

# SHELBYVILLE TIMES-GAZETTE

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75 CENTS

TUESDAY, NOVEMBER 15, 2022

www.t-g.com

## Dr. Sammy Sells retires

By **DAWN HANKINS**  
dhankins@t-g.com

Editor's note: This is the first of two articles about two of Bedford County's long-time physicians retiring from private practice. See Saturday's edition for the second story. Today's story is about Dr. Samuel "Sammy" Sells. We thank him for his medical service to this community.

On Thanksgiving, Dr. Sammy Sells won't be on call, at least from the medical community.

Retiring this month, he's busy right now closing up his office at the Northside Professional building. As a bonus to his retirement, the new owners' buy out offer was just too good to refuse, he advised.

While his original idea was to sublet his office, the new owners had other designs on the new building, he said. "I couldn't see after almost 43 years, starting all over again, at a different location."

Still, by law, medical records have to be kept for 10 years. They will be transferred to another practice within the strictest and confidential way possible, Dr. Sells assures.

Drs. Charles Stimpson

and Pamela Denmlow, who have also been in the same building with Dr. Sells, are reportedly moving to another office complex in Shelbyville. Dr. Sells' medical assistant, Kelly Cochran, will be moving as well. Despite the vital use of computers in his office these days, there still has to be a paper trail with medical records. Though he doesn't have to keep older records, they have to go somewhere, he said. They must be in storage and accessible. They have to be kept in a secure location.

"There are just so many things we never envisioned . . . we would have to do," said Dr. Sells while sitting in his office, which is getting to be quite empty.

With all the red tape involved in keeping a physician's license, regulations, etc., he just believes it is time to close up shop. In time, he may do some consulting work, he shared.

There are some patients who have been with Dr. Sells for over 40 years. "I'm going to miss them," he said in his doctorly voice just recently from his office.

He sent a letter to his patients but he also called

the long-timers and let them know about his retirement. "We had some who came by who just wanted to tell me how much they appreciated me taking care of them. But also, being their friend too, that long . . . A lot of them did cry a little bit."

Being a family physician is a more complicated process these days, Dr. Sammy, now 70ish, admits. As well, he's had to spend a lot of time away from his family, like a lot of doctors. And if he learned anything from practicing as a family physician during COVID-19, life can be short.

He wants to enjoy some quality family time.

### Doctor during COVID

The long-time physician was blessed not to have COVID-19; he took the shots. Actually, he said he's never been a sick individual. "For one thing, I'm so exposed to so much."

Still, he added, "The last 40 years of practice, training, whatever, did not prepare me for COVID the last 3 years. We've been just trying to learn things, treat it . . ."



DR. SAMUEL SELLS

### Doctoring and insurance

Medical insurance is a big bone of contingency for this long-time physician. He has experienced over the years how the term, "affordable care," is a "misnomer." The high deductibles and out of pocket expenses are troubling to this long-time community physician.

And, it's near impossible for the average patient to understand healthcare. "Even if somebody explains it to you, they leave out a lot of the health points you need to know. Unfortunately, you find out after the fact."

And he advises not to get him started on Medicare and what it

▶ See **Sells**, Page 2A

## Annexation request turned down by City Council

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

An annexation request for a large area between Midland Road and Highway 231 just north of Shelbyville came to a screeching halt Thursday night.

Developers had asked Shelbyville City Council to forward their request on to the Planning Commission for further study.

No council member made the motion to pass on the request. Mayor Wallace Cartwright declared the motion failed after a period of silence.

The developers had proposed operating their own private

water and sewer system, which the council was told is done in cities as near as Murfreesboro. Some council members and representatives appeared almost offended at the request during a study session two weeks ago, pointing out that Shelbyville Power, Water, and Sewerage System has the capability to serve the area – and that, if built, funds otherwise available to the city would be lost.

Waleed Albakry, Director of Planning and Community Development, had said at the study session the developer's request was "premature."

### TIF statement

The Council unanimously passed a resolution acknowledging "the Mayor and City Council's continuing effort to make the City of Shelbyville a desirable location for economic development and authorizing city staff to develop a TIF program for their consideration."

That resolution was placed on the agenda following a specially-called recent meeting in which Shane Hooper, President/CEO of Shelbyville/Bedford Partnership, the city-county economic development agency, spoke to the council about the need for a TIF program.

"Tax Increment Financing – or TIF – projects give cities and counties tools to retain, recruit, and grow business and industry. Tax Increment Financing is a method utilized by local governments to pay for community improvements with future tax revenues," the State Board of Equalization's website explains.

Further discussion of TIF programs by the council is scheduled in December.

### Rezoning

Rezoning of 53 acres west of Green Lane near Northside Park

▶ See **City**, Page 2A

## CITIZENS SHOW VETERANS RESPECT



Faithful spectators turned out for Saturday's Veterans Day Parade, despite the cold temperatures and wind. From young kids to proud veterans, the parade is always a highlight in Shelbyville. See more parade pictures inside today.

T-G Photos by Leandra Habel

### Clarification

A student arrested for marijuana possession at Cascade High School two weeks ago was incorrectly listed as having been at another Bedford County high school in a T-G story last week. The T-G apologizes for the error.



**Large blaze**  
Storage facility burns: Local/7A



**Inmate therapy**  
Local/8A



**Hoops outlook**  
Sports/1B

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**CITY VETERANS HONORED**

City of Shelbyville employees who are military veterans were honored before Thursday's City Council meeting. Police officers help themselves to a food array while Mayor Wallace Cartwright, left, greets firefighter Kenneth Holley.

T-G Photos by David Melson



John Anderson

**Look up Public Chapter No. 959**

Who knew?

do want our students to learn it.

This is not a trivial subject, and it is controversial. I know some Gen-Z folks who espouse socialism and even communism.

Is unregulated capitalism perfect? Of course not. Does our constitutional form of government always operate as it should? No. But they are the best economic and political systems in all of human history.

The fact that this is now a legal mandate is important. The Bedford County Department of Education has an obligation to operate in accordance with the law.

This matter seems to me worthy of in-service training for teachers, attention to monitoring and enforcement by supervisory personnel, public discussion by the school board, and news coverage.

The midterm elections placed economic and political philosophy in the limelight. The new law is timely and important.

Our young people are America's future.

• John Anderson is a retired Bedford County educator, teaching several subjects and grades throughout his career. His main specialty was in teaching math.

By JOHN ANDERSON  
Special to the T-G

Only in the last few days have I learned that certain Tennessee state legislation was passed by the General Assembly and signed into law by the governor on April 22 of this year.

It is found in Public Chapter No. 959.

The law specifies that Tennessee's high school students be taught the virtues of capitalism and constitutional citizen representative self-governance. The law seems to require that communism and socialism do not have those virtues.

"Students in grades nine through twelve (9-12) must be taught about the virtues of capitalism and the constitutional republic form of government in the United States and Tennessee, as compared to other political and economic systems such as communism and socialism."

The new law explicitly attributes virtues, in this context meaning goodness, to capitalism and constitutional citizen representative self-governance. The semantics of the law seems to imply that communism and socialism are inferior systems and that our young people should be taught that fact.

