

Experience Church opens new doors for Crystal O'Neal



Area murals are a large part of the art ministry of Crystal O'Neal. Local artist Crystal O'Neal also enjoys painting fun subjects. If beauty is in the eye of the beholder, this local artist has opened a world of beauty.

Submitted Photos

Local artist shares gifts, faith, art

By DAWN HANKINS

Famous artist Salvador Dali once said, "A true artist is not one who is inspired but one who inspires others." Meet Shelbyville's own artist who takes that quote to heart—Crystal O'Neal.

Crystal says first and foremost, being able to give back to the Lord is a blessing. "Just being able to use what I feel like God's blessed me with . . . to bless others and give back to the church and community

is what I love so much."

Crystal began going to the Experience Community Church—Murfreesboro in 2014. The church had been well into growing prior to her start there.

It wasn't long before she was paired up with an artist that attended there. The two of them, she says, worked on different projects, such as painting logos on the walls.

In 2018, Crystal was offered a full-time position to lead art events and ministries for The Experience

Church.

"It has just continued," she says, now in her 6th year with the ministry. "We need more artists."

The Experience Community Church has four campuses, located in Shelbyville, Tullahoma, Woodbury and Murfreesboro. Covering them all with her art gifts, Crystal says she's busy.

"It's a good busy."

It wasn't until she began attending The Experience Community Church that she "experienced" best

how to incorporate her faith into her art and vice versa.

Crystal says sharing her talents and gifts through art is very rewarding. To see artists make that same connection is a plus, plus, she notes.

She says to date, she has between 70 and 80 volunteers within all four campuses. "We're able to do murals in our church building. In Woodbury, we have one public mural. In Murfreesboro, we have several public murals."

She just finished one on the pub-



SHELBYVILLE ARTIST CRYSTAL O'NEAL

See LOCAL ARTIST, 12A

Vouchers: a failed subject?

BC leaders concerned

By DAWN HANKINS

During last Thursday's school board meeting at Cascade High School, Director of Schools Tammy Garrett shared how burdened she is following a legislative meeting she recently attended—one which had discussions on school vouchers.

Garrett attended the Legislative and Legal Institute conference held by Tennessee School Board Association (TSBA) Feb. 12-13. The conference is held for board members and superintendents to get them caught up on what is happening regarding education in the state legislature.

Garrett told the school board, "I tell you, at some point, I was a little down. At times we heard that public education systems are not doing as anticipated so they want to send vouchers, public money, to other organizations. I was a little weary."

School voucher systems are nothing new. But over the last couple years, pay outs for students to attend other types of schools within Tennessee has become a bigger elephant in the room for school systems needing every student and penny possible. Gov. Bill Lee has supported the voucher system.

Legislative representative for BCBE, Shannon Boyette advised parents and concerned citizens to contact State Rep. Pat Marsh and State Sen. Shane Reeves about their questions and even disagreement with the school voucher system.

"We really need to come together and let them know," Boyette said from the Cascade High stage.

As well, Michael Cook, board chair, said he wasn't afraid to publicly announce that he is against school vouchers. No other school board members commented on the issue during the meeting.

Boyette said it takes all stakeholders and parents to keep public money here, that is, in public education. She advised as well that the voucher system could affect TISA funding.

The Tennessee Investment in Student Achievement (TISA) is a student-based funding formula that was implemented to allocate state funds to school districts beginning with the 2023-24 school year. Similar to the Basic Education Program (BEP), TISA operates as a funding formula, rather than a specific spending plan.

While vouchers weighed on her mind mid-February, the superintendent said she awoke Thursday morning thinking about the Shelbyville Central basketball player who recently had a medical emergency in the locker room at Lincoln County High School.

This leader of 16 local schools admits she was emotional over the thoughts of that situation. Then, Garrett says she thought about those Lincoln County students and how they were organizing to help the SCHS student. They were working toward proceeds from a game's ticket sales to go to assist the family, she advised.

Bedford County students who were gathering and assisting also came to her mind. She realized how important each and every student is in Bedford County and says how much they need support from everyone.

Garrett said it is common knowledge that some educators and the education system often become "punching bags." But she believes kindness was certainly modeled in Bedford and Lincoln Counties this week.

"I had a moment where I said, hey, this is why you do this."

LOCAL FIRES DEVASTATE FAMILIES, COMMUNITY



Submitted Photo

A Mount Herman house fire near the Flat Creek community displaced a family of 4 over the weekend.



A fire at 307 Ledgerview Drive last Thursday afternoon took the life of Shelbyville native and long-time community member, Frank Nichols, 87. Memorial wreaths were placed at Frank's former grocery on Madison Street, Handy Dandy Market, which he and his wife, Alice, operated for 50 years. A former City Council member, Alice is obviously devastated. She was home during the fire but said there was so much smoke, she could not get to her "Frankie," who was in the garage. TBI is investigating. The community has shared numerous sentiments during this tragedy. See Frank's obit on page 8A.



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Cooking with a Veteran

Local veteran shares tasty recipes from new cook book, available to buy now.

See Page 5A



Black History Month Exhibit

Gilliland Historical Resource Center shares exhibit of artwork from local artists in honor of Black History Month.

See Page 2A



City hosts forum on community growth

Power-ful insights shared

'I think it is great. I love the fact that we're all as three different bodies sitting down and talking about the future of our community.'

Shelbyville Power, Water, Sewerage System General Manager Jason Reese

By DAWN HANKINS

City officials have said they believe the local population is greater than the last Census numbers reveal. If that is true, and based on the number of applications coming in for potential development, departments dealing with soft and hard infrastructures have their work cut out for them.

The consistent growth of Shelbyville was actually what was shared during a 2-hour, called study session last Thursday at Shelbyville Rec Center. Several local officials attended as well as concerned community citizens.

Speakers included Shelbyville City Council and its department leaders, the Planning Commission and Shelbyville Power, Water & Sewerage System leaders. Speaking on behalf of City departments were: Chief Jan Phillips, Shelbyville Police Department; Chief Matt Doak, Shelbyville Fire Department; and Buck Vallad, director of public works.

According to World Population Review, Shelbyville has a 2024 population of 25,330 and is currently growing at a rate of 1.76% annually. The calculations show that the population has increased by over 7% since the last Census in 2020, which recorded 23,624 Shelbyville residents.

Areas of development currently on Shelbyville City Council's radar include the Jennings Lane area off Union Street, areas of acreage behind the Cloverdale subdivision off Union Street and Green Lane off Northside Park Drive.

The department leader seeing all the influx of applications for new City developments is Waleed Albakry, director of planning and community development. He fielded a lot of questions from the audience Thursday about how this surge in structural development is affecting the entire infrastructure.

Members of the Planning Commission were also at the meeting. It is customary for the Planning Commission to send favorable or unfavorable requests regarding development plans and annexation requests to Shelbyville City Council for its stamp of approval.

Planning members Bo Gill and Warren Landers, chair, answered several ques-

tions. Planning Commission members revealed that they have codes and regulations, approved by authority and Council, which have to be followed. If developers/builders dot all the i's and cross all the t's, then the Planning Commission must pass that application/request on to Council.

It was also mentioned by commission members that some past lawsuits have ensued over not doing that some which the City has lost.

It was pointed out that doesn't mean all the planning commission is for a particular development. The planning commission has actually had some split votes over some recent development plans.

Alabakry said there was much to cover during the workshop, because there is "so much going on in the community." He talked about the type of City development that has occurred over the last 2 years.

The planning director said since December of 2019, Shelbyville has gained 1,950 new homes. Broken down, the City added 240 in 2019; 137 in 2020 and 112 in 2021 (high COVID-19 years.)

The real surge came in 2022 with 941 new developments. Last year, there were 520, he explained.

Representing Shelbyville Power, Water and Sewerage (SPWS) were general manager Jason Reese; water and sewer engineer John Freeman; and electrical superintendent Jarrett Dickens.

SPWS speakers discussed how many millions-in gallons of water and funds-go into each day of Shelbyville life. The speakers said while they do have their own challenges to keep up, they do believe SPWS is prepared for Shelbyville's continued growth.

The workshop agenda was outlined to discuss such topics as "Where are we now?" and "Are we prepared?"

Power-ful discussion SPWS General Manager, Reese, said, "I think it is great. I love the fact that we're all as three different bodies sitting down and talking about the future of our community."

Reese explained to the audience how SPWS operates, which includes charging a rate to its customers based on used kilowatt hours per month. He also discussed SPWS's regulatory authority, Tennessee Valley Authority

(TVA.)

He emphasized Shelbyville's power source is therefore financially self-sustaining and currently sound. SPWS does not receive tax dollars from the City for its operations, he advised.

Reese said SPWS's customer base continues to grow. In December 2018, SPWS had 10,358 paying customers and in 2023, 11,417.

"That's 1,059 customers added to our system in the last 5 years."

While Shelbyville Power currently serves residents in Flat Creek with water and there is growth there, he was concentrating during Thursday's session on the number of Shelbyville water customers.

In 2018, there were 9,259 and in 2023, SPWS had 10,358—a gain of 1,099 customers or a 12% increase over the last 5 years. As for sewerage, the power company has added over 900 customers in

the last 5 years.

SPWS projects include a \$5 million substation off Fairfield Pike to accommodate projected growth in that area. Reeves said a 12-inch water loop was also installed down City sections of Highway 231 and across to McDale and Brown Lanes to the tune of \$1.5 million.

Reese said it is not the intention of SPWS to pass 100% of the community growth burden or costs on to its customers. He suggested the City

may want to implement some surcharges or impact fees for developers—something that he said is not unusual for municipalities.

According to a 2004 article by the Tennessee Advisory Commission on Intergovernmental Relations, beginning way back in the late 1980's, cities and counties in Tennessee began to look for new ways of meeting the rising infrastructure costs associated with new development.

The article further stated, "Often, these costs could not be adequately funded through property taxes or local option sales taxes. Lo-

cal governments began to look for alternative means of raising revenue that would tend not to saddle existing residents with the fiscal burden generated by new development. In 1987, Williamson County and the cities of Brentwood, Fairview and Franklin were the first local governments in Tennessee to be authorized by the state legislature to enact impact fees and adequate facilities/development taxes."

The Times-Gazette will feature more articles from SPWS and each department represented at this study session in upcoming issues.



T-G Photo by Dawn Hankins

On a clear day, one can see Shelbyville and its potential for continued growth—a topic of discussion during a recent called City Council study session.

CELEBRATING BLACK HISTORY MONTH



Submitted Photos
Gilliland Historical Resource Center has assembled a display of artwork from local African American artists at Shelbyville-Bedford County Public Library. Artists, from left, are Terrell Johnson, Jerry Greer, Morgan Gross, Maurice Dandy, and Calvin King. The display includes works by all of the artists as well as wire sculptures by internationally-renowned artist, the late Vannoy "Wireman" Streeter. Marilyn Ewing conducted interviews for "Let's Talk Shelbyville." Thomas Johnson of the Gilliland Historical Resource Center gathered the artwork.

Community CALENDAR

Submit calendar items to dawn@richardsonmediagroup.net

Church News

Pastor Abe Zimmerman's sermon on Sunday at Shelbyville First United Methodist Church will be "Lent: The Power of the Gospel, Part 2" from Matthew 9:2-8. The church will delve into the profound power of the gospel by examining pivotal moments in Jesus' ministry—healing the sick, extending forgiveness, and walking on water. Come see how The Gospel continues to shape our lives today. Join FUMC-Shelbyville for worship at 10 am. The service is also livestreamed on Facebook and broadcast on WLJ 1580 AM.

DREMC Info

Duck River Electric Membership Corporation (DREMC) has contracted Osmose Utility Services to perform utility pole inspections throughout the DREMC service area.

The inspection process will involve evaluating every pole on the DREMC system. Osmose Utility Services crews

identification badges. Close access to utility poles is necessary to complete the pole inspections and may require Osmose personnel to be on private property.

Anti-Drug meeting

Bedford County Anti-Drug Coalition meets 6 p.m., Thursday, Feb. 29, at Victory Baptist Church, 2200 N. Main St. This meeting is open to the public.

plan to complete pole inspections in the Bedford County area by early April, weather permitting.

Osmose vehicles will display a "DREMC Contractor" magnet, and personnel will have

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Canterbrook Village Apartments

400 Barksdale Lane

Shelbyville, TN 37160

931-684-2900

On March 1, 2024, Canterbrook Village will open the Wait Lists for 1-, 2- and 3-bedroom standard apartments.

Application Pick Up

Applications may be picked up at the Canterbrook Village Office at 400 Barksdale Lane, Shelbyville, TN 37160 on Tuesdays from 8 am to 12 pm beginning on March 5, 2024.

Application Return

Applications can be returned in person at the Canterbrook Village Office 400 Barksdale Lane, Shelbyville, TN 37160 on Thursdays from 1 pm to 5 pm beginning on March 7, 2024.

• Applications can also be returned by email to canterbrookvillage@wincco.ci beginning on March 7, 2024. *We will only accept the first 100 applications for 1 Bedroom, 2 Bedroom and 3 Bedroom Apartments and then the wait lists will close.

