can Bowman, who has yet to parlay the top spot into a Daytona 500 win, and Larson. Bowman, who received a new contract and a new crew chief in Blake Harris entering this season, turned a top speed of 181.686 mph and Larson hit 181.057. Both drive Chevrolets for team owner Rick Hendrick.

"Now it's time to finish," Bowman said. "Make it to the end."

The final two open spots and the starting order will be settled in Thursday night's duel qualifying races. Conor Daly, Austin Hill, Chandler Smith and Zane Smith will vie for the two open spots.

Smith was the first car out for qualifying and promptly stalled before he took a second shot at his



Photo by Logan Riely/Getty Images

Alex Bowman, along with teammate Kyle Larson, give Hendrick the sweep on the front row during Sunday's running of the Daytona 500.

lap. Smith's meager speed at least was better than Daly, who suffered oil line problems in his Chevrolet and did not take a qualifying run.

Because NASCAR did not have practice at the superspeedway before Wednesday, teams did not have any time to hit the track and work out kinks in their cars.

It felt like old times for Johnson.

The former Hendrick Motorsports star had seemingly walked away from NASCAR after the 2020 season but he never scored a podium finish over 29 starts in two IndyCar seasons. So it was back to NASCAR, only this time with a say in how to run the operation. He bought into the ownership group of what was Petty GMS Racing and quickly rebranded it to Legacy M.C.

Pastrana was a bigger long shot to make Daytona. He has won championships in supercross, motocross, freestyle motocross, rally racing and, most recently, offshore powerboat racing. He made a brief run at NASCAR a decade ago and raced a full Xfinity Series schedule in 2013 for Roush Fenway Racing.

"I got chewed up and spit out by these guys really fast," Pastrana said. "At the

end of the day, it's because they're the best drivers, I believe, in the entire world."

Pastrana drove the No. 67 Toyota like a seasoned veteran and will join 23XI drivers Bubba Wallace and Tyler Reddick in the field.

"It's interesting, a lot of the guys that follow NASCAR, just the fans, they know me as a TV personality or a stunt man," Pastrana said. "Really, in my heart I've been a racer."

Daytona 500 champ serves on jury for murder trial

By **DAN GELSTON**
 AP Sports Writer

DAYTONA BEACH, Fla. — Austin Cindric traded his regular seat in a Ford for one in a jury box when he served during a North Carolina murder trial in December. The reigning Daytona 500 champion and his fellow jurors found the accused guilty.

"Very guilty," Cindric said, laughing.

Winning the Daytona 500 comes with residual benefits. The 24-year-old Team Penske driver was just famous enough to get out of serving as the jury foreman.

"Enough people knew who I was," Cindric said Wednesday. "I didn't want to be the one to deliver the bad news."

He had some bad news after his surprise triumph at Daytona. Cindric's Daytona 500 win in the No. 2 Ford was his only victory of the season for Team Penske. But his road toward serving for a trial started when he received a jury summons in the mail just two weeks after he won Daytona.

One problem: Cindric's schedule was sort of booked through November.

"I got a deferral," Cindric said. "And then I told them they could send me (a summons), these are the weeks I have off."

He even got The Captain involved. Cindric asked team owner Roger Penske's lawyers to send a letter to

the court that explained why the driver could not serve, at least until the offseason. Sure enough, Cindric, the son of the president of Penske's racing organization, got his jury duty delayed.

Cindric eventually committed to his jury duty for almost two weeks in December. With the trial behind him, Cindric can focus on a repeat at Daytona.

"Some people will always know who Austin Cindric is because he won the Daytona 500, and I'm totally fine with that," Cindric said at the track where won NASCAR's season opener.

But even before he takes the wheel Sunday, Cindric is getting plenty of attention for the way he spent his offseason.

"Listen, I never want to see murder happen," three-time Daytona 500 champion Denny Hamlin said, "but that would be very captivating to me. I love true crime. I'm a true crime junkie. That would have been really interesting."

Busch's gun charge

Kyle Busch declined to say why he feels the need to carry a handgun, but the Richard Childress Racing driver said he had a valid concealed carry permit long before he was detained at a Mexican airport.

Asked why he carries guns, Busch said, "doesn't

matter."

Busch was detained at a Mexican airport late last month when a handgun and ammunition were discovered in his luggage, the NASCAR star acknowledged last week, apologizing for the incident and calling it "a mistake."

A judge in the Mexican state of Quintana Roo, home to beach destinations Cancun and Tulum, gave Busch a conditional sentence this month of 3 1/2 years in prison and ordered him to pay a \$1,000 fine for having a gun and ammunition. Busch was allowed to leave Mexico after he paid a bond.

Busch declined to discuss the incident and stood behind his statement of apology.