I agree, and I definitely

**BEAUTY OF TREES**



T-G Photo by Dawn Hankins

A beautiful sky always illuminates the trees. We depend on trees, so they're vital to our lives.



**THE STUDEBAKER MAN**

Gene Cunningham of Shelbyville was presented the "Member of the Year" trophy on Nov. 12, by Middle TN Studebakers Driver's Club. President Wally Ritter made the presentation at Henry Horton State Park.

Photo by Lynda Phillips

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*Tasha Biles*

Branch Manager,  
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**Essie Green Reese**

The Family would like to thank each and everyone for the many acts of kindness shown during the loss of our loved one. Thank you for the cards, calls, flowers, food and especially your prayers. They will never be forgotten.

*The Family,  
Henry Whitaker*



## AG NOTES

By **JOHN TEAGUE**  
UT/TSU Extension

### FOOD INFLATION

This article was put out by the UT Extension Consumer Economics Team. We've heard about the higher prices in the food chain, and here is a discussion of how it is affecting Thanksgiving. (I may add some comment.)

Everyone knows that the cost of practically everything has increased. Since last year inflation has boosted overall prices 8.2 percent, but the cost of groceries has increased a whopping 13 percent, which University of Tennessee Extension says will impact this year's Thanksgiving Day meals. Many staple items, including butter, eggs and potatoes, have had steep price increases.

Andrew Griffith, associate professor in the UTIA Department of Agricultural and Resource Economics, says despite an increased number of birds being placed, turkey production in 2022 is down 4.6 percent compared to 2021 year-to-date. Their average live weight is down, too. This has resulted in an increase in 8- to 16-pound whole hen prices. Whole hen prices exceeded \$1.72 per pound in September but while they are expected to decline prior to Thanksgiving, they are still likely to remain above \$1.50 per pound. Simply stated, turkey prices have followed other meat prices higher. (And to compound the issue, the Highly Pathic Avian Influenza disease has taken it toll on poultry, including turkey operations, reducing the supply for the season.)

To identify the total cost for a Thanksgiving meal for 10 people, UT Extension's Consumer Economics Leadership Team surveyed grocery stores across Tennessee from November 1 to November 7 to discover how much families could expect to spend on the holiday. This week was chosen to reflect some grocers running specials at certain items. Led by Ann Berry, a professor with UT Extension's Family and

Consumer Sciences, the team surveyed rural and urban locations along with independently owned and big box stores, representing retailers from each of the three regions of the state. Prices for store brands were used when available. Some grocers reported not having some items in stock during this week or estimating that they may not be in stock at all before Thanksgiving.

The survey included items that are traditionally served at a Tennessee Thanksgiving meal, including turkey and stuffing, cranberry sauce, ham, mashed potatoes, sweet potato casserole, green bean casserole, English pea salad, deviled eggs, pumpkin pie with whipped cream and rolls. The leadership team also estimated that the Thanksgiving meal would feed 10 people.

The total cost of the complete meal for 10 was \$112.30, with a per person cost of \$11.23.

Kristen Johnson, assistant professor and UT Extension nutrition specialist, also advises that Thanksgiving leftovers provide an opportunity to think creatively, try new dishes or develop new holiday traditions. Leftover turkey, green beans, corn, sweet potatoes and other vegetables can be used in soups, stews, sandwiches and casseroles. And leftover cranberries make a great topping for oatmeal, waffles or pancakes. She also stresses to practice food safety steps to keep your food safe this holiday season to prevent food-borne illness.

Thanksgiving leftovers should be used within 3-4 days. Set a reminder to use or freeze your leftovers by the Monday after Thanksgiving. As you're preparing your Thanksgiving meal and your Thanksgiving leftovers, remember that perishable foods should not remain at room temperature for more than two hours. Place perishable foods in the refrigerator or the freezer within two hours of removing them from the oven or refrigerator.

### HEALTH

I procrastinate. There, I said it. I don't like it, so I'm going to do something about, probably next week! I usually get around to most things in due time, and if I don't, I'll get to it later.

Well, after having a birthday two weeks ago, I admit I'm not as agile as I used to be. And I may be a bit forgetful, that is, unless I remember to do stuff right away. And the same is true for my health. I used to think that I'm immune to everything, and I don't need to worry about catching anything, because I'm healthy.

Well, I went to a conference last week where there were 650 of us from all across the state, and I was perfectly healthy when I got there. But that changed in three days. I came home Thursday with a fever and chills. I had a temperature of 103, a deep cough that caused problems, and other flu-like issues. It has taken four days to get to a point that I think I'll make. Putting this article together was a bit of a struggle.

I'm blessed to have a wife that is a saint and a good nurse. I felt bad about exposing her to this mess. But she hasn't had the symptoms and I think she'll be ok. I'm going to change my priorities some when it comes to health care. Melody and the kids and grandkids are into so much I don't want to miss anything. I owe it to them and to me.

We are now into wrestling. Back home in East Tennessee we used to call it "wrassling"! My granddaddy swore up and down that the moon landing was in a studio, but he'd watch "wrassling" with a passion and he'd holler and twist and jerk and go on like it was real. He'd never believe that it was show!

So, I can't wait to go to watch Hank wrestle! I've been warned that I can't get on the floor and I have to behave! Sure, we'll see how that turns out! But, I'm going to protect myself so I can go!

Maybe you should take a little extra precaution to protect yourself.

## CHILLY DAY



T-G Photo by Leandra Habel

It was a little bit chilly during the Veterans Day Parade on Saturday. But this patriotic team made its trek through Shelbyville, greeting a lot of spectators.

## Projects to improve forest health and wildlife habitat announced

NASHVILLE — The Tennessee Department of Agriculture's Division of Forestry (TDF) and the Tennessee Wildlife Resources Agency (TWRA) have partnered with the Ruffed Grouse Society (RGS) to improve forest health and habitat for at-risk wildlife through forest restoration and management across the Cumberland Plateau. Visitors to Lone Mountain State Forest and Catoosa Wildlife Management Area will reap the benefits of healthy and thriving forests, enhanced wildlife viewing, and interpretive signage.

The partnership is led by RGS, which received a National Fish and Wildlife Foundation grant to implement Dynamic Forest Restoration Blocks to enhance short-leaf pine and oak forest habitat for ruffed grouse, golden-winged warblers, and other woodland and savanna-dependent species.

"Lone Mountain State Forest is a beloved location for locals and visitors to the Cumberland Plateau," Agriculture Commissioner Charlie Hatcher, D.V.M. said. "We are delighted that of the forest's 3,572 total acres, 383 acres will be included in this initiative. The Division of Forestry's State Forest Unit will work with RGS to plan and implement a variety of forest management activities. Additionally, the project will help us better understand and support the habitat functions of ruffed grouse and other wildlife species."

Lone Mountain State Forest and adjacent Catoosa Wildlife Management Area (WMA) are within the project area spanning Tennessee and Kentucky. Project partners will create, manage, and monitor areas known as dynamic forest restoration blocks to increase structural, age-class, and compositional diversity for healthy forests and abundant wildlife.