Canterbrook Village has rental assistance through the Project Based Section 8 program and is subject to a maximum income limit. Applicants are selected from the wait list based off the time/date of their application and applicable preferences.

- Displaced applicants as a result of a major disaster as determined by the President of the United States or as a result of a government action.
- Applicants seeking relocation to avoid, remedy, or address harassment based on protected status, or the emergency transfer of a resident due to domestic violence, dating violence, sexual assault or stalking, in accordance with the Violence Against Women Act (VAWA).
- Families that include a person with a disability
- All other program income and otherwise eligible applicants based chronologically by date and time of application.

Accessible Wait List Open

The wait lists for the limited apartments that are accessible to people with mobility impairments (Wheelchair Accessible) is open and will follow the above guidelines. Persons with disabilities have the right to request reasonable accommodations in the application process.

Canterbrook Village Apartments and Winn Managed Properties LLC does not discriminate because of race, color, sex, sexual orientation, religion, age, handicap, disability, national origin, familial status, or marital status in the leasing, rental, sale or transfer of apartment units, buildings and related facilities, including land that it owns or controls.

Equal Housing Opportunity



YES, AND THE BAND PLAYED ON

School system photos

Cascade High School Band was honored during Bedford County Board of Education's monthly meeting held at the school last Thursday night. Three students performed on the Cascade stage: Emma Kwapinski, Kaitlyn Whitehead and Mikey Lucich. The entire band was congratulated by school board members, including David Brown, for doing so well at state competition.



Leadership expert, coach to contribute monthly to Times-Gazette content



Dustin Fenton

The editorial team at The Times-Gazette is happy to announce the addition of "Leadership Redefined", a monthly column on leadership, communication, and relationships by area leadership and communication coach Dustin Fenton.

Fenton is passionate about helping leaders know they have more in them than they think. As the founder

of Piton* Coaching, he has spent 20 years helping leaders move out of their comfort zone and unlock their potential. Dustin got his start as a wilderness guide helping people conquer fears and live life more or less on the edge through rafting trips, rappelling and climbing, and helping others 'gourmet' their time in the backcountry. He earned a graduate de-

gree in Organizational Leadership from Azusa Pacific College and is currently certified as a Professional Level Coach through the International Coaching Federation, Stakeholder Center Coach, Gallup Strength Coach, Myers-Briggs Coach, and a G-ANT Guide.

Currently, Dustin serves business owners, CEOs, and leaders and their teams all over North America by fighting for their highest possible good. He specializes in helping leaders become clear on what is keeping them from their potential and then taking steps to grow in their influence and have a greater impact. Dustin is keenly aware leaders have four common needs; managing and finding time to do the important work on their business, finding and leading the right people, coming up with a scalable and repeatable business structure, and finding others who are like them because it is lonely at the top. He knows that the best leaders are humble enough to know they have to serve their teams, courageous enough to know they need help to see their blindspots, and disci-

plined enough to do the work every day to become more intentional in their leadership.

Dustin is excited to work with and inspired by leaders who know they have a team of people counting on them and are committed to becoming better for the sake of their teams and the communities in which they live. He is honored and humbled to have a small impact on local communities throughout North America and loves supporting those local leaders who are making a huge impact in those places. Dustin desires each of the leaders he has the privilege to work with to become a champion of growth and change inside the organizations they serve.

Dustin is excited to be a contributor to the paper every month. He will write on how to become more relationally intelligent at work and home. Dustin believes leadership starts with yourself and that you always need a mirror to be able to truly understand what it is like to be on the other side of you. He believes that we should never graduate from the school of self-awareness. Dustin will bring con-

tent that will challenge our readers to think about how to improve themselves and their relationships.

Dustin lives in Spring Hill, TN with his wife and their two kids. They love being outside, riding bikes, playing racket sports, playing soccer, going on hikes, and finding adventures. He is always up for a good book recommendation. In his spare time, he enjoys coaching couples and parents in unlocking their potential in those transformational relationships.

*Piton {pea-ton | /pē-tān/} - A Piton is an anchor point that is driven into a wall when climbing to protect the climber and allow them to reach new heights.

Elmo's World of Leadership

Leadership Redefined
By Dustin Fenton

Elmo, the beloved Sesame Street character, recently reached out on X (formerly Twitter) to "check in with everyone", garnering an overwhelming response of 212 million views, demonstrating the importance of checking in with others. As leaders, we can learn from Elmo's example and prioritize checking in on the well-being of those within our spheres of influence, starting with ourselves and extending to friends, family, team, organization, and community.

By asking specific questions about where support is needed and what challenges are present, we can better understand and care for ourselves and others. This personal aspect of care is crucial in fostering genuine connections and influence. Attempting to separate personal and professional aspects of life is futile; caring for people encompasses both realms and is important for today's leaders to espouse.

Delving deeper, we can assess five key areas: purpose, people, place, personal health, and provision on a scale between 1-100%. Starting with yourself (because you can't give what you don't possess), rate your alignment with your purpose. When 100% aligned with your purpose, you will feel energized and make a meaningful difference in the world, attract-

ing others to your work and increasing your influence.

Similarly, assess your relationships with the people around you. Considering whether they challenge and support you toward your purpose. Evaluating your relationships can provide insights into areas where you need to be more intentional. When your relationships are at 100%, you surround yourself with individuals who are intentional about your growth, leaving you energized after interacting with them.

Next, examine how your physical environments impact you and consider if they supercharge your energy when you spend time in them. Consider the intimate spaces such as your bedroom and the morning coffee nook to macro settings like your commute and your community. At 100% you know the areas that give you life and you prioritize spending time in those places. These spaces energize you allowing a greater impact and influence with others.

Your personal health, which encompasses physical, mental, and spiritual aspects, is an important part of your life that requires intentionality. Achieving 100% in personal health means engaging in activities that enhance physical energy, prioritizing mental well-being, and nurturing spiritual beliefs for hope and purpose. When prioritizing these three aspects of personal health you will naturally

live longer and have a more fulfilling life.

Finally, provision refers to having enough resources, including time, money, and talents. Mick Jagger's words, "You can't always get what you want, but if you try sometimes, well, you might find you get what you need," summarizes the concept of provision. The concept of provision focuses on actual needs and not attending to the wants, as those could be never-ending. At 100% in your provision, you have margin in your finances, in your time, and in how you use your gifts toward your purpose. When you feel less overwhelmed, you can be more intentional in your interactions and prioritize your personal well-being.

Regularly checking in on these five areas provides a comprehensive assessment of your (and your circle of influence's) well-being and helps identify trends over time. This practice empowers you to make informed choices and respond effectively when others, like Elmo, check in with us.

In summary, adopting Elmo's approach to checking in with others can enhance our leadership and personal growth. Prioritizing genuine care for ourselves and those around us fosters deeper connections and enables us to live with purpose and fulfillment, a crucial aspect of having leadership and relational intelligence.

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Recognizing senior health concerns

The human body changes as it ages.

While certain conditions are commonly associated with aging, some individuals may be surprised to learn of the more common health conditions that can affect seniors. Health statistics show that one in six people will be 60 or older by 2030. With such a large portion of the population on the cusp of turning 60, it makes sense for individuals to familiarize themselves with the more notable issues affecting seniors.

Heart disease

The National Institute on Aging says adults age 65 and older are more likely than younger people to suffer from cardiovascular disease that affects the heart, blood vessels or both. Conditions like high blood pressure and high cholesterol need to be properly managed, and diet and exercise is important throughout life to avoid developing heart disease in later years.

Cognitive decline

A certain degree of mem-

ory loss is a natural component of aging. Forgetting where you left your keys or experiencing difficulty putting a name to a face can be a random and frustrating occurrence. However, dementias, like Alzheimer's disease, are not a side effect of aging. As many as one in five seniors experiences mental health issues that are not associated with aging, and it helps to learn the early warning signs of dementia. Such recognition may compel individuals

to seek treatment that can slow the progression of the disease.

Osteoarthritis

Aches and pains may come with aging, and often can be attributed to osteoarthritis, which is the most common form of arthritis, according to the Mayo Clinic. Osteoarthritis occurs when the protective cartilage that cushions the ends of bones wears away over time. It is progressive and cannot be reversed, but maintaining a healthy weight and staying active can help alleviate pain and improve joint function.

Cataracts and refractive errors

It should come as no surprise to most that the eyes change as the body ages. Refractive errors like nearsightedness, farsightedness, astigmatism, and presbyopia can make objects look blurry when viewed, says the National Eye Institute. Cataracts, which are a clouding of the eye's natural lenses, affect about 20 percent of people age 65 and older, according to the American Geriatrics Society, while the National Eye Institute says half of all people over age 80 will get them. Cataract removal surgery and prescription eyeglasses can help.

Type 2 diabetes

American Senior Com-

munities reports that its estimated 25 percent of adults age 65 and older have type 2 diabetes. Unchecked diabetes can lead to a host of ailments, including vision problems, mobility issues, kidney damage, and increased risk for heart disease or stroke. Many people can manage type 2 diabetes with diet and exercise.

Balance issues

Balance issues that can

lead to falls are a major concern for seniors. According to HealthinAging.org, many things can adversely affect balance. These include nerve and brain problems, vision troubles, diabetes, arthritis, inner ear problems, and even dehydration. Dizziness or balance problems should be addressed, as there are serious health risks associated with falls.



2023-2024 Blue Book available

Secretary of State honors first responders

NASHVILLE, Tenn. — Secretary of State Tre Hargett today announced the 2023-2024 Tennessee Blue Book is dedicated to Tennessee's first responders.

"I am pleased to dedicate the 2023-2024 Tennessee Blue Book to these public servants," said Secretary Hargett. "These heroic individuals put the well-being of their fellow citizens above their own to render lifesaving services and protect families. This dedication is a small way we can celebrate all those who have made a tremendous impact in communities across this state."

"Tennessee's first responders are some of the finest, most selfless individuals that we know in our communities," said Lt. Gov.

Randy McNally (R-Oak Ridge). "We are incredibly grateful to them and their families for their heroic service; dedicating the state's new Blue Book is a small token of our appreciation to these everyday heroes."

The Volunteer State is home to more than 50,000 law enforcement, firefighters, and emergency services professionals. All continue to impact the lives of every Tennessean.

"We owe an invaluable debt to all first responders who have sworn the oath to protect our state and the people of Tennessee," said House Speaker Cameron Sexton (R-Crossville). "We'll never be able to thank them or their families enough for the sacrifices they make to keep our

communities safe."

Published every two years by the Secretary of State's office, the Tennessee Blue Book features detailed information about all three branches of state government, Tennessee history, biographies of elected and appointed officials, census data, election statistics, and more.

The 2023-2024 Blue Book is now available free of charge to all Tennessee residents. To request a copy of the state's definitive manual about the Tennessee State Government, citizens can contact their representative in the General Assembly. They can also place an order with the Secretary of State's Division of Publications online at sos.tn.gov/bluebook-request.

IN THE JUVENILE COURT OF MARSHALL COUNTY, TENNESSEE AT LEWISBURG

KRYSTAL SHENEQUIE HUFFMAN,)
Plaintiff,)
vs.) Case No. 2023-PAT-13
CHRISTOPHER BRANDON MABRY,)
Defendant.)

ORDER OF PUBLICATION

Upon motion of Petitioner and Sworn affidavit of Counsel for Petitioner, who have filed Petition to Establish Paternity and Set Visitation and Support, and for good cause shown, it is hereby

ORDERED, ADJUDGED, AND DECREED that:

1. Petitioner has conducted a diligent inquiry for Respondent as presented to this court with particularity in Petitioner's sworn petition or affidavit.

2. The best possible notice under the circumstances and notice reasonably calculated to give Respondent actual notice is by publication in The Shelbyville Times Gazette, a newspaper located in Bedford County, Tennessee.

NOTICE TO FATHER

In this cause, it appearing from the Order of Publication, that Petitioner, by and through counsel, has been unable to successfully serve Respondent, CHRISTOPHER BRANDON MABRY, though reasonable and diligent efforts have been made, it was Ordered that publication be made for four successive weeks, in The Shelbyville Times Gazette, to notify Respondent, CHRISTOPHER BRANDON MABRY, to file an answer with this court and send a copy to Petitioner's attorney, Debbie Z. Boudreaux, who's address is 205 West Commerce Street, Lewisburg, TN 37091, within 30 days from the last date of publication, exclusive of the last date of publication, or a judgment by default may be entered against Respondent.

This 12th day of February, 2024.

/s/ Honorable Lee Bussart

/s/ Debbie Z. Boudreaux, #030416

McKenzie Law Firm, Attorney for Petitioner

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Cartwright Elementary ahead of schedule School board learns of cost savings

By DAWN HANKINS

Jeff Sweeney, school building project manager for Bedford County, told the school board Thursday night that he will be handing the keys to the new Cartwright Elementary School over to them

on May 10, which is about a month and a half earlier than expected. But that wasn't all of the good news Sweeney had to tell the school board.

"The great news is, last month, we lowered the debt on the school by one million

and thirty-six thousand dollars," said Sweeney. "That's not shared, that's actually what was saved [for] the County," Sweeney advised.