Busch said he had guns even before he and his family were inside the Mall of America in Bloomington, Minnesota, when there was a shooting there last August. Busch's wife, Samantha, detailed the harrowing experience in an Instagram post.

Commanding start

NASCAR will celebrate the start of its 75th season with nine winners of both the Daytona 500 and a Cup Series championship giving the command for drivers to start their engines at the Daytona 500.

NASCAR Hall of Famers Richard Petty, Bobby Allison, Bill Elliott,



Photo by Emilee Chinn/Getty Images

The 2022 Daytona 500 winner, Austin Cindric, recently served on a jury for a murder trial in North Carolina.

Jeff Gordon and Dale Jarrett will be joined by Kevin Harvick, Jimmie Johnson, Kurt Busch and Joey Logano.

Petty and Johnson are both seven-time Cup Series champions. Petty also has a record seven Daytona 500 victories and Johnson has a pair of Daytona 500 wins. Allison, Jarrett and Gordon are three-time Daytona 500 champions, Elliott won it twice, and Harvick, Busch and Logano each have one Daytona 500 victory.

"If a driver has won both a Daytona 500 and a NASCAR Cup Series championship, they have accomplished the two most difficult feats possible in our sport and deserve to be put on a pedestal," Daytona International Speedway President Frank Kelleher said. "As we start NASCAR's 75th anniversary

season, it's important to honor these legends. There's no better time to give fans the chance to celebrate the past than before a sold-out crowd at Daytona International Speedway."

Every 500 miles a memory

Tiffany Haddish will serve as honorary starter for the Daytona 500. The comedian and "Night School" actress was the latest celebrity added to Sunday's lineup.

"I can't wait to feel the power I'll have with the green flag in hand as I get to tell those drivers when they can start the Daytona 500," Haddish said.

Country music star Dierks Bentley will play the pre-race concert and BRELAND will sing the national anthem for the

Daytona 500. Since his breakout viral hit, "My Truck," landed in 2019, BRELAND has quickly immersed himself in Nashville's songwriting rooms, taking over as the king of country collaborations. He's even recorded a song with Bentley.

It's a big deal

Hamlin has a new hobby: pickleball.

"I'm actually looking to purchase a stake in one of the professional teams," Hamlin said. "It's really exciting from my standpoint. It's like tennis, only better for my shoulder. Anything that's better on my joints is something I appreciate. All of my golfing buddies, we really can't golf in the winter. It's great for us to be able to do it indoors, which is a blast."



Photo by Chris Graythen/Getty Images

Daniel Suarez signed his second extension within six months with Trackhouse Racing, getting a multi-year deal in place after scoring a one-year deal in August.

Suárez signs multiyear deal with Trackhouse Racing

By **MARK LONG**
AP Sports Writer

DAYTONA BEACH, Fla. — Daniel Suárez has signed a second extension in six months with Trackhouse Racing, getting a multiyear deal done after landing a one-year contract last August.

The team announced Suárez's latest extension Wednesday as NASCAR kicked off Speedweeks with Daytona 500 media day and pole qualifying. The team declined to release details

but will keep the 31-year-old Mexican behind the wheel for a third season and beyond for co-owners Justin Marks and Pitbull.

"Obviously, everyone at Trackhouse Racing is pleased with the performance and professionalism of Daniel both on and off the track," Marks said in a statement. "Culture has been of prime importance since the idea of Trackhouse existed only on a whiteboard in an office. Daniel has fulfilled every

expectation and we look forward to the future. The best is yet to come."

Suárez, the 2016 Xfinity Series champion, has one victory in 215 Cup starts. He won last year at Sonoma Raceway, becoming the first Mexican-born winner in NASCAR's top series.

He insisted in August, after signing the one-year extension, that he believed he would get a long-term deal done once the team had more financial clarity regarding the racing series'

next media rights deal.

But as the season opener neared, Suárez talked to team management about getting the deal done.

"I'm the kind of person that once I start racing, I like to focus on that," Suárez said. "I feel like at times it can be a distraction. This time, when we started having all these conversations, I said, 'Hey, let's get it out of the way before the Daytona 500.'"

"It's a good day because we are announcing this and

I am answering these questions, but I don't want to have to think about it during the weekend, not really heading into next week."

Trackhouse competed as a single-car team with Suárez in 2021. That summer, Trackhouse acquired Chip Ganassi Racing's NASCAR assets and cleared a path for expansion.

Trackhouse moved into its race shop in Concord, North Carolina, in 2022 and fielded cars for Suárez

and Ross Chastain. They combined for three wins, 21 top-five finishes and 34 top-10s last year.