Blue flagging at Lone Mountain State Forest is evidence that inventory work is underway. During the course of this multi-year initiative, TDF's Prescribed Fire Strike Team will implement prescribed burning on some areas of the state forest and WMA to encourage native vegetation to grow and to reduce wildland fire risk. Commercial timber

harvests will also be conducted on some sites to diversify forest structure through thinning and regeneration treatments. Additional acreage will be improved through activities like controlling nonnative invasive species.

### Forest Health and Wildlife Habitat Improvement Projects

Visitors to the state forest and WMA can expect to find signs describing treatment methods and benefits. Field days are also being planned to demonstrate these practices for landowners who share similar objectives for their property. There will be little impact to existing state forest trails other than temporary closures while some activities, like prescribed burns and regeneration harvest operations, are implemented.

"Active forest management is a critical strategy for protecting and managing at-risk wildlife species," TWRA Executive Director Jason Maxedon said. "This project will demonstrate the power of partnerships in reversing the trend of unhealthy forest conditions on much of the plateau and increase opportunities for coordinated, science-based monitoring of forest and wildlife health."

RGS unites conservationists to improve wildlife habitat and forest health by promoting stewardship for forests and wildlife. The National Fish and Wildlife Foundation Cumberland Plateau Stewardship Fund restores native forests and freshwater habitats to conditions that will improve associated wildlife species and the health of freshwater systems while advancing strategies to support working forests.

TWRA manages more than 1.5 million acres of WMAs statewide for wildlife species and habitat management. Work on these areas is focused on conservation and the restoration of fish, wildlife, and plant resources for the benefit of all Tennesseans for generations to come. Wildlife Management Areas also support recreational activities such as hunting, fishing, bird watching, and hiking. Visit [www.tnwildlife.org](http://www.tnwildlife.org) for WMA locations and information.

## AUCTION

Saturday, November 19th  
10:00 AM



**210 EVENINGSIDE DRIVE**  
CHAPEL HILL, TN

### Beautiful Brick Home

Separate Guest Cottage and Large Corner Lot

Very nice brick home with 3 bedrooms, 2 baths, large den with fireplace, updated kitchen with glazed cabinets and granite countertops, dining room and sunroom. This home is improved with a 2 car attached carport, replacement windows, 4 year old roof and CHA. This property also features a nice guest cottage with 1 bedroom, bath/utility, living room and kitchen, 22x22 aggregate patio with stone columns and solar lighting, and a 12x28 workshop/storage building. City water (2 taps), sewer and natural gas. Large corner lot with trees.



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## ABSOLUTE AUCTION!

### Building & Lot

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**Directions:** From Shelbyville take Hwy 231 South toward Chestnut Ridge, turn left onto Hawthorne Hill Road, turn left onto Mount Herman Road, left onto Hart Road. Property is on left at corner of Hart Road & Possum Trot Road

Saturday, November 19th - 10:00AM



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## Cold weather, great Veterans Day Parade

It was a chilly Saturday but the local Veterans Day Parade was held in all its glory on Saturday morning. Some entries had to pull out at the last minute, due to the weather, but many endured the temps. While spectators had to wrap in warm coats and hats this year, it didn't stop them from saluting the veterans as they passed.

T-G Photos by Leandra Habel



# Woman charged with stabbing husband in throat

By DAVID MELSON  
dmelson@t-g.com

A woman who Shelbyville police say admitted stabbing her husband in the throat during an argument early Sunday morning was charged with aggravated assault.

Carnisha Denise Foy, 31, of Anthony Lane, was jailed on \$60,000 bond, according to a Shelbyville Police Department report.

James Foy told police Carnisha Foy stabbed him after allegedly threatening him with a kitchen knife, leaving a 2-inch laceration. He called 911 for help, police said.

## Church vandalized

Several thousand dollars worth of damage was inflicted on Lone Oak Church of Christ, Highway 130 South, over the past week, the Bedford County Sheriff's Office was told Sunday.

Seven windows were shot out with a BB gun and a mailbox was broken off a sign.

## Cookies...and more?

Was the cookie aisle of a Unionville-area convenience store being used as a substance drop-off site? Investigators think that may be a possibility.

A woman driving a silver newer-model Nissan Murano spent time Friday "rummaging" through the cookie selection at Three Corners Market, Highway 41A, then tried to steal a soft drink, a clerk said.

The woman paid for the drink, then sat in her SUV for several minutes before leaving, a clerk told Deputy Gabrielle Doyle of the Bedford County Sheriff's Office. The suspect's identity was not obtained.

A small brown plastic bag containing 2.9 grams of a "white powdery substance" was found by

## STORAGE FACILITY BURNS



Shelbyville firefighters receive assignments upon arrival at Shelbyville Mini Storage, Bethany Lane, where a blaze broke out late Monday morning. The cause was still undetermined at press time. No injuries were reported. Other firefighters awaited their turn as, at one point, the building was almost completely obscured by smoke.



T-G Photos by David Melson

the clerk in the cookie aisle where the suspect had been. The Murano was seen driving slowly by the store later.

Shortly after the woman left, a man in a white work van began "rummaging" through the cookies, the clerk told Doyle, before buying cookies and leaving.

## Pipe found

A man reporting to Bedford County Jail to

serve time Friday allegedly brought a little something extra with him.

A corrections officer told Deputy Jacob Miller he found a crack pipe on James Mark Dennis III, 48, of Shelbyville. Dennis, who allegedly first claimed he "found it on the ground," was charged with introducing contraband into a penal institution. A \$5,500 bond was added.

## Jail intake

- James Mark Dennis III, 48, no address listed; introducing contraband in penal institutions; \$5,500 bond
- Carnisha Denise Foy, 31, Anthony Lane; aggravated assault; \$60,000 bond
- Paul Blandon Haradon II, 46, Kingston Corner Road; DUI, simple possession; \$3,500 bond
- Carlos Juarez, 48, Brooklyn Circle; DUI,

financial responsibility, light law, no driver's license/exhibited on demand, open container law, speeding; \$4,500 bond

- Jeremy Reed, 33, Manchester; failure to appear; no bond
- Carlene J. Sherrill, 62, 6th Avenue, Bell Buckle; driver to exercise due care, DUI, financial responsibility, no driver's license/exhibited on demand, open container law, traffic control device (stop sign);

- \$3,000 bond
- Gary Burton Thomas, 59, Winners Circle; DUI; \$3,000 bond
- Antonio Torres, 47, Sandusky Street; driving on a revoked license, DUI, open container law, possession of handgun while under the influence, possession of schedule II drug, reckless/careless driving, resisting arrest by officer; \$15,000 bond

## LAW ENFORCEMENT AND EMERGENCY SERVICES PARTICIPATE IN VETERANS PARADE



## Three dead in University of Virginia shooting

CHARLOTTESVILLE, Va. (AP) — Three people have been killed and two others were wounded in a shooting at a parking garage at the University of Virginia, according to the school's president, and police searched Monday for a student who was a suspect.

The shooting around 10:30 p.m. Sunday "resulted in three fatalities; two additional victims were injured and are receiving medical care," President Jim Ryan said in a letter to the university community posted on social media. He identified the suspect as Christopher Darnell Jones Jr.