He added that an agreement was also made with Bell Construction to reduce their

portion of the shared savings from a little over \$430,000 down to \$275,000. He said again, that's more savings back to the County.

"We're continuing to strive to save money," said Sweeney, a former County Commissioner. "I'm hoping in the next 2 months to give you the exact number where we are on savings."

He said plans have also been received for Thomas

Magnet and Liberty School constructions. These are hard bid sites and it is hoped bids are returned for these smaller projects in about 30 days. Sweeney said he expects to turn the Liberty and Thomas projects over to the school board at the end of this year.

Board member Glenn Forsee told Sweeney, "That's very ambitious."

Anyone looking to talk

with Sweeney needs to know that he's really busy, conducting everything from meetings with fire personnel to conducting walkthroughs with leadership at Cartwright Elementary.

The project manager said he's hoping to start the Liberty and Thomas School projects the first of March. He said portable buildings will be moved during Spring Break.

THE ISSUE

What is the best use for contingency dollars?

By DAWN HANKINS

Tammy Garrett, school superintendent, discussed con-

tingency funds coming from the Cartwright Elementary construction during the last

school board meeting. These are not tangible dollars but money that is still available

from borrowing on the current bond.

Contingency funds are a reserve of money set aside to cover possible unforeseen future expenses within construction projects. Sometimes there are such things as legal fees that come up during the course of a building project.

Garrett recommends paying back the general-purpose budget. Earlier this year, the school system moved some funds from a school furniture and technology line item to use for some local project needs. The County Commission approved the requested budget amendment.

Garrett said now paying back the general budget would give the board more time to discuss some future capital projects. "I don't think we've had any time in any work sessions to really prioritize our capital projects."

The board agreed to reimburse the general budget/furniture-technology line item.

County Finance Director Robert Daniel said when there's a "payback," there must be a recommendation to the County Commission. Garrett said she's discussed this with Mayor Chad Graham.

At this point, Daniel sort of blew this whole theory of contingency funds out of the water. He stated how that money lies with the County.

"When you talk about savings and contingency... that's money we haven't borrowed yet, just like the construction. When we borrow this money, we have a time frame to spend the money. When we don't spend it within that time frame, it's called arbitrage. We have to pay a penalty to the IRS for the interest that we earn on the money because we're paying interest while it's sitting there."

Garrett and Daniel agreed the school system does not want to get into an arbitrage situation. But the school system still has time before the project ends this spring.

Glenn Forsee asked what is the estimated dollar amount for contingency funds. Daniel said he doesn't have those exact figures.

Garrett estimated over a million and advised, "We still have 4 months on our project."

Daniel said the board won't know until the end of the Cartwright Elementary project-May-about the real

savings. He said the savings on Cartwright construction, which has been estimated at over a million, is not the contingency amount.

Daniel advised that a certain amount is set aside for contingency within the construction projects. When the entire project is completed, then the board will know the true amount.

Daniel said there's a million dollars in savings right now that can be applied to furniture needs and technology. (This is not computers, Garrett mentioned, but technology as in school alarm systems, etc.)

Board member Brian Crews asked, "Are we intending to spend more than a million dollars for the furniture and technology or less than a million dollars?"

Garrett said the furniture costs are estimated at \$600,000 and the technology costs were estimated at about \$1 million. She said there won't be enough funds available to do it all.

Send your letters to the editor on such issues and topics to PO Box 380, Shelbyville, TN 37162 or email them to dawn@richards-onmediagroup.net.

Cooking with a Veteran Dave Rogers is back in the kitchen

By DAWN HANKINS

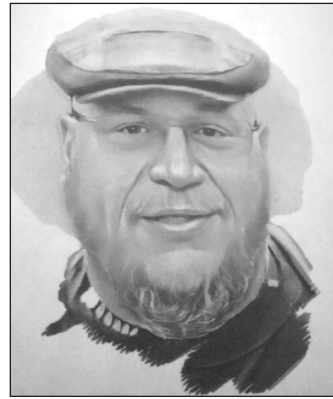
Dave Rogers is a U.S. Veteran with great culinary skills. He's traveled all over the world, sampling all kinds of cuisine.

But when it comes right down to it, his most favorite foods were those cooked by his beloved grandmother. He's added his own spice, and sass, to some of his favorites like Chicken Pot Pie.

Dave has become over the last couple of years, since moving from New York to Shelbyville, quite the prolific author. His latest cookbook is, "From Bland to Bam! Soups and Stews."

He does a lot of his own photography and is quite the artist to boot.

This 4th book in the series takes readers through the wonderful world of soups and stews. "Growing up, we ate a lot of canned soup which was normally salty and not really healthy for you. As I traveled around the world, I was able to experience soups and stews in a new way. Many cultures



Photos by Dave Rogers

Dave Rogers, left, and Grunt, right, Dave's service dog, who the cookbook is dedicated to.

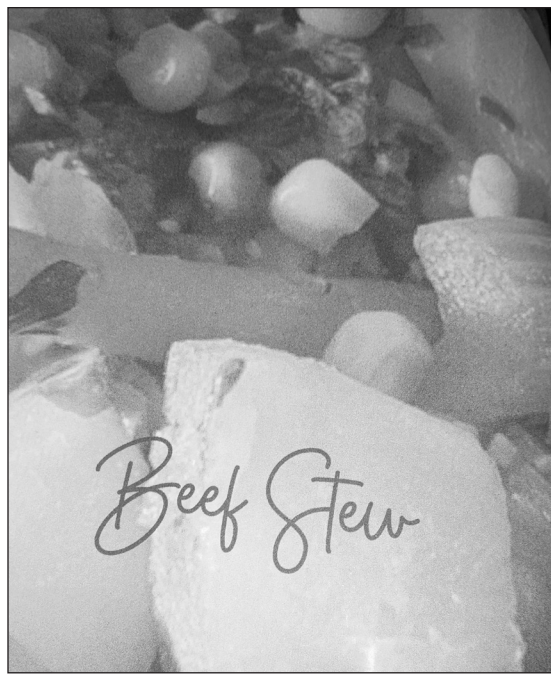
create soups and stews in a variety of ways, and this cookbook explores that." Dave says with a smile that the book contains 28 recipes of soups and stews, 2 bread recipes to "sop up your soups and stews."

The cookbook is dedicated to his service dog, "Grunt." "For those that follow me and my show, instead of photos of me and friends traveling around the world of veterans, this book contains photos of Grunt and his world."

With cool weather still here, this weekend might

be a great time to try Dave's Beef Stew recipe. And, if you get a chance, go online at Amazon to purchase the book.

In the Feb. 29 edition of the Times-Gazette, we will get serious with our "Cooking with a Veteran" friend and talk to Dave about his growing up days on the streets of New York. His story of homelessness as a young boy will give the community a greater understanding of why some people choose to live "homeless." He's also written a series of novels about his experiences.



Photos by Dave Rogers

A picture of Dave's delicious stew, left, and the cover of his book "From Bland to Bam! Soups and Stews", right.

BEEF STEW

Ingredients

2 lbs. stewing beef, trimmed and cubed
3 tbsps. flour
3 tbsps. olive oil
1 onion chopped
6 cups beef broth
1/2 cup red wine (optional or Guinness Beer)
1 lb. potatoes, cubed
4 carrots cut into 1-inch pieces
4 stalks celery cut into 1-inch pieces
3-4 mixed root vegetables (I like to use golden radish, turnips, and parsnips)
3 tbsps. tomato paste
1 tsp. rosemary
2 tbsps. cornstarch

Season to taste with salt, pepper, smoked paprika, adobo, and white pepper.

Let's face it, we have all had some version of beef stew. As a kid we ate a lot of canned beef stew, so you can imagine I was not a big fan growing up. Like most adults who like to try new things, our taste changes, and mine for stew changed while in Europe. Partly because they put more root veggies in their stews, but also they use a lot of bigger chunks of meat and veggies.

A good way to make beef stew exciting again is to add a variety of seasonal roots. A good golden or Christmas radish adds a nice flavor as does parsnip and turnips. I will also work with different slices of meat

to add more flavor.

This is a great stew for left-over meats sitting in the fridge as well.

Combine flour and seasoning in a bowl. Toss beef in flour mixture, this will help create that gravy for the stew.

Heat olive oil in a large Dutch oven or pot (be sure to preheat the pot before adding the oil). Cook the beef and onions until browned. You are going to get some brown flour on the bottom of the pot, this is good for flavor, but you will want to scrape it off.

Add beef broth and red wine or Guinness while scraping up any brown bits in the pan.

Stir in all remaining ingredients, cornstarch, and water. Reduce heat to medium low, cover and simmer 1 hour or until, beef is tender (up to 90 minutes).

Mix equal parts cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency (you may not need all the slurry). Let simmer another 5-10 min and serve.

The great thing about hearty stew is you really don't need anything else with it.

Beef stew is usually made from the ends of different cuts of beef. I like to mix them up, as different cuts will add texture to the meal. It is important that the beef be tender, so if it is not tender, be sure to cook a little longer.



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Crossword

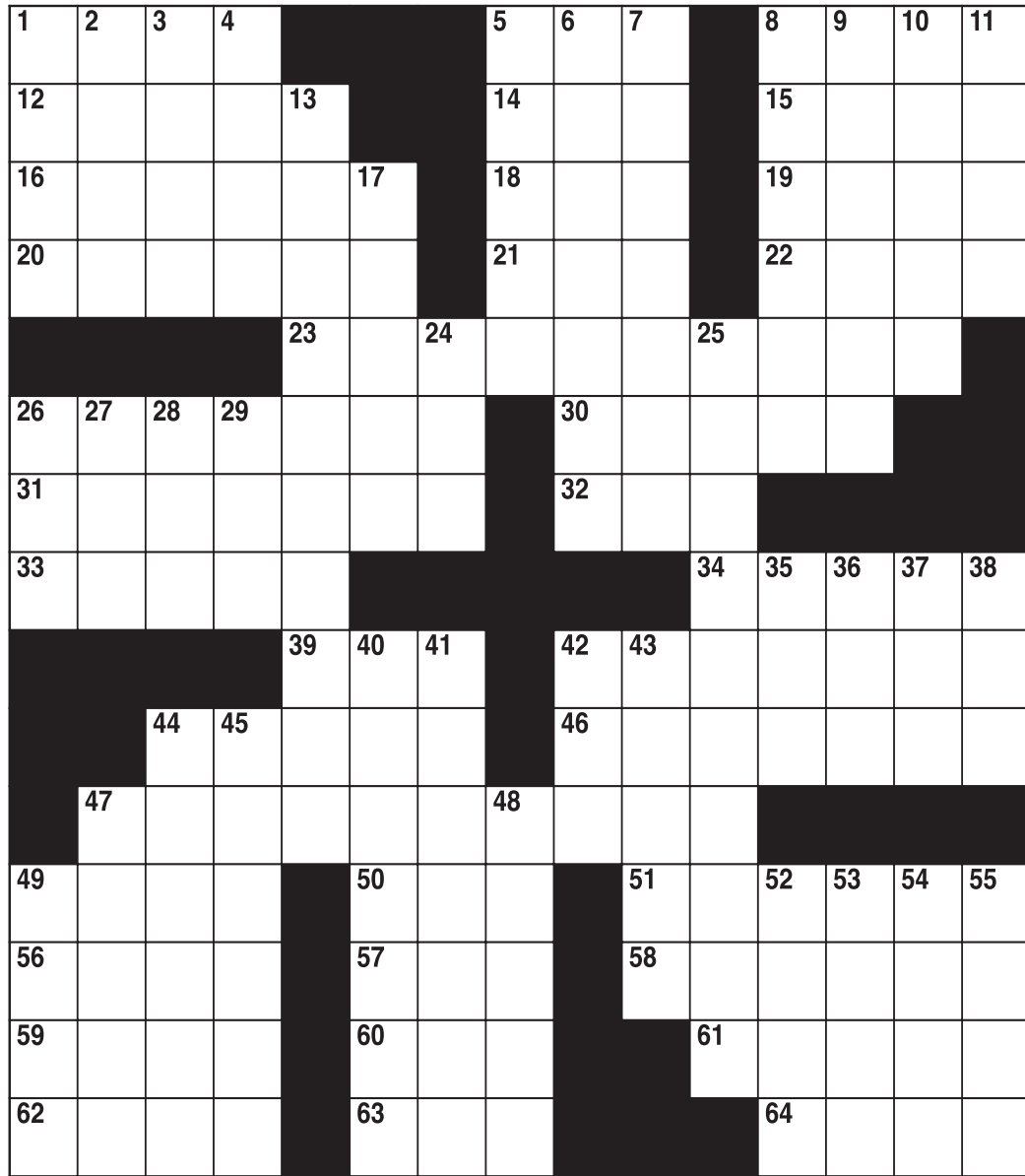
CLUES ACROSS

- 1. Home of Iowa State University
- 5. ___-fi (slang)
- 8. Mottled green and yellow fruit
- 12. Capable of thinking and expressing oneself clearly
- 14. Sports broadcaster Eagle
- 15. Midday
- 16. Kinsmen
- 18. Cable network
- 19. Simpleton
- 20. Brunch beverage
- 21. Fed
- 22. European capital
- 23. Native inhabitants
- 26. Mechanical device
- 30. Rare geese native to Hawaii
- 31. Bedroom furnishing
- 32. The products of human creativity
- 33. Mass transit option
- 34. Made a mistake
- 39. Sacred sound symbol
- 42. Large N. American reindeer
- 44. Dull and flat
- 46. Partner to huffing
- 47. Written works