"The future of Trackhouse is very bright," Suárez said. "Everybody at Trackhouse believes in me. I believe in Trackhouse since Day 1. We're building something great here. I think we have something special going on. It would be silly not to see that and to take advantage of that, to take it to the next level."

Daytona 500: Rich, storied history on Fun Coast

DAYTONA BEACH, Fla. (AP) — Daytona Beach became the unofficial "birthplace of speed" in 1903 when two men argued over who had the fastest horseless carriage and decided things in a race on the white, hardpacked sand along the Atlantic Ocean.

Since then, the community of 72,000-plus in the heart of Florida's Fun Coast region has become a motorsports mecca, with a long, storied history it shares with nearby Ormond Beach that is filled with thrills, glory and tragedy.

Stock cars arrive along the beach by 1958 had graduated to stock cars, which used a 3.2-mile course that combined both the beach and the city of Daytona. Bill France, then a local mechanic, entered the inaugural race on March 8, 1936, and finished fifth. France dabbled in racing for 10 years, became a promoter and founded NASCAR in 1947.

By 1953, France recognized that development

was going to make it nearly impossible to continue racing a course that utilized the city and the beach so he began plans on a permanent speedway. He signed a \$2.5 million agreement a year later for what he decided would be a 2.5-mile tri-oval circuit with 31-degree banking.

It was a wildly ambitious plan.

"The World Center of Racing" was completed in 1959 and hosted the first Daytona 500 on Feb. 22. A crowd of more than 41,000 watched a field of 59 cars race for a purse of less than \$70,000. The finish was so close it took three days to determine Lee Petty had edged Johnny Beauchamp.

The Daytona 200 motorcycle race continued to run on the beach until it moved to the speedway in 1961. The next year the venue hosted the inaugural running of the Rolex 24 at Daytona endurance sports car race, which this year launched its hybrid era.

Early heyday

In 1961, during a pair of Daytona 500 qualifying races, both Lee Petty and his son, Richard Petty, were injured in separate accidents in which both went over the guardrail. Oddly, both incidents happened on Lap 37 of their respective races. Lee Petty suffered serious injuries in the second qualifying race, while Richard Petty suffered minor scrapes and a sprained ankle in the opener.

The next year, local star Glenn "Fireball" Roberts finally won a major event in his hometown when he captured his only Daytona 500.

The first shortened Daytona 500 came in 1965 when rain gave Fred Lorenzen the victory after 133 of the 200 laps.

Mario Andretti earned his only Daytona 500 win in 1967 and became the first open-wheel driver to do so. In 1972, A.J. Foyt joined Andretti in the winner's club by dominating

in a car fielded by Wood Brothers. Foyt won his only Daytona 500 by more than two laps.

Richard Petty became the first driver to win consecutive Daytona 500s in 1974, while David Pearson that July won a record third consecutive Firecracker 400.

In 1976, Pearson and Petty crashed battling for the lead coming out of the fourth turn on the last lap of the Daytona 500. When both cars came to a rest, they had still not crossed the start/finish line. Petty's car wouldn't start but Pearson dumped the clutch and kept the car in neutral to slowly cross the finish line to capture the only Daytona 500 of his career. The finish was the slowest under green flag conditions in race history.

Janet Guthrie in 1976 became the first female driver to compete in the Daytona 500, and finished 12th. Three years later, the race was televised live for the first time in event history by CBS Sports and Cale Yarborough and Donnie Allison crashed on the final lap while battling for the lead. Yarborough and Allison then began to fight, and Allison's brother, Bobby, joined the brawl.

Cale Yarborough in 1984 was the first driver to win the pole at Daytona at more than 200 mph (201.848). In July for the Firecracker 400, President Ronald Reagan was grand marshal and gave the command to start the engines. Reagan witnessed Richard Petty's historic 200th NASCAR win and it marked the first

time a sitting president attended a race.

The first restrictor-plate Daytona 500 was in 1988 when Bobby Allison held off his son, Davey, in the race's only father-son, one-two finish. Allison became the oldest Daytona 500 winner, too, at 50 years, two months, 11 days.

Dale Earnhardt suffered one of the greatest upsets in Daytona 500 history in 1990 when he cut a tire in the third turn of the final lap and Derrike Cope stole the win. In 1998, in his 20th attempt, Earnhardt finally earned his first and only Daytona 500 victory.

Tragedy strikes

Three years later, Earnhardt was killed in a crash on the final lap of the race. The event was won by Michael Waltrip, his first career victory in his 463rd career Cup start. Waltrip was driving for Earnhardt.

NASCAR returned to Daytona that July still reeling from Earnhardt's death and the 400-mile night race was won by Dale Earnhardt Jr.. It was his first career Daytona victory and came 11 years to the day that his father got his first NASCAR Cup Series win at Daytona.