The university's emergency management issued an alert on Sunday night notifying the campus community of an "active attacker

firearm." The message warned students to shelter in place following a report of shots fired on Culbreth Road on the northern outskirts of campus. Classes were canceled Monday.

The UVA Police Department posted a notice online saying multiple police agencies including the state police were searching for a suspect who was considered "armed and dangerous."

In his letter to campus, the university president said Jones was suspected to have committed the shooting. The campus emergency management twitter account said that he was believed to be wearing blue jeans and a burgundy jacket and driving a black SUV with Virginia tags.

The university's emergency management Twitter account said shortly before 7 a.m. that "a complete search on and around UVA Grounds" by law enforcement was underway and urged people on campus to remain sheltered.

The Bureau of Alcohol, Tobacco, Firearms and Explosives said agents were responding to the campus to assist in the investigation.

Ryan's letter confirmed that the suspect, who he said was a student, was still at large Monday morning.

"This is a message any leader hopes never to have to send, and I am devastated that this violence has visited the University of Virginia," Ryan wrote. "This is a traumatic incident for everyone in our community."

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 CONTRACT NO.: CNU374  
 COUNTY: Bedford

The Tennessee Department of Transportation is about to make final settlement with the contractor for construction of the above numbered project. All persons wishing to file claims pursuant to Section 54-5-122, T.C.A. must file same with the Director of Construction, Tennessee Department of Transportation, Suite 700 James K. Polk Bldg., Nashville, Tennessee 37243-0326, on or before 12/23/2022.

**NOTICE TO FURNISHERS OF LABOR AND MATERIALS TO:**  
 R.D. Construction, LLC  
 PROJECT NO.: 98304-4133-04  
 CONTRACT NO.: CNV116  
 COUNTY: Bedford

The Tennessee Department of Transportation is about to make final settlement with the contractor for construction of the above numbered project. All persons wishing to file claims pursuant to Section 54-5-122, T.C.A. must file same with the Director of Construction, Tennessee Department of Transportation, Suite 700 James K. Polk Bldg., Nashville, Tennessee 37243-0326, on or before 12/23/2022.

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T-G Photos by Zoe Watkins

Seven inmates graduated from the MRT program at a ceremony Saturday.

# MRT successful among male inmates



MRT Graduate



Those graduating received a certificate of completion.



One of the inmates shakes hands with Lt. Cook.



The graduates were also thankful of all the staff behind the MRT program, including Lt. Cook, Sheriff Swing, and Jail Administrator Ronald Prince.

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

Seven male inmates from the Bedford County Corrections graduated from the Moral Reconciliation Therapy (MRT) program Saturday.

The class is led by Lt. Chris Cook, who serves as programs director at the jail. In addition to teaching the female classes, Cook also piloted this program among the male inmates.

Even though the program is the same for both the men and women, Cook said it was a bit tougher going through it with the



Amy, who graduated from the female MRT program, spoke at the event.

the end, he was a different person," he said.

He added, "Most of them started 'getting it' later than the females. For the guys, it seemed to be more impactful in the later steps."

According to jail administrator Ronald Prince, they began this program back in April after the Tennessee Corrections Institute approached them about piloting the MRT program at the first of the year. "And now here we are. They've made major steps in their lives, and I want to congratulate them."

One of the female MRT graduates, Amy, spoke about the program and how it's impacted her life since her jail time ended.

"The best time I ever had in my life were these 9 months in the Bedford County Jail, believe it or not," she said. "I came in very miserable...I was so angry. But I was so lost."

"This program, I am so thankful for. But it is something you have to sit down in and look at everything in your life that you have done and that people have done to you," Amy said. "And you have to accept that because, in there, I didn't have drugs to run to. I didn't have mom to run to. All I had was God and these women in the MRT program."

Sheriff Austin Swing, who attended the graduation, said, "It's our job here to try to get everybody on what we think is the right track to get back into society and become a contributor. That's our hope and that's what these guys' plan is."

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Each graduate was given the chance to speak a few words.



Inmates got to visit with family after graduation. Joe Alexander hugs his wife of 45 years.

guys.

"It took longer to establish the trust," said Cook. "With the females, there's a 100% buy-in. They put everything into it. With the guys, there's not that same emotional side. But as a guy, I understand."

The program is broken up into 16 steps and the goal is to get a person to question his or her own thinking, or "reconciliation."

"So, I'm really looking more for growth from the time they start to the time they end. I don't expect the emotional side to be front and center," said Cook.

But it does come out from time to time—that's just an effect of the MRT program, which makes inmates dive deeper into how they got into the situation they did.

Cook recalled how one inmate told the whole class the first night of the program, "I don't trust anybody. I don't have any friends. And I don't trust anybody in this room."

"It took him about four or five steps before he started to loosen up. By



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# Times-Gazette SPORTS

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www.t-g.com/sports  
Tuesday, November 15, 2022

## Seniors to take charge for Viqueens this season

By RICKEY CLARDY  
Sports Writer

With six seniors returning from last season's team that finished 25-8 and was one win away from the state tournament, Community Viqueen basketball coach Cody Pierce is looking for big things from his seniors this season.

"We've got six seniors that's played a huge part of our offseason," Pierce said. "We have a bunch of good leaders in the group."

"They've helped a lot of the younger ones progress a little bit quicker than I've seen younger ones progress in the past," Pierce added. "The practices, the leadership, and the experience goes a long way."

All six seniors played key roles for the Viqueens last season.

M.J. Simmons, Haley Mitchell, Zoey Dixon, and Addison Brothers all started

last season while Shelby Cawthon came off the bench to provide strength in the paint.

Jacey Collier provided a punch for Community with her outside shooting.

Along with three other returning players from last season, four freshmen and a sophomore make their debut on the Viqueen 14-player roster.

"The young, new players we've added to the team have stepped in and bought into our ways," Pierce said.

Community will look to build on the momentum that started in January from last season's team. After sporting a 10-7 record, the Viqueens ran off a 15-game winning streak that culminated in a District 7-AA championship victory over Forrest and a Region 4-AA crown with a win over East Nashville.

"Last year, that was one of our goals to string three,

four, five wins together," Pierce said. "It kind of just happened. We got beat by Eagleville here and didn't lose another game until we got beat by York."

"They just bought in and strung a bunch of wins together," Pierce added. "When you're rolling late in the season like that, you can take any team down."

After winning the region championship, the Viqueens hosted York Institute in a sectional game with a state tournament berth on the line.

Community battled back from a halftime deficit to take a fourth-quarter lead, but could not inch over the top as York Institute ended the Viqueen season with a 32-31 win.

The close loss has inspired Pierce and the Viqueens to get to the state tournament this season.

"That 1-point loss has really been a lot of

motivation for the coaching staff and the players," Pierce said. "They've worked hard and been focused."

"We definitely want to get to the state tournament," Pierce added. "And we understand it's not easy to do that. But that's our goal and we don't want anything less."

The Viqueen non-district schedule is highlighted this season with a Christmas tournament in Gatlinburg.

"There will be some good teams over there and some different teams we've never seen," Pierce said.