- 49. Monetary unit of Serbia
- 50. Midway between east and southeast
- 51. Peninsula of southwestern Asia
- 56. Widely used multiuser OS
- 57. Aggressive dog
- 58. Varnished
- 59. Hindu queen
- 60. Time units, abbr.
- 61. Farm animals
- 62. Capital of Latvia
- 63. Where golfers begin
- 64. Takes to civil court

CLUES DOWN

- 1. One who graduated
- 2. An inspired holy person
- 3. Electronic counter-countermeasures
- 4. A place to store things
- 5. Indian instrument
- 6. Spanish saloon
- 7. Whole number
- 8. Not fastened
- 9. Gives a boost
- 10. Lounges about
- 11. Interested in
- 13. Remove salt
- 17. Type of sword
- 24. Naturally occurring solid material
- 25. Gets involved



- without being invited
- 26. Feline
- 27. Bobby ___, NHL champ
- 28. 'Kill Bill' actress Thurman
- 29. Hawaiian dish
- 35. Moroccan coastal region
- 36. Baseball statistic
- 37. Long period of

- time
- 38. Moved earth
- 40. Central Netherlands city
- 41. Take stock of
- 42. Central processing unit
- 43. Distinctive qualities one generates
- 44. Getting stuck
- 45. Loss of bodily

- movements
- 47. Veranda
- 48. Abrupt
- 49. What cats do
- 52. Expresses pleasure
- 53. Type of cheese
- 54. Professional STEM organization
- 55. Automatic data processing systems

Horoscopes

ARIES - Mar 21/Apr 20
Take a few days off from work if you find you have been running yourself ragged, Aries. The pressure to be the best may have gotten to you and you need a rest.

TAURUS - Apr 21/May 21
Powering through a situation sometimes works, but not if you are feeling ill or injured, Taurus. Prioritize your health right now and take a step back if need be.

GEMINI - May 22/June 21
Gemini, there are always two sides to every story, so resist the urge to weigh in on a situation between friends right now. Get all of the information first and then stay neutral.

CANCER - Jun 22/Jul 22
Listen to someone's feelings when they come to you and try to vent, Cancer. Exhibit some patience and help this person work through his or her issues.

LEO - Jul 23/Aug 23
A great opportunity is coming down the pike, Leo. You will have to get your timing correct to maximize its impact on your life. Organize all of the elements you can control.

VIRGO - Aug 24/Sept 22
Advice from a loved one prompts you to reevaluate your plans for the coming weeks, Virgo. Step away from the situation to see how things might work.

LIBRA - Sept 23/Oct 23
It is important to take the reins this week, Libra, particularly if you want to get noticed by those in positions of power. You need to be your own best advocate.

SCORPIO - Oct 24/Nov 22
Sometimes the hardest thing to do in a situation is to stay silent when you don't agree with things, Scorpio. Keep in mind that others may not be ready to hear your advice.

SAGITTARIUS - Nov 23/Dec 21
Take ownership of any mistakes you have made and learn from them this week, Sagittarius. That is the only way you can grow as a person and make a difference in others' lives.

CAPRICORN - Dec 22/Jan 20
Capricorn, are you ready to accept the consequences of your actions? If you go out on your own path when others are warning against it, you will need to confront the consequences on your own.

AQUARIUS - Jan 21/Feb 18
Aquarius, you may be ready to make a big move in your life, but others may not be there with you just yet. You need to find the timing that works for as many as possible.

PISCES - Feb 19/Mar 20
Pisces, it may not be possible to put blinders on for every situation. However, sometimes it is advisable to look the other way in the name of keeping the peace.

FAMOUS BIRTHDAYS
FEBRUARY 25
Sean Astin, Actor (53)
FEBRUARY 26
Nate Ruess, Singer (42)
FEBRUARY 27
Josh Groban, Singer (43)
FEBRUARY 28
Kelly Bishop, Actress (80)
FEBRUARY 29
Ja Rule, Rapper (48)
MARCH 1
Jensen Ackles, Actor (46)
MARCH 2
Luke Combs, Singer (34)

MANAGE TIME WORD SEARCH

D M O M X E E T A G E L E D U Y A X V M
 K O N N Z E P T M T G F F E D R A C A D
 F P X I C O K C Y Z F V K E L F A U P Y
 S T C A T N O C P L D I H M U D S Z P A
 A D C L R E V Z R L R C L Y N A Y F O I
 A H S I M P O R T A N C E E T S G N I R
 B H Y T I R O I R P D B G S S S T D N T
 M A I U M A K A B X U A K E L I X K T L
 S E L N K E I Z G V F L T U K S E T M D
 L S E A T G N I N A E L C L M T T N E E
 A R E T N E N Z D A E L M A M A N E N O
 O E F N I C G E H P P Y K V K N O M T N
 G D U S I N E R L H L G B R N C C E P B
 G N R M R L G C A U E A A V S E N G L Y
 G I Z P O K D T G T D U N R R V R A T U
 F M E X H T Z A O A I E T N L X L N N R
 D E Z H C T I V E V L O H O E Y L A F S
 A R L X X H N M T D O F N C M R B M B H
 H E P T P E F L E I R R B N S H G N G Y
 C D S K S A T N K R T I E Z I N A G R O

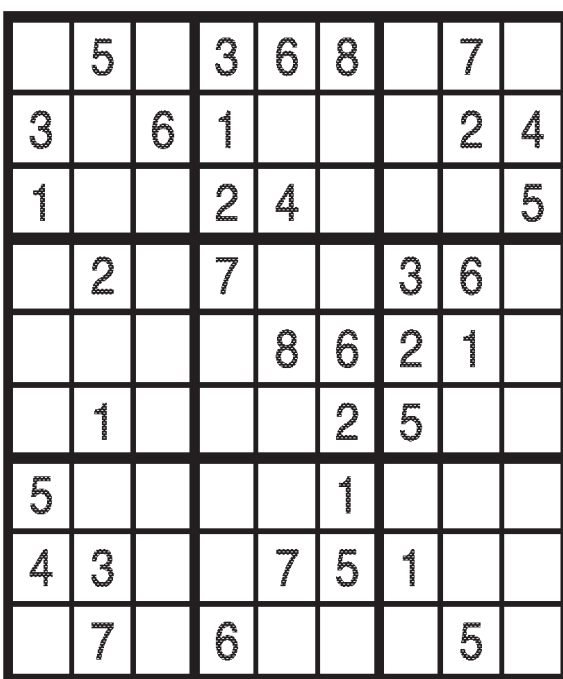
Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

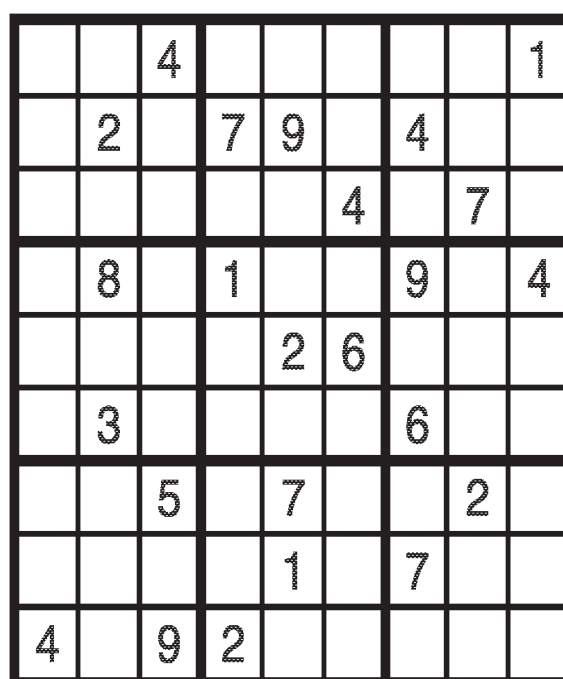
- AGENDA
- APPOINTMENT
- ASSISTANCE
- BALANCE
- CLEANING
- CONTACTS
- CONTEXT
- DEADLINES
- DELEGATE
- FILES
- FLAG
- GOALS
- IMPORTANCE
- INTEGRATION
- MANAGEMENT
- MEETING
- ORGANIZE
- PLANNER
- PRIORITY
- REMINDER
- SCHEDULE
- TASKS
- TIMER
- VALUES

SUDOKU

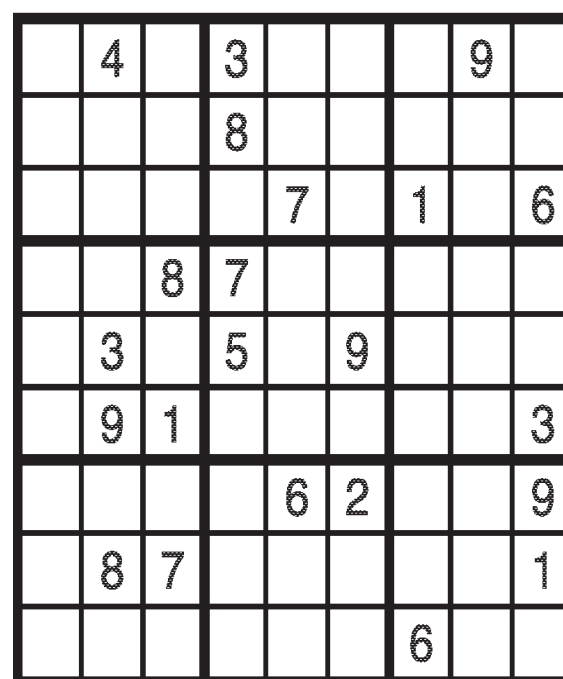
Here is how it works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear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



Level: Beginner



Level: Intermediate



Level: Advanced

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Answers from last week

C E M O R N D L A S G U E S T S E P G D
M M L I U E Q I G H L O O E S A A I H D
R R V P W N S G N I R G U S E A T I N G
E D U L U N F O S V R Q N V C Y M I A C
C M C H P O E P B Y N N B I S O C G H F
N O I T P E C E R Y A R V G C V E F S E
I Y S W R N O I T A T I V N I N I L A S
C T S S E C E I P R E T N E C V A N W T
V T E S B G F C L D T P S E E Y O N D F I
E E E O U D H E F E V W O V F L W S H V
G F N U U M I C L I H M I F Y U F U W I
A F I Q E D N A S E C T I N U Q U Y P T
I U P U V H W W M B B C O Y Y O A B E I
R B P E E E V Y A S I R H R H T C D G E
R N A T D G I I O A E D A U T W H I D S
A O H D N G F M N F L D N T R E R F I B
M E I E C M D T Y E T E I A I C B A N M
I N G E N I S U O M I L D R B O H Q N M
G E F O I D S E E C D A N D B O N R E F
A Y N O M E R E C A L F I M Q C H C R I

ANSWER: Level: Beginner
ANSWER: Level: Intermediate
ANSWER: Level: Advanced

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Bedford County property transfers

The following property sales were recently recorded in the Bedford County Register of Deeds office.

File date: Feb. 13 Seller, Walter Newman; Buyer, Haynes Service Company LLC; Price, \$75,000 (Deed).

Location: Cedar St.; Seller, Freeman Johnson; Buyer, Tim Eddins; Price, \$0 (QD).

Location: Burns Rd.; Seller, Robert F Kilgore; Buyer, White Donald Construction LLLC; Price, \$320,000 (Deed).

Location: 130 Jernigan Ln. Wartrace; Seller, Grace Drummer, Grace Moreland, Brandon Drummer; Buyer, Universal Property & Rental LLC; Price, \$233,750 (Deed).

Seller, Janell Williams; Buyer, Grace Farm Builders, James Williams, Neil Phillips, Ted Taylor; Price, \$0 (QD).

Location: Bedford Lake Rd.; Seller, Mary Alice Bomar, Jackie Bomar Pulver, Louis Wayne Bomar, Jr.; Buyer, Cody Nash, Kara Beth Nash; Price, \$10,000 (Deed).

Seller, Global Homes Inc.; Buyer, SDH Nashville LLC; Price, \$1,620,000 (Deed).

Seller, Global Homes Inc.; Buyer, Heritage Land Venture III LLC Price, \$1,944,000 (Deed).

Seller, Jimmy Wayne Gray, Mary Susan Gray, April Lynn Kleinschmidt, John William Hasparis, John Hasparis; Buyer, Douglas R Snyder, Kary Snyder; Price, \$214,900 (Deed).

File Date: Feb. 14 Location: 103 Kayden St. Shelbyville; Seller, Elisha Marchelle Dupart; Buyer, Evader Dupart; Price, \$0 (QD).