New era

Ryan Newman in 2008 won the 50th running of the Daytona 500, passing Tony Stewart on the last lap and give motorsports titan Roger Penske his first Daytona 500 trophy.

Danica Patrick's eighth-place finish in 2013 made her the highest-finishing

woman in the Daytona 500 and the first to lead laps under a green flag.

Later that year, International Speedway Corp. announced a \$400 million renovation to modernize the speedway. The massive project broke ground in July 2013 and the venue was completed in January 2016 for the 54th running of the Rolex 24. The redesign included five expanded and redesigned entrances, while three different concourse levels featured social areas, or "neighborhoods."

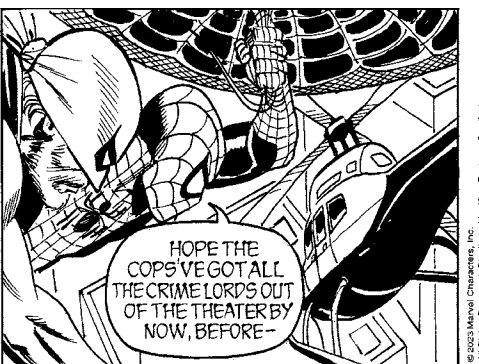
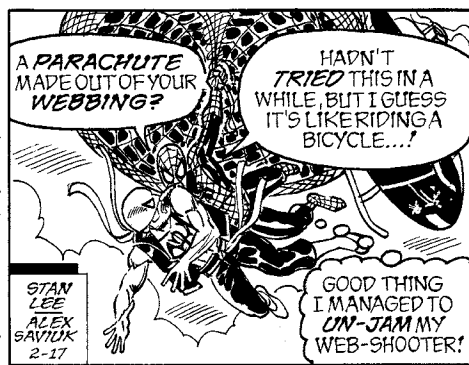
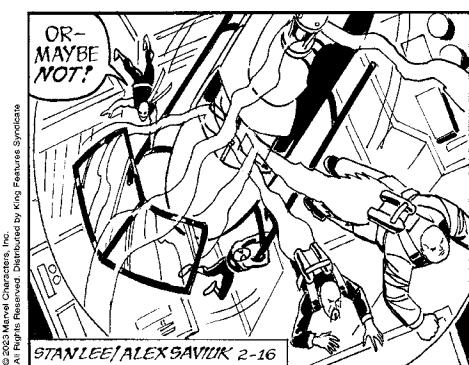
In 2019, the speedway hosted its final July Fourth race, ending a long, sporadic tradition as the event was moved to August. From 1959 through 1987, the race ran on July 4 before being moved to the Saturday of the closest weekend to the holiday. It was a daytime race until 1998.

In 2023, NASCAR marked its 75th anniversary, a year that will be marked with plenty of reflection on the industry's memorable moments, greatest drivers and fantastic finishes. It's the future that seems most exciting. NASCAR will run its first street course race in Chicago, the latest creative jolt to the schedule that has seen a race inside the LA Coliseum each of the last two years. Rappers and athletes and drivers are in the ownership mix and NASCAR is set to negotiate a new TV contract that could dwarf the \$8.2 billion deal that ends next year.

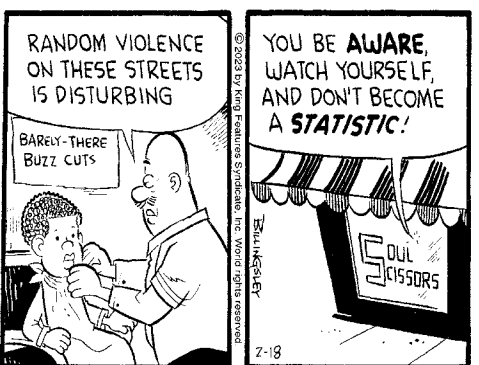
It all kicks off Sunday where it all began another running of the "Great American Race."