"We play a pretty tough schedule and we've got to show up every night,"

▶ See **Viqueens**, Page 2B

**M.J. Simmons puts up a shot during a recent Viqueen practice. Simmons led Community in scoring last season.**

T-G Photo by Rickey Clardy



## Expectations riding high as Champs begin season

By WILL CARTER  
Sports Writer

Losing to Pearl Cohn in the region semifinals a season ago left the Cascade Champions with a bad taste in their mouth and they're entering the 2022-2023 season with every intention to make it back to that point of the postseason, and even further.

It's easier said than done as Cascade's region is filled with talented teams such as East Nashville, the reigning state champions, and Pearl Cohn, but head coach Chris Lawson is counting on his experienced squad to make it happen.

"There is no hesitation in any of our guys that the expectation is to get to the state tournament and have a shot," Lawson said.

"Obviously, the region is tough with East Nashville and Pearl Cohn both returning starters, but our guys have worked really

**Senior Jackson Davis has been the floor general for three years and enters this season as one of the key players at the top of the roster.**

T-G File Photo by Chris Siers

hard all offseason in the weight room, conditioning, and just in general preparing their bodies to get through this season. I don't want to say it will be a disappointment if we don't make the state tournament, but it's definitely the expectation."

Cascade lost only Justis Carter to graduation last season, but his production on both ends of the floor is sure to be missed as he led the team in points, rebounds, and blocks.

But Lawson is confident in his returning starters and bench players to step up and fill the void that Carter left.

"We learned this summer that we don't have Justis to rely on like in the past," he said.

"Not having his production now, some other guys that haven't played main roles previously have stepped up and taken initiative to make plays. We're definitely deeper than previous years."

Having a deep roster filled with experienced seniors and promising underclassmen comes in handy towards the end of the regular season when

district play starts to ramp up.

That's exactly what the Champions have with six seniors at the top of their roster.

Lucas Clanton and Jackson Davis are entering their final season in the black and orange and their third year in Lawson's starting lineup.

Rounding out the senior class are Thomas Gentry, Jayden Gulick, Jayden Little, Eli Elliot, and Jacob Curl.

And Lawson is hoping all of them can contribute to Cascade's success.

"Lucas and Jackson were coming into their sophomore year when I came in two years ago, and they started for me that whole season. We had a pretty good year and made a good run," he said.

"At times, I feel like I can sit back while they're on the floor and trust that they're going to do what I expect of them. If you look at our first five or six players that play, we can't have any drop off after that with our seventh, eighth, and even ninth players. We

▶ See **Champs**, Page 2B

## Interesting season awaits 'different' Vikings team

By RICKEY CLARDY  
Sports Writer

After losing Stratton Lovvorn and Trace Broiles to graduation and with returning starter Maki Fleming sidelined to start the season, Coach Robbie Davis says his version of the 2022-23 Community Vikings should be an interesting team to follow.

"We've got a whole different group this year than what we've had in the past," Davis said. "We lost Stratton and Trace from last year's crew and we're going to be without Maki for most of the season probably. We're a young, young group."

"We've got a different team than I've had in the past, we're just built a little different," Davis added. "We've got more guards than posts, which is unusual. We're playing a

different way than we have in the past."

With the need to replace what was lost to graduation and injury, Davis knows this team will have to grow up quickly.

"A lot of these kids at this time last year were playing JV," Davis said. "We're not really behind, but a lot of these kids have just never played together."

"The first part of the season is going to be getting to know each other, playing together, and finding combinations that work well together," Davis added. "We'll start two sophomores, possibly three depending on the matchups and who we're playing," Davis said. "We're going to be as young as we've been in about four or five years."

The Vikings will need to find out the players that will put the ball in the basket.

"We've got to figure out who's going to score," Davis said. "Stratton averaged 25 or 26 but any night might hit 40 and get 15 rebounds. We don't have Maki, our second leading scorer."

"We've got points that have to be made up by somebody, and we've got to figure out who those guys are going to be," Davis added.

As the season evolves, Davis knows there will be plenty of ups and downs.

"It will be fun at times, it will be frustrating at times," Davis said. "But it's one of those seasons where hopefully from what it looks like at the beginning, you will see a lot of progress by the time you get to the end."

As in seasons past, Davis plans to use the non-district games to gear up for the district slate.

▶ See **Vikings**, Page 2B



**Coach Robbie Davis instructs Jason Cullum during a recent practice. Davis starts his 11th season as the head coach of the Vikings.**

T-G Photo by Rickey Clardy



Cody Pierce begins his fifth season as head coach of the Viqueens.

T-G Photo by Rickey Clardy

## Viqueens

(Continued from Page 1B)

Pierce added. "It's been like that for the last four years."

The Viqueens can stay close to home once

postseason play comes around. The District 7-AA tournament will be held at Forrest while Community will host the semifinals and finals of the Region 4-AA tournament.

"It's kind of nice to have

that type of district, but it is tough to go over to Forrest and get a win no matter who you're playing there," Pierce said.

"We want to stay on top of the district and get as many home games as we

can in the region," Pierce added.

Community starts off the season with Hall of Champions contests at home against Fayetteville and on the road at Jackson County.



Senior Lucas Clanton has been a steady source of offense for Cascade and looks to be a key contributor this season.

T-G File Photo by Chris Siers

## Champs

(Continued from Page 1B)

need those guys to come in and not miss a beat, or to give us a spark."

Continuity has been important for Lawson and the Champions coming into the new season with the experience they have and the understanding of what is expected of them.

Schemes and play styles change on a year-to-year basis for most teams, and while Lawson has made some minor additions, he is keeping the basics of his game plan the same.

"Year-to-year most coaches will change some things, and we have added some things, but I've kept the core of our basic concepts that we've run for the past couple years," he said.

"They understand it and know how to play together within our basic offense. That will be big for us."

The Champions are set to begin their season on Tuesday on the road against Hampshire High School following the girl's game.

# Lady Champs debut new era and coach

By WILL CARTER  
Sports Writer

After a disappointing season last year where they finished with a 4-23 record, the Cascade Lady Champions are looking to turn a page under new head coach Janie Demonbreum in the 2022-2023 season.

With any coaching transition, change follows soon after and shifting the culture within the program is Demonbreum's main objective as the season approaches.

At the forefront of the agenda is supporting her squad.

"For me as a female, I'm going to do the best I can when I'm supported. So that's what I'm trying to do with these girls," Demonbreum said.

"I want them to love themselves but also each other as a team."

Last season, the Lady Champs were led by seniors Caroline Stone and Jordan Green with the duo averaging eight and seven points per game respectively.

In total, Cascade graduated six players off last year's team leaving them with only Annabelle Calvert and Sophie Ray returning with considerable

floor time under their belts and no returning seniors.

Demonbreum is counting on them and her team as a whole to come together and contribute night in and night out.

"We don't have a 'takeover' type player, so several are going to have to contribute for us to be successful," Demonbreum said.

"There's a lot of these girls that people haven't seen that can contribute on this team. If they can start believing in themselves and each other, then they will be a different team than ever before."

While winning is the ultimate goal for any team, Demonbreum's mission is for the Lady Champs to play hard and have patience.