Location: 204 St James Place Shelbyville; Seller, Kacy L Bondurant; Buyer, Kacy L Bondurant, Maniero Jose Miguel Castaneda; Price, \$0 (Deed).

Location: Jernigan Ln Wartrace; Seller, Reinaldo E Torres, Sonia Lainez; Buyer, Meri Bigham, Keith

Bigham; Price, \$187,000 (Deed).

Location: Hwy. 64; Seller, Marie Lloyd Campbell, Ronald Campbell, Connie Sue Campbell; Buyer, Christopher Allen Campbell, Shelby Leigh Campbell; Price, \$0 (Deed).

Location: 329 Dover St. Shelbyville; Seller, Travis Owen Floyd; Buyer, DCC Strategic Realty Partners LLC; Price, \$75,000 (Deed).

Location: Spring St. Wartrace; Seller, Andrew Curl; Buyer, Andrew Curl, Delaney Curl, Joseph Curl; Price, \$0 (QD).

Location: Temple Ford Ln.; Seller, Professional Roofing Contractors Inc.; Buyer, Juan De La Cruz Hinojosa; Price, \$750 (QD).

Location: 240 Edgemont Dr. Shelbyville; Seller, William J Fennell; Buyer, Three Putt Properties, Reed Emerson, Matthew Reed, Sterling Smith; Price, \$115,000 (Deed).

File Date: Feb. 15 Location: 205 Knob Creek Rd. Wartrace; Seller, David L Brown; Buyer, James Byrnes; Price, \$225,000 (Deed).

Seller, Greg T Curl; Buyer, Joey Curl, Maria Curl; Price, \$0 (QD).

Location: 503 Whitaker Rd. Shelbyville; Seller, 1996 Nancy C Batts Revocable Trust; Buyer, Ronald N Batts; Price, \$0 (QD).

Location: 351 Melton Rd. Lewisburg; Seller, Robert C Edde; Buyer, Ana Maria Rizo Rodriguez, Jorge Perez Torres; Price, \$130,000 (Deed).

Location: Coffee Rd.; Seller, Mary Alyce Weaver;

Buyer, Eric Weaver; Price, \$0 (QD).

Location: Hwy. 41A; Seller, James W Crick, Gloria B Crick; Buyer, John B Green Sr., John B Green Jr.; Price, \$50,000 (Deed).

Location: Blue Ribbon Pkwy.; Seller, Katherine L Marsh, David Bruce Marsh, David Marsh; Buyer, Matt McNabb, Cheryl L McNabb; Price, \$232,100 (Deed).

Location: Quail Hollow Ln.; Seller, Laurie N Bynum, Laurie Ann Smith, Laurie N Bynum Smith; Buyer, Laurie Ann Smith, Vaughn Clinton Smith Sr.; Price, \$0 (QD).

File Date: Feb. 16 Location: 1837 Hwy.; 64; Seller, RGM LLC; Buyer,

MDM LLC, Panchal Girish Amrutlal; Price, \$400,000 (Deed).

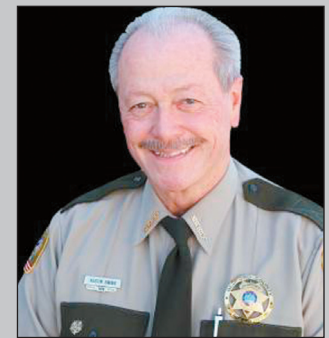
Location: 542 Halls Mill Rd.; Seller, Robert Sean McConlogue, Nancy McConlogue, McConlogue Family Trust; Buyer, Brianna Jones, Jonathan Jones; Price, \$199,900 (Deed).

Location: Orchard Dr. Shelbyville; Seller, Ricardo Martinez, Magdeny Martinez; Buyer, Donald White Construction LLC; Price, \$75,000 (Deed).

Seller, Lisa Bryant; Buyer, Karen Bryant Mansfield, Melanie Denise Bryant; Price, \$0 (QD).

Seller, Marty James Whaley; Buyer, Kaen Bryant Mansfield, Melanie Denise Bryant; Price, \$0 (QD).

BC Sheriff's Monthly Report



SHERIFF AUSTIN SWING

During Tuesday's Law Enforcement Committee meeting at the Courthouse, Bedford County Sheriff Austin Swing presented his report for January. The department logged in 64,526 miles.

The Sheriff reported a total 633 events covered by his deputies over last

month. There were 132 arrests and 293 inmates in holding, making a total of 350 processed.

There were three burglaries, 16 assaults, 29 alarm calls, 80 motorist assists (bad weather month), 282 investigations, four fires, two stolen vehicles, three domestic calls, 66 auto accidents with no injuries, 78 custody transfers, 26 escorts with no arrests, two drunk drivers and 224 traffic stops.

The County reports six prowlers, 31 hang up 911 calls, no child abuse cases and 99 other types of calls.

The report also noted there were four citations issued and 892 warrants served.

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Clara Rena Pugh

Funeral services for Clara Rena Pugh, 77, of Shelbyville, TN were held 1 P.M. Wednesday, February 21, 2024, in the chapel of Doak-Howell Funeral Home with Pastor Brent Haley officiating. Clara passed from this life Friday, February 16, 2024, in Shelbyville, and she will be cremated following funeral services.

Visitation with the family was Wednesday, prior to the service at the funeral home beginning at 11 A.M.

Clara was born February 14, 1947, in McMinnville, TN to the late Luther Bain and Leveta Fults Bain. Along with her parents Clara was preceded in death by her husband James "Jimmy" Pugh; and siblings, Rod Bain and Betty Jo Bain.

She was a homemaker and member of New Bethel Baptist Church for many years until she was unable to attend due to her hearing. Clara loved celebrating Christmas and she enjoyed cooking and baking for her family and community. She also spent time working for her brother-in-law at Bedford Market. She was an avid NASCAR fan and loved cheering for Jeff Gordon, but most of all she loved and adored her great grand babies.

Survivors include her daughter; Norma (Scott) Templeton of Shelbyville; granddaughters, Farrah (Andrew) Lusk, Kalli Templeton, Taylor (Jessica) Templeton; great grandchildren, Layne, Jayce, Kyler, Barrett, Noralyn, and Josie; siblings, Harold Bain of Chattanooga, TN, Wanda (Ronnie) Johnson of McDonald, TN, Gerline (Tony) Mull of Cleveland, TN, Peggy (Doyle) Worley of Ringo, GA, and Doug Bain of Chattanooga, TN along with many nieces and nephews that she loved dearly.

The family would like to special Thank You to Hospice Compassus "Leigh & Heather" and Adoration Home Health for their assistance through these final moments in Clara's Life.

The family requests that memorial donations may be made to the funeral home to assist with final expenses.

Doak-Howell Funeral Home is serving the family.



Franklin D Nichols

Franklin D. "Frank" Nichols, age 87, of Shelbyville, TN passed from this life Thursday, February 15, 2024.

Frank was born in Shelbyville Tennessee in 1936 to the late Jim and Annie Mae Nichols. Along with his wife Alice they started "Handy-Dandy Market" where they worked tirelessly for over 50 years before retiring in 2013. His desire to provide for his family a steadfast, work ethic and caring for his customers was unsurpassed. In that store was where Frank and Alice provided for their family, created educational opportunities for their children and grandchildren, and educated his immediate and extended family members on the virtues of dedication, caring for others, and being a man of your word.

Many knew Frank as the merchant whose store had, or he would get anything you might need on any day, and at almost any time of the day. For many years, while his health allowed it, Frank was known to ride his mowers on his property, and always had a quick story for anyone who stopped by for a visit.

He was survived by: loving wife of 67 years, Alice Yvonne Sons Nichols; two daughters, Vicki (Mark) Cornwell of Jacksonville, FL and Candy Beech of Shelbyville, TN granddaughters, Britany and Timmy Pittenger of Kelso, TN and Amy (Aron) Milstone of Franklin, TN; great grandchildren, Daisy Pittenger & Emma Rae Pittenger, Bradley, Lauren, and Benjamin Milstone.

Including his parents, Frank was preceded in death by three siblings, Earl Nichols, William Nichols and Mary Ruth Simmons.

Graveside services were held 1:00 p.m. Tuesday, February 20, 2024, at Hillcrest Memorial Gardens with Pastor Ronald Adams officiating.

Visitation with the family was held 4-7 p.m. Monday, February 19, 2024, at the Doak-Howell Funeral Home.

Memorial donations may be made to the Juvenile Diabetes Research Foundation @ www.jdrf.org or to St. Jude Children's Research Hospital @ www.stjude.org. Doak-Howell Funeral Home is serving the family.



Ida Ruth Owens

Ida Ruth Trollinger Owens, 70, of Shelbyville, Tennessee, departed this life on Saturday, February 17, 2024.

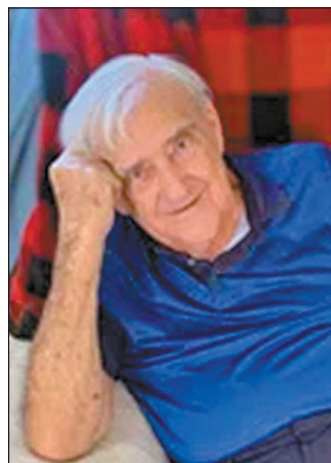
She was born in Flat Creek, Tennessee, on November 11, 1953, to the late Norman and Ruby Glen Eady Trollinger. Ida, lovingly known as Poochie, attended Shelbyville Central High School. After high school, she worked for American Can and later, Stanley Tools, until the company relocated. She would then continue working at Lynchburg Nursing Home from where she retired.

Ida loved collecting mini-figurines in her spare time and shopping for her grandchildren, nieces, and nephews. She was a nurturer to all and could always be found at sporting events cheering on family.

Along with her parents, she is preceded in death by her husband of 48 years, John Franklin Owens, and brother, Billy Norman Trollinger.

Ida leaves to cherish her memory, her sons, Martin Thomas (Rebekah) Owens, Nashville, TN, Michael Lee and John Paul Owens, Shelbyville, TN; grandchildren, Jourdan (Nina) Owens, Hawaii; Justice Owens, Knoxville, TN; Clarissa Owens, Newport, TN; Courtney Owens, Des Moines, IA; and Preston (Jaycie) Owens, Morristown, TN; one great-grandchild, Mia Mae, Morristown, TN; two sisters, Susie Ann Stewart and Lisa Michelle (James) Carden, both of Shelbyville, TN; sister-in-law, Ruth Owens, Flat Creek, TN; brother-in-law, Joe (Shirley) Owens, Shelbyville, TN; and a host of nieces, nephews, and cousins.

Service: FEB. 24, 2024 11:00 AM - 12:00 PM (CT) Feldhaus Memorial Chapel, LLC 2022 North Main St. Shelbyville, TN 37160



Charles

Nathaniel Dickey

Charles Nathaniel Dickey, 83, of Unionville, passed away February 17, 2024, under the loving care and comfort of his family and Hospice Compassus.

Funeral services were 2 PM Tuesday, February 20, 2024, at Crossroads Union Church in Savannah, Tennessee. Burial, with full military honors, followed in Crossroads Cemetery.

The family received visitors 5-8 PM Monday, February 19, 2024, at Feldhaus Memorial Chapel, in Shelbyville and the family received visitors 11 AM until service time Tuesday at the church in Savannah.

He was born August 16, 1940, in Savannah, Tennessee, to the late Charles Waricka Dickey and Ocie Humphrey Dickey. He was a truck driver, dump truck driver, owner of a paving company in Texas at one time, builder of buildings, and a jack of all trades. He was a veteran of the United States Army, and served in Vietnam.

In addition to his parents, he was preceded in death by his wife, Rose "Toodles" Dickey, in 2017; a daughter, Gay Dickey; sisters, Jean Melson and Ada Sowell.

Survivors include his children, Charles (Shannon) Dickey, Joseph (Tamara) Dickey, Charles Dickey, and Richard Dickey; a sister, Juanita McCormick; grandchildren, Jennifer (Daniel) Metcalf, Crystal (Jeffrey) Comstock, Chad (Victoria) Dickey, Brandon (Shellie) Dickey, Dihanna (Justin) Bass, and Serena (Josh) Underwood; great grandchildren, William Metcalf, CJ Metcalf, Lamar Bass, Alexis Comstock, Elleana Bass, Landon Comstock, Carson, Sparks, Jaleena Bass, Trager Dickey, Ollie Dickey, Azriella Bass, Moxon Comstock, Grace Edwards, Elias Dickey; former daughter in law, Kim Dickey.

Pallbearers: Brandon Dickey, Chad Dickey, Daniel Metcalf, William Metcalf, Jeffrey Comstock, Lamar Bass, Justin Bass, and CJ Metcalf

Feldhaus Memorial Chapel is assisting the family with the arrangements.



John Poplin Lynch

John Poplin Lynch, 77, of Manchester, a native of Bedford County, passed away February 14, 2024, at his home, under the loving care and comfort of his family and Adoration Hospice.

Funeral services will be 2 PM Monday, February 19, 2024, at Feldhaus Memorial Chapel. Brother Mike Hannah will officiate. Burial, with full military honors, will follow in Cothran Cemetery in the Rover Community of Bedford County.