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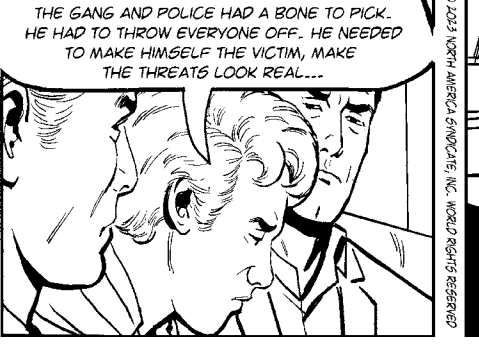
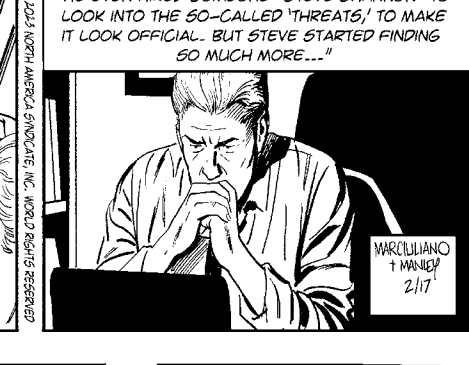
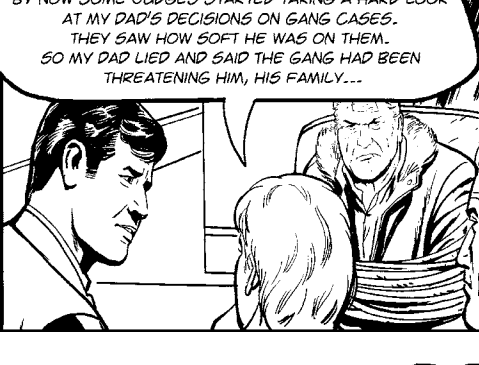
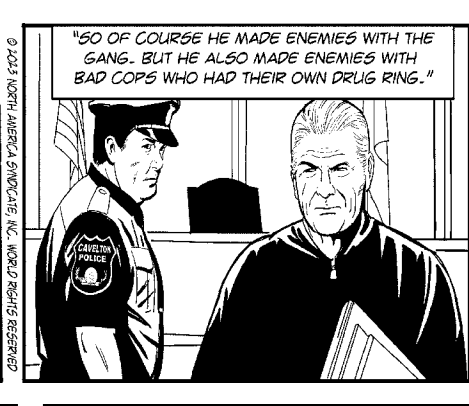
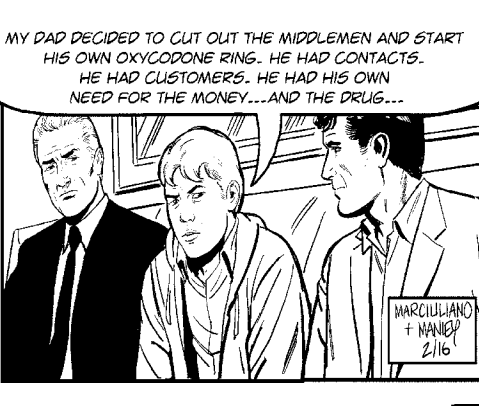
THE AMAZING SPIDER MAN ® by Stan Lee-Larry Lieber



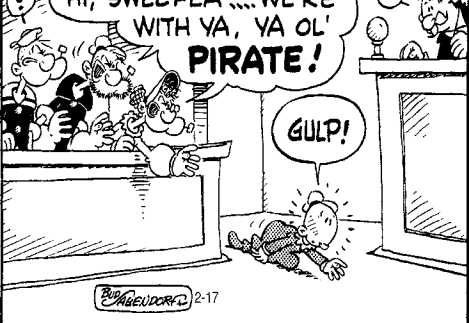
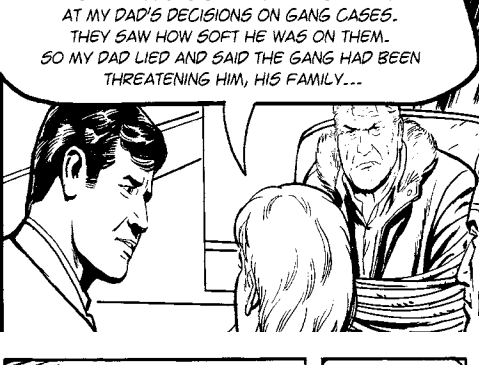
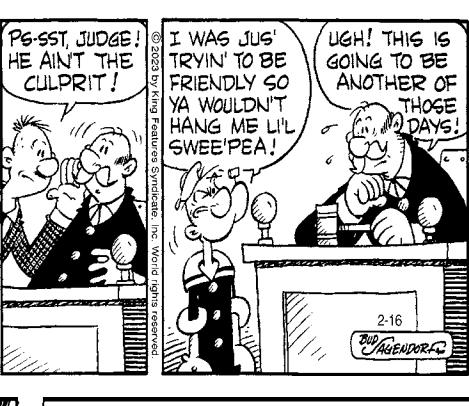
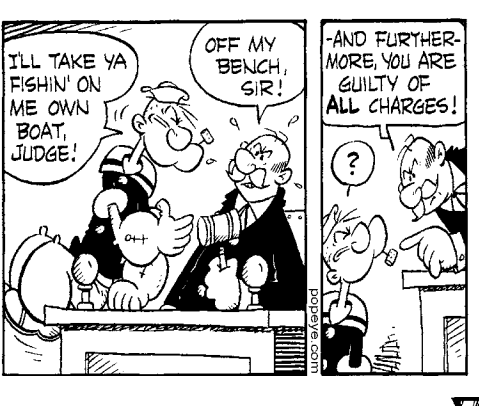
CURTIS ® by Billingsley