"Most importantly, I want the girls to go out there and compete hard every game. It may not amount to many wins on the schedule, but it will be a win for this program moving forward," she said.

"We will get there, but it is going to take some time."

Cascade's season will begin on Tuesday, with a road trip to Hampshire High School for a 6 p.m. tip-off.



The Cascade Lady Champions have a new leader on the sideline for the 2022-2023 season in Janie Demonbreum.

T-G File Photo by Chris Siers

## Vikings

(Continued from Page 1B)

"Our schedule is pretty diverse," Davis said. "We open up with Fayetteville City, one of the more athletic teams in our area."

Jackson County has a system they run with a lot of good defenses and set plays that you're not used to seeing."

"We're going to get a feel by the different types of teams we play early," Davis added. "It's a good mix to see where we're at before we get into district play starting in January."

"It'll be a fun November and December for sure."

The Vikings will participate for the second of two seasons in District 7-AA with Cascade, Forrest, and Grundy County.

Community will play a total of six Friday night district games, with all



Landon Lovvorn looks to pick up some of the scoring slack left by his brother Stratton on the Viking team this season.

T-G Photo by Rickey Clardy

district games played after the first of the year.

The Vikings may not have far to travel for their district and region tournament games.

The district tournament will be played at Forrest, while the semifinal and final rounds of the Region 4-AA tournament will be hosted by the Vikings.

"It's always nice not having to travel and worrying about all the logistics of that," Davis said.

"Having the district tournament right down the road at Forrest and having the region tournament here will be nice."

"This is the last time we'll be in this district with this group and this region," Davis added. "We hope we wrap up by playing our best basketball in February."

Davis says the Vikings will have to handle two

extremes during the season.

"If we can avoid injuries and sickness, we've got a lot of young kids that could be pretty good basketball players," Davis said. "It's going to depend if they're willing to show up every day at practice and improve."

"There's going to be games where things just don't go well," Davis added. "They've got to learn how to handle failure when things don't go your way."

"Handing success is one thing and handling failure is another."

Community starts off the season with Hall of Champions contests against Fayetteville and Jackson County.

The Vikings will play familiar non-district opponents Eagleville, Huntland, and Central Magnet in addition to their district schedule.

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# Vikings, Bucs, Packers, Colts make big winning statements

By **ROB MAADDI**  
AP Pro Football Writer

Bust out the victory chains. The Minnesota Vikings proved they're for real. After piling up wins against losing teams and backup quarterbacks, the Vikings earned a signature victory on the road against the Buffalo Bills. Aaron Rodgers and the Green Bay Packers, Tom Brady and the Tampa Bay Buccaneers and Jeff Saturday and the Indianapolis Colts also made big statements on Sunday. The Vikings overcame a 17-point, second-half deficit in a difficult environment to improve to 8-1 with a thrilling, improbable 33-30 overtime win over Josh Allen and the Bills. There's no doubting Kirk Cousins anymore. He rallied the Vikings to their fifth win this season when trailing with 2 1/2 minutes or less remaining.

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The Vikings overcame a 17-point, second-half deficit in a difficult environment to improve to 8-1 with a thrilling, improbable 33-30 overtime win over Josh Allen and the Bills.

There's no doubting Kirk Cousins anymore. He rallied the Vikings to their fifth win this season when trailing with 2 1/2 minutes or less remaining. Cousins threw for 357 yards, including a 32-yarder on fourth-and-18 to Justin Jefferson, who made an incredible, one-handed snag to keep Minnesota's final drive of regulation going.

Patrick Peterson sealed the win with an interception in the end zone, and took the gold chains from Cousins for the celebration on the flight home.

The Vikings opened the season with a convincing win over the Packers but were blown out by the Philadelphia Eagles in a Monday night game in Week 2. They've won seven in a row since that loss but their only win over a team with a winning record in that span came against the Miami Dolphins minus Tua Tagovailoa last month.

Beating Allen and the Bills (6-3) on their turf solidifies Minnesota's status as a legitimate Super Bowl contender. Now, the schedule gets tougher for the Vikings. They face the Cowboys (6-3), Patriots (5-4) and Jets (6-3) at home the next three weeks.

Rodgers and the Packers are a long way from thinking about a championship but they're not done yet. Trailing by 14 points in the fourth quarter, vintage Rodgers led the Packers back to a 31-28 overtime win against the Cowboys, one of the league's best defenses.

The Packers (4-6) snapped a five-game losing streak but are still 1 1/2 games behind San

Francisco for the third wild-card spot. However, Rodgers may have finally found his go-to receiver. Rookie Christian Watson caught four passes for 107 yards against Dallas, including touchdowns of 58, 39 and 7 yards.

If the Packers find a way to get into the playoffs, they'll be an opponent teams don't want to face because of Rodgers.

Another No. 12 seems to have his team back on track.

A week after Brady led a game-winning drive in the final 42 seconds against the Rams, the Buccaneers showed signs of being the dominant team they've been the past two years. Rookie Rachaad White and Leonard Fournette combined for 162 yards rushing and Tampa topped Seattle 21-16 in the first NFL regular-season game in Germany.

The defense overpowered the Seahawks, forced a turnover for the first time since Week 4 and the Buccaneers (5-5) took a one-game lead in the weak NFC South.

If the Buccaneers continue to

have success running the ball and the defense keeps playing tough, Brady makes them a threat in January.

The Colts aren't going anywhere in the competitive AFC but they're not a laughingstock. A turbulent week that began with owner Jim Irsay firing coach Frank Reich and taking intense criticism for hiring former All-Pro center Jeff Saturday to be the interim coach ended with Matt Ryan returning from injury to lead a 25-20 upset win at Las Vegas.

Saturday, who took plenty of heat for taking the job without paying his dues as an assistant coach, proved he's no joke. The Colts' struggling offensive line played inspired football, paving the way for 207 yards rushing and allowing just one sack.

If the Colts (4-5-1) keep improving, Saturday could end up keeping the job after the season despite all the criticism.

## Bills' catch vs. Vikings should have been overturned

By **JONAH BRONSTEIN**  
Associated Press

ORCHARD PARK, N.Y. — The Vikings beat the Bills in overtime. If not for an officiating mistake, they might have won in regulation.

The NFL's senior vice president of officiating acknowledged there was a breakdown in the instant replay process after a pivotal play late in Minnesota's 33-30 win over Buffalo on Sunday.

Gabe Davis' 20-yard reception along the sideline with 24 seconds left in regulation should have been reviewed before the Bills ran another play, Walt Anderson told a pool reporter after the game. The catch happened during Buffalo's five-play, 69-yard drive that ended with Tyler Bass hitting a 29-yard field goal to force overtime with 2 seconds left.

"Even though it happens fast and Buffalo hurries to the line of scrimmage for the next play, if the replay official can't confirm that it was a catch on that long of a completed pass, we should stop play to ensure it was a catch," Anderson said.

On replays, it appeared that Davis did not secure the ball while falling out of bounds.

"It would have been reversed to an incomplete pass because he did not maintain control of the ball after he hit the ground and the ball touched the ground out of bounds," Anderson said.