The family will receive visitors 12 noon until service time Monday at the funeral home.

He was born May 27, 1946, in Unionville, to the late Edwin Poplin Douglas and Frances Armetha Lynch. A Champion DAD, he was retired from Cooper Steel and a veteran of the United States Army.

In addition to his parents, he was preceded in death by a daughter, Sherry Denise Lynch, brothers and sisters, Mary Florence Leverette, William Roy Newsom, Doyle Gilbert Newsom, Randy Bee Newsom, Leslie Frank Newsom, Betty Carolyn Sharp, and Betty Catherine Prowd.

Survivors include his children, Anthony Craig Lynch, Michael Brian Lynch, and Stacy Lynn Lynch; brothers and sisters, Thomas Francis Lynch, Patsy Darlene Newsom, Debbie Faye Newsom, Claude Edwin Newsom, and Timothy Carl Newsom; grandchildren, Nathan S. Lynch, Nicholas S. Marshall, Ashley N. Marshall, Audreanna A. Marshall, Amber S. Lynch, Amy M. Lynch, Paul Lynch, Brian Lynch, Callie B. Lynch, Zachery A. Lynch, and Camisha K. Lynch; a host of great grandchildren, nieces, and nephews, who loved him very much.

Feldhaus Memorial Chapel is assisting the family with the arrangements.



Loretta Smith Trust

Loretta Fay Smith Trust, 95, of Shelbyville, passed away Wednesday, February 14, 2024, under the loving care and comfort of her family, Gentiva Hospice, and the professional and caring staff at Vanderbilt Bedford Hospital.

Graveside services were 2 PM Sunday, February 18, 2024, at Hillcrest Memorial Gardens. Mark Pierce officiated.

She was born August 13, 1928, in Chicago, Illinois, to the late Isham William Smith and Bernice Evelyn Wade Smith. She was a homemaker and supportive military wife to her husband's Air Force career. She and her husband traveled and lived all over the world. She was an avid bowler and faithful member of Horse Mountain Church of Christ.

In addition to her parents, she was preceded in death by her husband, Lawrence Trust, in 2006, and brothers, Fred Smith, Howard N. Smith., and Charles K. Smith.

Survivors include a daughter, Theresa Trust Brown, and her husband, Larry, of Suwanee, Georgia; sisters, LaVerna Davis and Virginia Wood, and a sister-in-law, Doris Smith, all of Shelbyville; numerous nieces and nephews.

The family requests that donations be made to Horse Mountain Church of Christ, 1320 Horse Mountain Road, Shelbyville, TN 37160.

Feldhaus Memorial Chapel is assisting the family with the arrangements.



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SPORTS

Eaglettes Persevere in Double OT to Take Third Place Over Columbia

BY NOAH MADDOX
noah@t-g.com

In the first overtime game of the season, the Shelbyville Central Golden Eaglettes had to dig deep to outlast the Columbia Central Lady Lions after two extra sessions, 61-56, in the District 9-AAAA tournament consolation game.

Despite holding a halftime lead, the Eaglettes, who finished fourth in the regular season, trailed by five, 35-30, entering the fourth quarter, and trailed by eight, 46-38, with just under three minutes to go. However, the increased pressure in the half court sped up the Lady Lions, and Shelbyville closed on a 9-1 run to send the game into overtime.

"I think it speaks, A LOT, about the toughness we've been trying to build



Lily Brown (12) connects on a free throw in Monday's win vs Columbia. She finished with 18 points. Photo by Noah Maddox

ness."

That toughness was on full display in the second half, as the Eaglettes were able to repeatedly get to the foul line and convert in the second half.

"We knew when we got them in foul trouble, that we could get the ball to Lily

the first half, fellow All-District performer Paige Blackburn was held to a single field goal in the second half - a layup off of a steal-but connected on 8/10 free throws in the second half and overtime to finish with a game-high 27 points.

Columbia's Saviya Morgan finished with a team-high 18 points to match Brown, but had four costly turnovers in the fourth quarter. She was joined in double figures by Anaya Mulholland and Kayla Crawford with 12 and 10 points respectively. Morgan and Crawford would end up fouling out in the overtime periods, and in the end the Eaglettes were able to take advantage.

Shelbyville junior guard Lanaya Young didn't start well trying to handle Columbia's tenacious full-court pressure, but finished strong with six points in the overtime periods to get her into double-figures with 11 points.

"You've got to give a lot of credit to Lanaya Young, she's the one I took out early, but down the stretch in the second half she stepped up and played really well," Turnham articulated, "She finished with 11 points, but more importantly, made four CRITICAL free throws down the stretch."

It was a wild pair of overtime periods inside of a packed Patch Memorial Gymnasium at Coffee County High School, but it didn't look like we would get there in the first place when Columbia took a commanding 46-38 lead with just under three minutes to go in the fourth quarter.

Then, as Coach Turnham conveyed, Lily Brown went on a personal 5-0 mini-run to cut the lead to 46-43 with 1:58 to go. The Lady Lions, facing the Eaglettes relentless trapping half court defense, started to rush shots and turn the ball over, leading to run-outs. Blackburn and

[Brown], and since they were always going to switch on our sets, she would be matched up with a guard," Turnham expressed post-game.

"We finally recognized that and got the ball inside, something we don't always do, and she did a good job of getting fouled, getting baskets, and making enough free throws."

All-District performer Lily Brown connected on four of those free throws, including a pair of and-ones, in the second half and overtime as part of a monster 18-point night. After a barrage of three-pointers in

in this program since I got here three years ago," said Eaglettes head coach Kyle Turnham.

"I just kept telling them if they would just play positional defense, defense with the principles that we work on every single day, and just keep these guys [Columbia] from getting to the rim, then go finish plays," Turnham continued, "Because they got so many points off offensive rebounds [10 points in the first half] we knew something had to be shored up, and we had enough success there to get a win, and showed a lot of toughness, A LOT of tough-

Jaz Western would trap Morgan at halfcourt, forcing a turnover and an immediate foul to send Blackburn to the free throw line. After she connected on the pair, it was down to a one-point game.

Columbia would get fouled on the next possession, but after going 1/2 at the line, SCHS came back down the floor and found Brown in the post. She would power up for two, tying the game at 47-47 and punctuating a 9-1 Eaglette run. The Lady Lions wouldn't even get a shot off before the buzzer sounded, and much to the delight of the traveling Shelbyville faithful, the game was heading to OT.

The first overtime period was filled with extremely tense back-and-forth action. Columbia and SCHS would methodically work the ball around offensively, looking for the best shot possible, and it led to a tie game at 51-51 with exactly one minute to go.

After the Lady Lions converted, Lanaya Young would get fouled on a drive to the basket with 10 seconds left. She calmly stepped to the line, took a deep breath, and knocked down the first. Columbia tried to ice her, taking a timeout in between the first and second shots, but Young brushed it off, and swished in the second free throw looking as cool as a cucumber to tie the game at 53-53.

Columbia would get a shot off this time, but due to more stellar first-shot defense by the Eaglettes, the shot was no good, sending the game into a second overtime period.

As the game continued to wear on, the Lady Lions' own foul trouble became too much to overcome for the two-seed in the tournament, but Shelbyville was not without their own problems. SCHS had numerous players with four fouls, adding a layer of nervous energy throughout the gymnasium.

After once again



Jaz Western (5) attacks the paint late against Columbia. She finished with five points, but hit arguably the biggest shot of the game on Monday. Photo by Noah Maddox.

trading baskets, SCHS had the ball with 1:45 left, tied at 56.

All of a sudden, seemingly out of nowhere, Jaz Western connects on the biggest shot of the game. Left alone in the right corner, she rose up with zero hesitation from three, swishing home the only three-pointer made by either team in the extra eight minutes to give the Eaglettes a 59-56 lead with 1:38 left.

"I thought Jaz Western

less but was instrumental in the Eaglettes' defensive scheme on the night, had picked up her fifth foul earlier in the overtime period.

McFarland confidently stepped to the line and calmly nailed both free throws, her only two points of the game, to give SCHS their biggest lead since early in the third quarter, 61-56, with 1:07 left in the second overtime.

Coach Turnham took another timeout to set up the defense, and after forcing another stop, Blackburn corralled the ball, got fouled, and split a pair of free throws with 32.2 seconds to go, all but ensuring that the Eaglettes would come out on top of this enthralling consolation game, 63-58.

"You can't simulate that kind of intensity in your practices [talking about Columbia's full court pressure and offensive rebounding], and at halftime, when we were up by three, 24-21,



Lily Brown (left) and Paige Blackburn (right) pose with their All-District awards. Photo by Noah Maddox.

came in and gave us some really big minutes to just sort of stabilize things a bit, and overtime games seem to always take on a life of itself," continued Turnham, with a sly, knowing, smile spreading across his face as he seemed to replay that shot in his head. "I thought we were, quite frankly, better in the overtimes than we were in the first and second quarters."

Coming out of the SCHS timeout after the Western triple, Columbia almost immediately turned the ball over. After a pair of traps in the front court, the Lady Lions eventually fouled Yasmine McFarland. McFarland was only in the game because Sammie Brown, who finished score-

they had 10 points off offensive rebounds, but it is what it is and we found a way," concluded Turnham.

"I'm just extremely proud of these kids."

The win improves SCHS to 16-12 overall (3-7), and they are scheduled to travel to Page High School on Friday night for the Region 5-AAAA quarterfinal, LIVE on WLJ 98.7 and AM 1400 starting at 6:45 p.m. for the 7:00 p.m. tip-off.

Columbia, despite finishing second in the regular season, falls to 23-8 (6-4) and finds themselves in fourth place. They will travel to Nolensville to take on the District 10-AAAA champions at 7:00 p.m.

Golden Eagles' Season Ends At Lincoln County

BY NOAH MADDOX
noah@t-g.com

The Shelbyville Central Golden Eagles season officially came to a close on the road against the Lincoln County Falcons on Thursday, 64-54, in the District 9-AAAA quarterfinals.

The game began on Tuesday before a medical emergency for one of Shelbyville's seniors in the halftime locker room brought the contest to a screeching

halt with everyone anxiously awaiting for an update on the player's condition. Once he was announced to be stable on Wednesday morning, the second half of the game was scheduled to be finished on Thursday at 6:00 p.m.

The first half on Tuesday was full of back and forth action offensively as one would have expected. Shelbyville had split the regular season contests with the home team

winning both times. The Golden Eagles were not phased by the road environment early on however, taking an 18-17 lead after the end of the opening period. Shelbyville senior Kyler Trice scored eight points in the quarter, and a pair of three-pointers from the visitors showcased a balanced attack early on.

However, the Falcons would respond in the second quarter, taking a 28-27 lead into the half-

time locker room before the postponement.

When the second half began on Thursday, Lincoln County's star guard Reese Smith, held to just three made free throws in the first half, began to take over. He scored 12 of his 24 second-half points in the third quarter to set the tone, but thanks in-part to Shelbyville's Shamarion Draper scoring nine of his own, the Golden Eagles entered the final frame only

down five, 48-43.

Despite holding the hosts to zero field goals in the fourth quarter, Shelbyville just could not stop sending the hosts to the free throw line in the fourth quarter, and the Falcons went 15/18 from the charity stripe to put the game away.

Smith went 12/14 in the fourth quarter alone to finish with a game-high 27 points, Maddox Franklin chipped in with 17 points, and Lincoln County pulled

away to win by 10.

Kyler Trice led Shelbyville with 12 points, Shamarion Draper scored 11 points, and Mookie Johnson finished with 10 points. Tae' Shawn Shelton added nine points as well.

Lincoln County improves to 6-21 (3-7) overall while the Golden Eagles' disappointing season ends at 6-21 (2-8).

McElroy's Career Night Leads Cascade to Third Place Win in Battle of Bedford Part 3

BY NOAH MADDOX
noah@t-g.com

The third and final Battle of Bedford on the hardwood ended with Cascade taking the season series, 69-61, to finish in third place in District 9-AA behind a career-high 36 points from senior Isaac McElroy.

McElroy's right wing three-pointer with

just under two minutes to go put the Champions ahead for good, 61-58, after Community had erased a double-digit Cascade lead earlier in the fourth quarter. Both teams traded nifty baskets for a 2-3 minute stretch, with a Cascade layup on one end being matched by an equally impressive bucket for the Vikings in response.

After McElroy's big three, Landon Berman would try to respond with a quick three of his own. When Berman's shot clanged off the rim into Saebyn Burris' hands underneath the basket, Community immediately fouled. This allowed Burris to push the tournament hosts' lead to two possessions with about a minute and a half left in the game, and the Vikings never got any closer. After being tied at 58, Cascade closed on an 11-3 run in the final two minutes as Community just could not find any answers offensively.

McElroy paced Cascade with a career-high 36 points, Saebyn Burris chipped in with 13 points, and Tyler Rodgers scored a career-high 10 points of his own while playing stifling defense.

Community was led by Landon Berman and Landon Lovvorn with 11 points apiece. Charlie Haskins scored 10 points, and Maki Fleming chipped in with nine points of his own.