JUDGE PARKER ® by Marciuliano-Manley



POPEYE ® by Bud Sagendorf

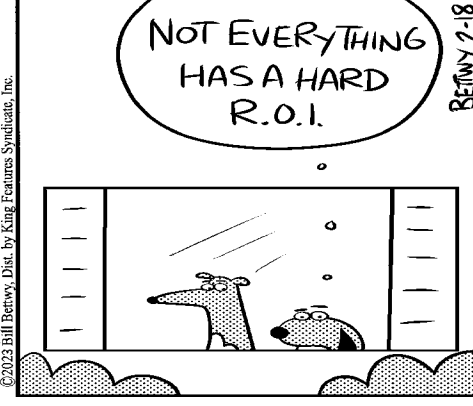
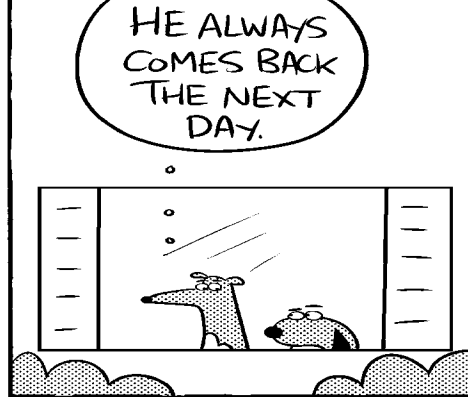


SUDOKU

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

Level: Advanced

THATABABY ® by Paul Trap



ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to the library. Each number corresponds to a letter. (Hint: 13 = O)

A. 4 9 19 9 14 13 23

Clue: List or itemized display

B. 8 13 13 26 15

Clue: Recorded written information

C. 13 11 23 9 22 18 10 20

Clue: Sort

D. 15 3 20 14 25 20 15

Clue: Racks

Here's How It Works:

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

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

ANSWER:

Answers: A. catalog B. books C. organize D. shelves

Pair Soup and Sandwich for a Warming Winter Meal

FAMILY FEATURES

Cool winter days and their cold, crisp air call for a quick warmup in the form of a classic combo: soup and sandwich. Next time you need warmed up from the inside out, go for a homemade pairing that brings together a cheesy handheld and hearty minestrone.

When you sit down for a wintertime meal with the family, Gourmet Grilled Cheese with Aunt Nellie's

Pickled Beets provides the comfort you crave with caramelized onions, gooey melted cheese and toasted sourdough. Slowly simmered to savory perfection, 3-Bean Tortellini Minestrone – powered by READ 3-Bean Salad – plays the ideal complement to the griddled sandwiches as a filling soup without the hassle.

To find more comforting meal ideas made for combatting the cold, visit AuntNellies.com and READSalads.com.

Gourmet Grilled Cheese with Pickled Beets

Recipe courtesy of "Carlsbad Cravings"
Prep time: 60 minutes

Caramelized Onions:

- 3 tablespoons butter
- 3 tablespoons olive oil
- 3 large yellow onions, halved, sliced 1/4-inch thick
- 1-2 tablespoons water (optional)
- 1 tablespoon brown sugar
- 1 tablespoon balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon red pepper flakes

Sandwiches:

- 8 large sourdough slices, 1/2-inch thick
- 1/3 cup mayonnaise
- 4 ounces fresh goat cheese, at room temperature
- 8 ounces shredded gruyere cheese, at room temperature
- 1 jar Aunt Nellie's Sliced Pickled Beets (about 32 beets)
- 2 cups baby arugula
- 2 tablespoons butter, divided
- 2 tablespoons olive oil, divided

To make caramelized onions: In Dutch oven over medium-high heat, melt butter and olive oil. Add onion and cook, stirring occasionally, 5 minutes then reduce heat to medium.

Cook until onions are caramelized and rich, deep golden brown, about 25 minutes, stirring often. Turn heat to medium-low or add water if onions are dry or start to scorch before caramelizing.

Add sugar, balsamic vinegar, salt, pepper and red pepper flakes; cook 1 minute. Onions should be jammy and darkly caramelized when done. Remove to plate to cool.

To make sandwiches: Spread out bread slices on flat surface. Spread thin layer of mayonnaise on one side of each bread slice.

Turn four bread slices over and spread goat cheese on plain side. Top goat cheese with gruyere, even layer of beets, caramelized onions and arugula. Top with remaining bread, mayo side out. Secure with toothpicks, if desired.