Vikings coach Kevin O'Connell said the catch happened in front of him on the sideline. He was unable to challenge the ruling because it occurred in the final 2 minutes, and said he did not get an explanation from officials.

"I didn't think it was a catch," O'Connell said. "In that mode, that needs to be something they need to review from up top, or possibly New York. We didn't get any clarification on that. I did ask."

Anderson said league officials will review the video and audio from the game to determine why there wasn't a replay.

"I'll have to find out from the replay official exactly what he didn't feel like he saw to stop the game," Anderson said.

O'Connell said there might have been another officiating error in overtime that could have affected the result. He questioned whether the Bills had 12 defenders on the field

when Minnesota running back Dalvin Cook was tackled for a 3-yard loss on first-and-goal from the Bills 2.

The Vikings kicked what turned out to be the winning field goal three plays later, but a touchdown on the opening drive of overtime would have ended the game without giving the Bills' offense a chance to respond.

Anderson credited replay officials for making the right decision on two key plays in the final minute of regulation.

He said replays showed Vikings quarterback Kirk Cousins' shoulder was down before he extended the ball over the goal line on fourth-and-goal from the half-yard line with 49 seconds remaining.

On the next play, Bills quarterback Josh Allen muffed the snap, which was recovered by Vikings linebacker Eric Kendricks for a touchdown.

Anderson said replays clearly showed Allen losing the ball, and officials properly stayed with the call on the field — a Vikings touchdown — after various camera angles were unable to confirm who made the recovery.

## Short World Cup build-up poses challenges

By **STEVE DOUGLAS**  
AP Sports Writer

Soccer's top players have followed a well-trodden path in the lead-up to previous World Cup tournaments.

Finish your club season. Take a break with friends and family. Join up with your national team. Spend two or three weeks familiarizing yourself with teammates, working on practice drills and playing a few warmup games before the big kickoff.

Not this time.

Adding to the novelty of this unique World Cup in Qatar — the first in the Middle East, the first to be played in the middle of the traditional European soccer season — is the unusually truncated build-up to the tournament.

One week.

For some players, even less than that.

"We fly to Qatar on the 15th, arrive on the 16th, then we have five days to prepare for the first game," said Tony Strudwick, head of performance for Wales' national team. "It's a challenge how we bring that all together."

Strudwick has the crucial job of getting Wales' players in prime shape — physically, but also mentally — for the nation's first World Cup game in 64 years, which will be against the United States on Nov. 21.

On one hand, he is excited about welcoming players who are in what he describes as a "good rhythm" midway through a season.

On the other, he and the rest of Wales' backroom staff have no control over what shape the squad will arrive for the tournament. Some players have been playing virtually three games a week for the past two months; others might have been struggling for game time at their clubs.

"We can't phone up the clubs and say, 'We need X, Y and Z players to be playing these minutes,'" Strudwick told The Associated Press. "We can't dictate that, so we have to be agile in our planning."

"It's going to come right down to the last league game before the World Cup and we'll need contingency plans."

World Cup-bound players had to be freed from club duties on Monday. The first game of the tournament is between host Qatar and Ecuador on Sunday.

How a team prepares during those few days before group play begins largely depends on when its first game takes place, with the first set of matches spread over five days.

The squads of Brazil and Serbia have the longest preparation time, for example, given the countries meet in the last of the four games on Nov. 24.

Lars Lagerback has coached at three World Cups for two nations — with his native Sweden in 2002 and 2006 and with Nigeria in 2010 — and said his priority would be "rehab" in the few days the squad is together before its opening game.

"You can't do much training," Lagerback told the AP in a telephone interview. "I think it's going to benefit the national teams with coaches who have organized the team for a long time and where everybody knows how to play."

"If you have been with a team for at least one or two years, they have an idea and a philosophy of how they want to play. I don't think having a friendly match or not is really important."

Some countries simply have no time for a friendly, with FIFA saying teams must arrive in the host country at least five days before their first game and cannot organize a warmup match in that time.

The countries starting later have a choice. While World Cup champion France has no friendly planned before its opener against Australia on Nov. 22, Argentina — also in group action that day — is scheduled to play the United Arab Emirates in a warmup match on Wednesday. Spain has a friendly arranged against Jordan on Thursday, when Portugal has one against Nigeria.

Wales is one of the teams who will not play a friendly and Strudwick doesn't see that as a disadvantage.

"We can build fitness and match rhythm and tempo in in-house games, where we can control what players do," he said. "You can't have that control in a friendly. And if we were to put a friendly game in there, while only having a week's preparation, it means you lose training days."

## McCarthy 4th-down call goes wrong

By **STEVE MEGARGEE**  
AP Sports Writer

GREEN BAY, Wis. — In his first game back in Green Bay as Dallas' coach, Mike McCarthy didn't exactly leave Packers fans pining for the good ol' days.

Instead, McCarthy made a crucial decision that backfired, going for it on fourth-and-3 on the opening possession of overtime when he could have sent Brett Maher out to try a long, go-ahead field goal.

The Cowboys were stopped, McCarthy's former quarterback Aaron Rodgers led the Packers down the field, and Green Bay beat Dallas 31-28 on Sunday.

"I'm fine with the decision," said McCarthy, who was fired as Green Bay's coach in 2018. "Obviously, I know we didn't convert. Fourth-and-3, we just didn't convert."

McCarthy was more upset about the penalties that led to that pivotal fourth down. He threw his headset to the turf in frustration after Dak Prescott was pressured by Jarran Reed and threw a desperation pass to Tony Pollard that fell incomplete.

Dallas' final offensive play capped a frustrating day for McCarthy in his return to the city that has a street near Lambeau Field named in his honor.

McCarthy coached the Packers to their most recent Super Bowl title after the 2010 season and went 125-77-2 with Green Bay from 2006-18.

This wasn't how he envisioned his return.

The Cowboys (6-3) entered Sunday with a 195-0 record, including

playoffs, when they led by at least 14 points heading into the fourth quarter. Now they're 195-1.

"I'm very frustrated with the end of the game, obviously," McCarthy said. "I think just the biggest thing for us is we need to just go out here and just learn from these games. I love these kind of games. That's what I told these (guys), 'You need these tight games to get to where you want to go.'"

"I thought we were in total control and then in overtime the penalties and things were very, very, very frustrating. But you've got to overcome those things."

The Packers (4-6) rallied to tie the game on a pair of touchdown passes from Rodgers to rookie Christian Watson, who finished with four catches for 107 yards and three scores.

Penalties then prevented Dallas from putting it away in overtime.

An offensive offsides call on wide receiver Jalen Tolbert wiped out a 9-yard run by Pollard and forced Dallas into second-and-8. The Cowboys recovered to get a first down.

The second overtime penalty proved costlier.

A holding call on guard Connor McGovern nullified a 16-yard run by Malik Davis. Rather than having a first down at the Green Bay 26, the Cowboys faced second-and-19 from their own 49.

"It was big play, penalty," McCarthy said. "Big play, penalty. Big play, penalty."

# Marlins make history, name O'Connor president

By **TIM REYNOLDS**  
AP Sports Writer

MIAMI (AP) — Caroline O'Connor didn't know what her ceiling was when she entered the sports business world, simply because there were so few examples of women who traveled her path.