McElroy started the scoring early, putting in nine points in the opening frame. Alongside six points from his running mate Saebyn Burris, Cascade took a 20-17 lead to end the first quarter.

The scoring would slow down only momentarily with McElroy adding



Cascade's Zach Crosslin (11 in black) wins the tip-off against Community's Landon Lovvorn (11 in white). Photo by David Smith.

seven points in the second, to give him 16 points at halftime and give his team a 35-29 lead going into the break. Tyler Rodgers, despite shooting just

13% from three all season, nailed his only two attempts from downtown in the first half while playing excellent defense on Fleming, frustrating the Com-

munity star all night long.

Both sides would hold steady in the third quarter, with McElroy scoring nine of his team's 13 points as they maintained their six point lead into the final frame, 48-42.

However, Community still had some fight left in them. The Vikings went on a 12-6 run to open the quarter to tie the game at 54 with just under five minutes left, setting the stage for a scintillating finish. The teams traded a pair of baskets for the next three minutes until McElroy's massive three-pointer gave Cascade the lead for good.

The Champions would close out the game at the free throw line, sending the Vikings to fourth place and securing the season series, 2-1, in the Battle of Bedford.

Community falls to 12-16 (4-4) and will travel to District 10-AA Champions Summertown for the Region 5-AA Quarterfinal on Saturday night with tip-off scheduled for 7:00 p.m.

Cascade improves to 12-16 (4-4) and will travel to Loretto for the Region 5-AA Quarterfinal on Saturday night, LIVE on WZNG The Zinger 100.9 and AM 1400 starting at 6:45 p.m.



Isaac McElroy (14) rises up for the three biggest points of his career-high 36 on Friday night. Photo by David Smith.

Multiple Champs, Vikings, Named to Boys, Girls, All-District 9-AA Teams

BY NOAH MADDOX
noah@t-g.com

Landon Berman, Maki Fleming, Austin Stickler, and Landon Lovvorn were selected to the Boys All-District season team for Community. Isaac McElroy was the lone Champion selected. Sam Parson from Grundy County was named as the District 9-AA MVP.

For the Boys All-Tournament team, Saebyn Burris joined his running mate Isaac McElroy for Cascade. Landon Berman was the lone Viking to make the team. Sam Parson also won the District 9-AA Tournament MVP.

Kaegan Young and Sophie Ray were named to the Girls All-Season team for Cascade while Anna Haskins, Alyssa White, and Jayla Mangrum were named to the All-Season team for Community.

Cannon County's Abi Alexander and Abbilyn Teter took home District Co-MVP for an outstanding regular season. Young, Ray, and Kaydence Miller were named to the Girls All-Tournament team for Cascade alongside Community's Jayla Mangrum. Cannon County's Jenna Bush was named as the tournament MVP.

Community's Jenna Bush was named as the tournament MVP.

Community's Jenna Bush was named as the tournament MVP.



District 9-AA Girls All-Season Team (Above, left to right): Kaegan Young, Anna Haskins, Sophie Ray, Alyssa White, Jayla Mangrum. Photo by David Smith. Not pictured: Kinslee Inslow, Kallie Parson, Nora Walkup, Addi King, Jenna Bush, Abi Alexander, and Abbilyn Teter.



District 9-AA Girls All-Tournament Team (Above, left to right): Kaegan Young, Sophie Ray, Kaydence Miller, Jayla Mangrum. Photo by David Smith. Not pictured: Jenna Bush, Abbilyn Teter, Addi King, Abi Alexander, Kasadee Crabtree, Kinslee Inlow.



All-District 9-AA Season team: (Above, left to right) Landon Berman, Maki Fleming, Austin Stickler, Landon Lovvorn, Isaac McElroy. Photo by David Smith. Not pictured: Brady Everette, Sam Parson, Reece Strong, Theo Winters, De' Maurion Locke, AJ Armstrong.



All-District 9-AA Tournament team: (Above, left to right) Landon Berman, Saebyn Burris, Isaac McElroy. Photo by David Smith. Not pictured: Sam Parson, Brady Everette, Nate Roberts, De' Maurion Locke, AJ Armstrong, Lukas Phillips, Theo Winters.

Lady Champs' Rally Falls Short In District Title Game

BY NOAH MADDOX
noah@t-g.com

In the program's first District Championship Game appearance in 10 years, the Cascade Lady Champions second half rally came up short against the top seed in District 9-AA, the Cannon County Lionettes, 52-36, in Bell Buckle on Thursday.

Sophie Ray led the way for Cascade with 14 points, but despite cutting the lead to as close as 40-28 with 5:48 to go in the fourth quarter, the Lady Champs never really got comfortable against the length and athleticism of the Lionettes.

Abbilyn Teter had a game-high 17 points and Jenna Bush put in 14 points herself, but it was a struggle to score at times against the tenacious 3-2 zone employed by Lady Champs' head coach Janie Demonbreum.

Sophie Ray, who patrolled the top of the zone as a rover of sorts, was wreaking havoc on Abi Alexander for the majority of the night, never letting her or any of Alexander's teammates get comfortable offensively. Unfortunately, the Lionettes were relentless both on the offensive glass and defensively, utilizing their size and length to frustrate Cascade.

After Kaegan Young was the best player on both ends of the court for all 32 minutes in the District 9-AA semi-final on Tuesday night against Community, she looked out of sorts and bothered for the majority of this contest due to the defense and personnel of Cannon County. She finished with only eight points, six turnovers, and struggled at the free throw line, finishing 2/8 from the charity stripe.

All five starters for the Lionettes received All-District honors for the regular season, and it was on full display from the opening tip. Cannon County held a 12-4 lead after the first quarter with Cascade's only



The Cascade Lady Champions pose with the District Runners-Up plaque for the first time in 10 years. Photo by David Smith

field goal being a Kaydence Miller three-pointer from the top of the key.

For the first four minutes or so of the second quarter, the Lionettes' length continued to give the Lady Champs serious problems, but the tournament hosts stayed true on the defensive end. Then, Kaegan Young intercepted a pass on the wing and went all the way for two immediately followed by a steal from Sophie Ray that led to another basket. Despite Teter connecting on a three to end the half, Cascade only trailed 27-18 and were still in the game despite committing 10 turnovers.

In the third quarter, Cannon County ratcheted up the defensive pressure once again, holding the Lady Champs to seven points in the period to take a 38-25 lead into the final frame.

After Miller connected on her second three-pointer of the night to cut the lead to 40-28, the Lionettes quickly took a timeout. Visibly frustrated in the huddle with how the quarter began offensively, Cannon County came out with a plan to get to the basket as quickly as possible to beat the traps on the perimeter, and in the end it worked just well enough.

The Lady Champs just could not keep the pace offensively, especially due to some critical missed free throws down the stretch, and Cannon County held on to complete their perfect district season.

The Lionettes improve

to 23-5 (8-0), but the Lady Champs fall to 12-15 (4-4). They will host Lewis County next Friday, LIVE on WZNG The Zinger 100.9 and AM 1400, starting at 6:45 p.m.



Sophie Ray (5) goes up for two of her team-high 14 points. Photo by

How to find the right real estate agent

Working with a real estate agent can give both buyers and sellers an edge in what continues to be a challenging real estate market. Agents, brokers and Realtors™ are professionals who have distinct expertise and knowledge of the process of buying and selling homes. That expertise is evidenced by how many people rely on real estate professionals each year.

A 2022 Zillow Group Consumer Housing Trends report found 88 percent of homeowners choose to list their homes with a real estate agent when it comes time to sell. Individuals understand that it can be in their best interests to work with real estate professionals, but they may not know where to look as they seek to work with one.

Here are some tips for finding the right match in a real estate professional:

- Know the difference between real estate professionals. Real estate agents are required by the state in which they operate to pass a real estate license exam. Real estate brokers take it a step further and undergo additional training, which could bring

additional experience to the table. Realtors are members of the National Association of Realtors™ and beholden to its strict code of ethics. These individuals also may have undergone additional training that qualifies them to work with certain types of clients, such as seniors.

- Seek referrals. Friends or family members, or even others in the community, can put people in touch with real estate professionals. When asking for referrals, individuals can inquire about certain professionals and how they handled buying and/or selling a home.
- Work with the right type of agent. Generally speaking, real estate agents either work with buyers or sellers in the transaction. Many will do both, but some specialize in buying or selling. Find a professional who either does both or specializes in your position.
- Research an agent's online presence. Use the internet to see if the agent has a website, a particular philosophy or a specialty. This also may be a place to check online reviews. Don't be dissuaded by one or

two poor reviews. However, if there are many, it may be best to look elsewhere.

- Meet and interview potential agents. Individuals should speak with a couple of real estate professionals to see what they offer. This is a good way to determine if there is a connection there, and whether the agent will get the results needed. A well-prepared agent will come with data, including Compos of properties in the area. Professionals typically have information about the current market trends and a portfolio of the homes they have brokered recently.
- Go with gut instincts. If it's between two people of equal qualification, select the person with whom you have a stronger rapport. This person will be guiding you through a sizable financial transaction, so comfort level is important. Finding the right real estate professional can take some time. But the right professional will guide clients through the often complex and occasionally frustrating process of buying or selling property.

Heritage joins Better Homes-Gardens Real Estate

It's not a new company, just upgraded

MADISON, N.J. (Feb. 15, 2024) – Better Homes and Gardens Real Estate Heritage

Group located in Shelbyville is the latest firm to join the lifestyle real estate brand.

The company is headed by its six-person leadership team of Tennessee natives who combine for over 100 years of local real estate experience. Founded in 2010, the

company's service area includes counties throughout middle Tennessee, including

Bedford, Coffee, Franklin, Lincoln, Marshall, Maury, Moore, Rutherford and Warren counties.

The local Heritage Realty group is located at 2737 Highway 231 North, Shelbyville. The phone number is 931-680-1680.

At the helm are Melissa Sterling, who serves as principal broker, Jeff Hicks, David Bradford, Jordan Cooper, Reed Emerson and Leigh Kelly, a silent partner. The team's professional experience includes management positions at the local, national and international scale, as well as decades of hyperlocal sales experience.

Under their leadership, the brokerage benefits from a family-like, person-centric company culture that allows agents to shine. The firm is home to a number of agents who have been named to Real Producers Magazine's Top 100 Agent list. The company's local roots are a major part of the firm's identity, as community residents recognize the brokerage's affiliated agents as local experts in the nuanced history of the region's market.

Many of the firm's relationships are tied to local non-profit organizations. The company is a proud supporter of the Shelbyville Habitat for Humanity, the Veterans Council of Bedford County, the First Choice Pregnancy Counseling Center, Nourish Foodbank, and the Bedford County Early Head Start and Wartrace Head Start children's program.

Shelbyville is recognized by Better Homes and Gardens Real Estate for its tight-knit, family-friendly atmosphere. The town exudes southern charm at a low cost of living with multiple major industries fueling the local economy, including manufacturing, retail, and healthcare.

Located in the heart of

middle Tennessee, many properties are situated on large tracts of land with plenty of space, which is attractive to potential residents of all ages, the real estate company stated.

Details:

- As a result of an enhanced value proposition as an affiliated Better Homes and

Gardens® Real Estate company, the firm's owners will actively recruit new agents

who will be able to leverage the brand's vast array of tools, technology and

resources, including the MoxiWorks® product suite, which can help streamline

agents' activities and enhance the client experience.

- Better Homes and Gardens Real Estate Heritage Group will help new and experienced agents gain a competitive advantage in their market and increase productivity by tapping into the many business-building resources in Be Better

University®, the brand's award-winning professional development and learning

platform.

- Growth is a key objective for Better Homes and Gardens Real Estate Heritage

Group. In addition to recruiting top talent, the leadership team has plans to

expand into nearby markets via strategic M&A's.

- According to realtor.com®, the median home sales price in Shelbyville is \$316,500.

"Lifestyle is core to the Better Homes and Gardens Real Estate brand, and to effectively

serve niche markets, it requires an in-depth understanding of the local lifestyle, a quality

that Melissa, Jordan, Jeff, David, Reed, and Leigh embody. Their strong local

connections provide them not only valuable market knowledge but also a genuine

passion for their work. Partnering with owners who strive to better their community is

always exciting, and we can't wait to help Better Homes and Gardens Real Estate

Heritage Group continue to do so at an even more impactful level."

- Ginger Wilcox, President, Better Homes and Gardens Real Estate LLC

"Buying a home is a mo-

ment that transcends any other typical transaction. We

understand that these events only happen a few times in a person's life, and as such,

we always make sure that we treat the buying and selling of a property as the monumental moment that it is. Our mission is to become our hometown's premier real

estate agency and help as many of our neighbors achieve this dream as possible, and

we believe that integrating with Better Homes and Gardens Real Estate will play a key role in realizing that goal."

- Melissa Sterling, Principal Broker/Owner, Better Homes and Gardens Real Estate Heritage Group

"We strive to always provide personalized, professional service while continuously

exceeding expectations. Our work doesn't end when we fulfill what's asked of us, it

ends when the client is happy and stress-free. We've worked tirelessly to build a

reputation for our responsive, communicative and attentive work ethic, and the people

we've met who represent Better Homes and Gardens Real Estate have reciprocated

that every step of the way."