In large skillet over medium-low heat, melt 1 tablespoon butter with 1 tablespoon olive oil. Add two sandwiches, cover and grill until bottom of bread is toasted, about 5-7 minutes, and cheese starts melting, checking often. Flip and cook, uncovered, until cheese is melted and bottom of bread is toasted.

Repeat with remaining sandwiches.



3-Bean Tortellini Minestrone

Recipe courtesy of "Joy of Eating"
Prep time: 20 minutes
Cook time: 25 minutes

- 1 can (15 ounces) READ 3-Bean Salad
- 1/2 cup extra-virgin olive oil
- 1/2 medium yellow onion, diced
- 3 peeled garlic cloves, minced
- 2 pinches salt, plus additional to taste, divided
- 1 teaspoon Italian seasoning
- 1/4 teaspoon black pepper, plus additional to taste, divided
- 3 small carrots, trimmed, peeled and diced
- 2 celery stalks, trimmed and diced
- 1 medium zucchini, diced
- 1 can (28 ounces) diced tomatoes, undrained
- 1 Parmesan rind (optional)
- 6 cups low-sodium vegetable broth

- 9-10 ounces refrigerated cheese tortellini
- 2 cups baby spinach
- jarred pesto, for serving (optional)

Drain and rinse bean salad; set aside.

In large pot over medium heat, heat olive oil. Add onions, garlic and 1 pinch salt; saute until translucent, 3-4 minutes. Stir in Italian seasoning and 1/4 teaspoon black pepper. Cook until fragrant, about 1 minute. Add carrots, celery and zucchini with remaining pinch salt. Cook, stirring occasionally, until vegetables are crisp tender, 5-7 minutes.

Stir in tomatoes. Add Parmesan rind, if desired. Cook about 10 minutes until most tomato juice evaporates. Pour in vegetable broth. Bring to boil. Add tortellini; cook 2 minutes, or just until tender. Stir in bean salad and spinach. Cook 2-3 minutes to heat through.

Season with additional salt and black pepper, to taste. Serve garnished with pesto, if desired.

EAT THE RAINBOW

FAMILY FEATURES

Focusing your menus on health-conscious recipes that look as good as they make you feel is key to making positive lifestyle changes. Adding big flavors that satisfy cravings to easy, go-to recipes can be a big step toward reaching health goals throughout the year.

"Eating the rainbow" refers to adding fruits and veggies of varying colors to your diet, such as red tomatoes and beets, green cucumbers and avocados, orange carrots and pumpkins and beyond. Complementing fresh produce with the nutritional benefits of tuna and salmon – like heart-healthy omega-3 fatty acids, protein, vitamin D and potassium – can take your meal planning one step further.

Whether you're commemorating a special occasion, hosting a gathering of friends and family or simply enjoying a night in, good food shouldn't mean ditching good eating habits. With new packaging but a continued focus on flavor, wild-caught Low-Sodium Pink Salmon from Chicken of the Sea is a perfect complement to vibrant, rainbow-inspired recipes.

Try these Salmon Chili Bites for a quick and delicious snack option. They can easily be doubled, tripled or more for a party appetizer. Feature the recipe with a "rainbow" of veggies, crackers, meats and cheeses on a charcuterie board for a crowd favorite that can satisfy guests with big, bold flavor.

Ditch boring salads and find joy in food while maintaining healthy eating goals by upping your salad game. Say goodbye to bland, boring greens and enjoy salads with your favorite toppings, like a colorful combination of protein-packed tuna and fiber-rich veggies in this Mediterranean Tuna Salad, which is completed with a bright dressing and topped with feta cheese and parsley.

For more than 100 years, Chicken of the Sea has provided fresh, tasty seafood straight from the ocean, so whether you're reaching for wild-caught tuna for this homemade salad or another option like salmon or sardines, you can enjoy a high-quality product that's delicious on its own or used to elevate favorite recipes.

To find more health-focused snacks, appetizers, meals and more, visit chickenofthesea.com.



Mediterranean Tuna Salad

Mediterranean Tuna Salad

Prep time: 20 minutes
Servings: 1-2

Dressing:

- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon dried oregano

Salad:

- 1 can (5 ounces) Chicken of the Sea Chunk Light Tuna, drained
- 1 cup halved cherry tomatoes
- 1/3 cup sliced Kalamata olives
- 1 cup chopped English cucumber (about 1/2 cucumber)
- 1/4 cup feta
- 1 tablespoon minced parsley
- pita chips (optional)
- crackers (optional)

To make dressing: In large bowl, whisk lemon juice, olive oil and oregano.

To make salad: In dressing bowl, add tuna, tomatoes, olives and cucumber. Gently toss to cover salad with dressing then top with feta and parsley.