- Jordan Cooper, Owner, Better Homes and Gardens Real Estate Heritage Group

"In my 40 years of experience in real estate, the only constant has been change. Both

our agents' needs and the needs of our clients are constantly evolving as the industry

ebbs and flows. We understand the importance of always keeping our company as up-

to-the-minute as possible and we owe it to our agents and our clients to provide them

with the latest tools and resources. Joining forces with a national brand such as Better

Homes and Gardens Real Estate makes it much easier to fulfill that promise."

- David Bradford, Owner, Better Homes and Gardens Real Estate Heritage Group

"Real estate is all about family. It's a collective journey where we can directly improve

The Hereditary Aspects of Heart Disease and the Role of Genetic Testing



By Ifeoluwa O. Okusanya, MD, BS

Dr. Okusanya is a cardiologist at Vanderbilt University Medical Center and is affiliated with multiple hospitals in the area, including Vanderbilt Bedford Hospital and Vanderbilt Tullahoma Harton Hospital.

Heart disease is generally used to describe a range of conditions that impact our heart, and it continues to be the leading cause of death in America. While there is no universal cure for heart disease, research shows that lifestyle changes are critical for preventing and managing heart disease.

Common heart diseases include coronary artery disease (CAD), abnormal heart rhythms (arrhythmias), heart muscle disease (cardiomyopathies) and valvular heart disease.

CAD is the most prevalent heart condition that occurs when the heart does not receive enough oxygen-rich blood due to obstruction in the blood flow. In some cases, this blockage can occur suddenly resulting in a heart attack, which requires emergency care. Other times, the blockage develops gradually and with time becomes

significant enough to cause symptoms with exertion such as chest pain, shortness of breath and fatigue.

An arrhythmia is an irregular heartbeat occurring when electrical signals cause the heart to beat too fast, too slow or in an inconsistent pattern. There are various forms of arrhythmias such as atrial fibrillation (AFib), atrial flutter, ventricular tachycardia, bradycardia, etc. Symptoms include a fluttering or racing feeling in the chest, chest pain, shortness of breath, anxiety, lethargy or dizziness.

Cardiomyopathies are conditions that affect the heart muscle and often lead to a decrease in the efficiency of the heart and manifest as congestive heart failure. Valvular heart disease occurs when a heart valve is leaky or narrowed for a variety of reasons. These also affect the heart's efficiency. Symptoms of cardiomyopathy and valvular heart disease in adults may include shortness of breath during exertion, swelling in the abdomen or legs, palpitations and passing out. Lifelong medical care, including regular checkups, medication or surgery, may be required depending on severity.

Key lifestyle factors influencing heart health include diet, exercise and smoking. A heart healthy diet is rich in berries, nuts, vegetables and fish and limits the intake of animal products, fatty foods and snacks high in sugar. This dietary approach also helps prevent inflammation commonly seen in heart disease patients. Additionally, all forms of smoking should be stopped immediately. Smoking cessation programs are a great resource to

help those struggling to quit.

Medical interventions such as medications are often used to mitigate the impact of heart disease in addition to healthy lifestyle changes.

Understanding your personal medical history and family history could indicate if you have a predisposition to such conditions. It is important to have discussions with your health care provider if you believe you may require additional intervention and/or genetic testing.

While genetic testing is believed to be a proactive step to intervention, it is usually recommended once disease has been established or sometimes when suspicion is high. These tests identify specific genes that may be or have been passed on and may be used to guide treatment strategies. If the genes are present, additional testing is recommended for immediate family members, allowing experts to formulate a prevention and treatment plan tailored to an individual family. Genetic testing should always be done in conjunction with genetic counseling.

Although medical advancements have enhanced the diagnosis and treatment of heart diseases, prevention remains paramount. Start by incorporating lifestyle changes into your daily routine to reap both the physical and mental benefits. If you believe you may have a predisposition to heart disease, connect with your doctor to discuss how to best mitigate that risk. Proactive engagement in your heart health can make a significant difference in preventing and managing potential heart-related issues.

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LOCAL ARTIST

From page 1



ART BY CRYSTAL O'NEAL Photos by Crystal O'Neal
Shelbyville's own Crystal O'Neal has several commissioned artwork pieces. Some of those belong to Heritage Realty Group-Better Homes and Gardens Real Estate.

lic square in Murfreesboro. She has also completed one at Liberty Station and at Greenhouse Ministries in Murfreesboro. The first one, she recalls, was at Holloway High School.

She's working on mural ideas for Tullahoma and Shelbyville and in hopes they come to fruition. "I can't wait to do one in Shelbyville. I just don't know where it is going to be."

She says she would like to do murals for nonprofits—those who may not have the budget to spend on paints, etc. Crystal is also doing art classes for nonprofits like Doors of Hope in Murfreesboro.

She has also worked with the Blue Monarch, which is supported by the Tullahoma campus. She worked with the clients there this week in a class.

She is currently working with the Shelbyville-Bedford County Senior Citizens Center on art classes which begin Monday, Feb. 26, from 1 to 3 p.m.

"We also do art camps in the spring and in the fall, when the kids are on breaks."

Shelbyville's camp (elementary age through 8th grade) will be March 25-28, Monday through Thursday.

The Tullahoma camp (middle and high school) is March 18-21. More information is forth coming in the T-G on these camps.

In addition to being an artist, Crystal shares her life with husband, Tim; they have grown children, Kelsey, 31, and Savannah, 28. When the children were tiny, Crystal worked in the advertising department for the Times-Gazette and later worked for other area newspapers.

But working with the Experience Church campuses is really her passion, she says.

She's self-taught as an artist. But her work has caught the attention of other artists beyond the walls of Murfreesboro.

Working very hard over the years and from the ground up, she is now involved in Periscope, which is sponsored by Tennessee Arts Commission and is conducted annually to provide year-long intensive training opportunities for area artists.

TAC states this program empowers working artists to "see their creative practice through an entrepreneurial lens."

She also is involved in a monthly creative arts group



which involves Bible study. There is a "creative arts night" which she enjoys.

Since the pandemic, Crystal's professional art studio is in her home within a spare bedroom. "If I'm creating something for myself, I'm painting loose florals . . . something fun," she says with a smile.

BEDFORD ARTS COLLECTIVE

Crystal is involved in the local Bedford Arts Collective

as well. She said she's looking forward to the Bedford Arts Collective Crawl on May 10. She advises that from 4 to 7 p.m., artists will have their work on the public square sidewalks, in cooperation with local businesses.

She encourages the community to support this local event too. The Arts group is all about supporting one another, she says.

For Crystal, she sees these events happening "naturally,"

basically like when an artist freely brushes a canvas. This is sort of comparative to how her art career unfolded later in her life.

"If you would have told me prior to 2018 that this is what I would be doing, I wouldn't have believed it."

Just being able to share what she knows with others, whether that be through murals or holding classes, makes Crystal happy.

She says she tells artists to

remember that "art doesn't have a shelf life." And neither do artists.

Crystal says she will continue to serve God, the church and use those God-given talents. She strives to be a positive mentor, inspiring others to use their gifts in ministry also.

"It's something I'm committed to," the local artist notes. "I get to do what I love, with the people I love, for the God I love."

HERITAGE

From page 11

the lives of others while working towards the common goal of improving the communities where we live. Our company is driven by this spirit of collaboration and the professionals with Better Homes and Gardens Real Estate share that same philosophy, which gives us the utmost confidence in our transition into the brand."

- Jeff Hicks, Owner, Better Homes and Gardens Real Estate Heritage Group

"As a company, we all have a strong commit-

ment to honesty, integrity and

professionalism, values that are core to Better Homes and Gardens Real Estate as well.

We are excited by the many synergies we will realize through our partnership with the brand as we collectively work to help our clients realize their dreams of homeownership.

Our affiliation is a real game changer for all of us." - Reed Emerson, Owner, Better Homes and Gardens Real Estate Heritage Group



Buying rural or urban? Know the differences

The decision to move is a very personal choice that is typically reached after considering a number of variables. Career opportunities, a better climate, superior schools, or a desire to be closer to family compel millions of people to move each year, and those factors underscore how unique each individual move can be.

Steinway Moving & Storage contends that the average American moves 11.7 times, while the Canadian Association of Movers says Canadians move an average of five to six times. No move is a small undertaking, and when such a move involves relocating to an entirely new setting, there are some things buyers should know. Here are some differences between purchasing a home in a rural or urban location.

Urban

A vibrant lifestyle and proximity to employment draws many people to urban living. Home prices tend to be higher in cities than in other areas, and the cost of living in urban areas tends to be more expensive due to the conveniences associated with city life. Buyers may expect to pay more for contractors, food and transportation. Property taxes are another consideration for urban buyers. Taxes tend to be higher in urban neighborhoods than rural locales.

Proximity to nightlife and restaurants attracts many people to live in cities. Urban buyers need to expect more congestion in cities than in rural areas. Having a car in the city may be a luxury instead of a necessity. In fact, many urban dwellers opt for public transportation rather than paying for parking or trying to find spots.

Noise may be another thing to think about. More people living closer together brings more noise and artificial light. Nature lovers may have to sacrifice proximity to wild-

life and access to star-filled skies if they choose to live in cities.

Rural

Being able to spread out and enjoy private property is a major advantage of living in the country. Rural living comes with much larger home footprints at more affordable prices.

The Real Estate Council of Ontario says that potential buyers will need to account for distance to jobs and stores when opting to live in rural areas. Commute times can eat into fuel budgets. Those who work from home may need to investigate if there is reliable internet service where a home is located, as some rural locales still have spotty mobile service and internet coverage.

Additional things to think about involve the maintenance on the home and utilities. Some rural homes are not connected to municipal water systems. That requires usage of well water and having to do one's own water testing. It's also key to have a septic system tested to ensure it is in good working order. Rural residents may need to grow accustomed to slower repair times should electricity go out, so a backup generator might be necessary. Also, snow removal may fall on the homeowner, so buyers should look closely at driveway size and road access before buying.

Nature and vast starry skies draw some to live in rural areas. Sitting outdoors enjoying the sounds and smells of nature can be intoxicating. But homeowners must consider that insects and animals may be frequent companions in these areas. Those accustomed to urban living may be unacquainted with animals living so close to their homes.

Both rural and urban areas can be great places to live. Individuals should consider the pros and cons of each before buying a new home.

'Our mission is to become our hometown's premier real estate agency and help as many of our neighbors achieve this dream as possible, and we believe that integrating with Better Homes and Gardens Real Estate will play a key role in realizing that goal.'

Melissa Sterling, principal broker/owner, Better Homes and Gardens Real Estate Heritage Group

Luxury features many buyers desire

The real estate market has been something of a roller coaster ride over the past few years. Historically low interest rates coupled with a surging interest to move to communities with more outdoor space during the height of the pandemic led to a lot of movement and inventory Ñ as well as some of the highest home prices in some time.

The tides have started to change in recent months, as the housing market has been tepid at best since interest rates have increased. In the week ending August 24, 2023, the national average 30-year fixed mortgage rate pushed to 7.23 percent, while the National Association of Realtors said the median existing-home sales price was expected to surpass the all-time high of \$413,800. The stagnation of the market is caused by high interest rates, sellers not wanting to budge on prices, individuals wanting to sell but not being able to afford other homes, and a general decline in inventory related to each of these factors.

Individuals who are in po-

sition to buy right now may be more selective in what they are seeking in homes, particularly if they're spending top dollar. Current homeowners planning to put their homes on the market may want to consider these five luxury renovations to set their properties apart.

1. Smart home features: It's now common for new home builders to include smart home technology when building. Advanced home tech, like facial recognition for doors, intuitive home assistants, smart lights and outlets to control appliances from a smartphone app, and similar offerings can make a home more attractive.

2. Modern open floor plans: Even though there has been some shift to buyers wanting homes with delineated borders, most still are drawn to those with open concepts. Those who are selling may want to investigate where they can open up rooms or take down walls to recreate these features.

3. Outdoor kitchen: A luxury indoor kitchen is still a major draw for buyers, but

increasingly people are seeking properties that also maximize outdoor entertaining spaces. Having an outdoor kitchen with built-in grill, sink, counters for food preparation, and a refrigerator or wine chiller may be coveted. When an outdoor kitchen is near amenities like a spa, grand patio, pool, and other outdoor living spaces, the home really will beckon buyers.

4. Saltwater pools: Pools have both pros and cons at resale. Therefore, sellers should speak with a realtor before installing a pool simply to make a home more

appealing. However, if there already is a pool, converting the set-up to a saltwater system may win over buyers. Saltwater systems rely on fewer chemicals and proponents say the water feels silkier and less irritating.

5. Upgraded owners suite: An owners suite completes with luxury spa bath, walk-in closet with built-in storage, sitting area, and potentially access to an outdoor space will win raves with buyers.

Selling a home today is a bit more challenging, but luxury home features can tip the scales in the seller's favor.



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