Serve with pita chips or crackers, if desired.

Pair seafood and seasonal produce for colorful, healthy recipes



Salmon Chili Bites

Salmon Chili Bites

Prep time: 15 minutes
Servings: 2

- 2 pouches (2.5 ounces each) Chicken of the Sea Low Sodium Wild-Caught Alaska Pink Salmon
- 1 tablespoon chili crisp
- 2 teaspoons rice wine vinegar
- 1 teaspoon toasted sesame oil
- 2 bell peppers, cored and cut into 2-inch squares

- 1 green onion, thinly sliced
- minced cilantro
- black sesame seeds

In bowl, combine salmon, chili crisp, vinegar and sesame oil.

To serve, top each bell pepper square with some salmon, green onion, cilantro and sesame seeds. If leftover pieces of bell pepper remain, chop and add as additional garnish.

Note: If serving with cheese plate, place salmon mixture in small bowl and garnish with green onion and sesame seeds.

SPAY & NEUTER DAY PROCLAMATION



T-G Photos by David Melson

Bedford County Mayor Chad Graham and Shelbyville Mayor Randy Carroll signed proclamations marking Tuesday, Feb. 28 as Spay Day in Bedford County. Joining them are Josie Lowery, director of Bedford County Animal Control, and Suzanne Villemarette and Diane Forbes representing Bedford County Spay & Neuter Clinic.



One killed, three hurt in mall shooting

EL PASO, Texas (AP) — One person was killed and three more were wounded Wednesday in a shooting at a shopping mall in El Paso, Texas, adding to the dozens of people already killed this year in mass shootings across the United States.

El Paso police said hours after the gunfire that two people had been taken into custody, though details of what led the shooting remained unclear.

Interim police chief Peter Pacillas said that Cielo Vista Mall was still considered a crime scene, and that it would remain locked down until authorities had completed their investigation.

Pacillas stressed that the danger had passed. "There is no more danger. I want to repeat that: There is no more danger to the public," Pacillas said.

The shooting happened in a busy shopping area and across a large parking lot from a Walmart where 23 people were killed in a racist attack targeting Hispanic people in 2019. El Paso — with a largely Latino population of about 700,000 people — sits on the U.S. border with Mexico, where residents of both countries cross frequently.

"Today's shooting at the Cielo Vista Mall has brought back traumatic memories for many of us. Please know you are not alone," Democratic U.S. Rep. Veronica Escobar,

whose district includes El Paso, said on Twitter.

She urged anyone who needed it to reach out to the city's crisis help line.

The United States has seen dozens of people killed in mass shootings so far in 2023, most recently Monday at Michigan State University, where three students were killed and five more were wounded. In January, 11 people were killed in the Los Angeles-area city of Monterey Park as they welcomed the Lunar New Year at a dance hall popular with older Asian Americans.

Pacillas said the two people taken into custody after Wednesday's shooting as well as all of the victims were males.

University Medical Center in El Paso said in a statement that two gunshot victims being treated there were in critical condition.

The condition of the third victim was not immediately known.

Police earlier said the shooting was reported in the shopping mall's food court.

Authorities set up a reunification center at a nearby high school, where those affected by the shooting could reconnect with loved ones.

The FBI, which is assisting El Paso police in the investigation, set up a website where the public can share photos or video from the shooting: www.fbi.gov/cielovistamallshooting.

Republican Gov. Greg Abbott said in a tweet Wednesday night that he had spoken to the mayor of El Paso and offered assistance from the Texas Department of Public and Safety and the Texas Division of Emergency Management.

In 2022, more than 600 mass shootings occurred in the U.S. in which at least four people were killed or wounded, according to the Gun Violence Archive.

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| <ul style="list-style-type: none"> Lots of glassware Bentwood wood churn M. Brown Co. Oak Singer treadle sewing machine New metal bed frame in box Vacuum sealer Metal Volkswagen bar Silver tea service Antique ice box (excellent shape) Stained glass lamp shade Food processor | <ul style="list-style-type: none"> Honeycomb drink dispenser Oven bake ware Toy metal pedal tractor Large wooden chest Cast iron lamps Lodge cast iron skillet & pots Fiesta & Pyrex pieces Lots of pictures & frames Large beveled mirror Christmas items | <ul style="list-style-type: none"> Antique press Assorted hand tools Ninja mixer Linens, quilts, etc. Small electric appliances #3 Crock & 2 #5 crocks New cedar chest Butter churn #2 1 Gal 2 Large area rugs Wing back chairs | <ul style="list-style-type: none"> Popcorn machine Coffee maker Several sets of china Cookbooks Oak rocking chair Large wall clock Wooden end table Small wooden chest Several smaller crocks |
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