Turns out, she had no limit. The Miami Marlins promoted O'Connor to president of business operations on Monday, making them the first U.S. major sports franchise to have women serving simultaneously as president and general manager. The Marlins made history by hiring Kim Ng as GM in November 2020; two years later, they've made another significant move.

"When I talk to young girls, I really like them to see me in my role because I didn't feel like I had that role model," O'Connor said. "And I want people to see themselves when they see me and know that it is a possibility."

O'Connor is just the second

woman to serve as president of a Major League Baseball team; Seattle's Catie Griggs is the other. She was brought to the Marlins by then-CEO Derek Jeter in 2017 as a senior vice president and chief of staff, then became the team's chief operating officer in 2019.

Ng handles the on-field business, O'Connor runs the off-field business.

"We are fortunate to have someone with Caroline's business acumen and vision leading our day-to-day business operations," Marlins chairman and principal owner Bruce Sherman said. "Her passion and drive for success is unmatched in our game and the South Florida market. Her leadership will continue to guide the Marlins organization toward our goal of sustained success while strategizing additional new ventures to grow our business and enhance our brand recognition."

O'Connor's path to this spot was, in some ways, unintentional. She was a high school athlete in

New Jersey — playing basketball, tennis, soccer and softball — and went to college at Rutgers and New York University, first studying computers, then finance.

She worked for some powerful places: IBM, UBS Investment Bank, Morgan Stanley. She wasn't thinking about a career in sports.

And then Jeter called. "A once-in-a-lifetime opportunity," O'Connor said.

She's been with the Marlins ever since.

Miami has been trying to turn things around, on the field and off, for the better part of the last two decades. Jeter was part of the ownership group that took over in 2017; he's gone, but two of his more significant hires — Ng and O'Connor — are now tasked with finishing the job.

O'Connor has seen progress. Attendance this past season was up 12% over 2019, the last time there was a full season of baseball without pandemic interruptions or major restrictions — though

there is still a long way to go before Miami gets the crowds it is seeking.

O'Connor has overseen growth in season-ticket sales. With the 2023 World Baseball Classic coming to Miami for all three rounds in March, including the championship game, the Marlins know big crowds are coming. O'Connor is fixated on how to get those people to come back as Marlins customers.

"I think it's a really special place," she said. "And I would say if we didn't feel so strongly about this market and the opportunity that is here, that would not make us so excited to come in every day. I think we have so many people in this market that love entertainment, love sports, love baseball, love getting together and going out. It's just trying to create an experience that attracts everyone."

The growing role of women in baseball leadership isn't lost on O'Connor. Griggs leads

the Mariners; Laura Day is Minnesota's executive vice president and chief business officer; Kellie Fischer has a similar role in Texas, as the Rangers' EVP and chief financial officer.

"I've been incredibly fortunate in that I've had a lot of support from a lot of different people, regardless of gender, my entire career," Griggs said earlier this year on a panel at Seattle University. "With that being said, I haven't been able to see a lot of people who look like me doing the stuff that I do. ... I don't have a lot of role models."

O'Connor feels the same way. She doesn't mind the "trailblazer" description. She just goes about all the details of her job — including sitting down with community groups and civic organizations, even having lunch last month with the Consul General of Japan at his Miami residence — knowing that her success now might make it easier for women to follow.

## Experienced Champs ready to wrestle

By **WILL CARTER**  
Sports Writer

Returning to the mats for the Cascade Champions for the 2022-2023 season are four state qualifiers that head coach Andy Giel expects to repeat similar results.

Vayden Moore qualified for state in the 126 pound weight class as a freshman last season, but will be taking on a new challenge this season as he's jumping a class to the 138 pound weight class.

Joining Moore in the state qualifiers were Hayden Dowell in the 182 class, Cole West in the 220 class, and Dylan Warren in the heavyweight class.

Not only does Giel expect repeats from his leaders, he also expects a few more to meet that mark being that his squad is experienced throughout.

"I'm expecting to get more state qualifiers this year than we have before," he said.

"This is the most experienced team we've ever had, and everyone is learning and excited. It's been fantastic having the older guys help the younger guys understand everything."

It isn't an easy road to glory for the Champions as they compete against schools across the state that vary in size.

But Giel is confident in his wrestlers and their hard work.

"Our region is so vast in the size of schools that we go against, so it's going to be difficult," he said.

"These guys work hard, and I have no doubt they'll do well this year."

## Former host Russia barred from World Cup

ASSOCIATED PRESS

Four years after Vladimir Putin hosted the World Cup party, Russia is off the guest list.

While the soccer world focuses on the opening game of the World Cup in Qatar on Sunday, Russia will be playing a friendly game in Uzbekistan.

Russia was kicked out of World Cup qualifying after it invaded Ukraine and now can only play friendlies against the few nations prepared to accept its invitations.

The Russian men's national team's only game of 2022 so far was a 2-1 win over Kyrgyzstan in September. Russian clubs are barred from the Champions League and the women's national team was removed from the European Championship.

Monday marked one year since the last competitive game of the Russian men's national team, a 1-0 loss at Croatia on a swampy, waterlogged field. That meant Russia didn't qualify for the World Cup directly and went into the playoffs. By the time those came around, Russia had invaded Ukraine.

Russia's scheduled opponent, Poland, refused to travel to Moscow to play, as did the other teams in the playoff bracket. That raised the prospect of Russia qualifying for the World Cup by default. In legal battles at the Court of Arbitration for Sport, FIFA argued that letting Russia compete could cause more boycotts and "irreparable and chaotic" damage to its tournament.

CAS let the ban stand.

Games against Iran and Bosnia-Herzegovina were planned for November but neither is taking place. Instead, Russia is touring two former Soviet nations to play Tajikistan and Uzbekistan.

The planned Iran game would have given Russia the credibility of facing a team which has qualified for the World Cup. Ukraine accuses Russia of using Iranian drones to attack its cities, something Russia denies. Ukraine asked FIFA to remove Iran from the tournament, though FIFA has not done so.

The president of the Russian soccer federation told local media that the game with Iran could be held in Qatar shortly before the World Cup. That could have been seen as a snub to FIFA. No date or venue was ever confirmed before Russia announced the Tajikistan and Uzbekistan games instead.

Putin endorsed plans for a friendly against Bosnia-Herzegovina in September, saying that "sport should unite, not divide, people." That game was postponed indefinitely by the Bosnian soccer federation last month, after team captain Edin Džeko and the national players' union opposed the game and expressed support for Ukraine.

Russia still has friends in the World Cup host nation. Qatar's emir thanked Russia in October for its "great support" for organizing the World Cup when he met Putin for talks at a summit in Kazakhstan.



AP Photo/David Richard

Deshaun Watson has been cleared to return to practice as his suspension 11-game suspension nears its end.

## Watson cleared to practice as suspension nears end

By **TOM WITHERS**  
AP Sports Writer

CLEVELAND — Cleveland Browns quarterback Deshaun Watson was cleared to practice Monday, a significant step in his return to the NFL following an 11-game suspension.

Watson, who was accused of sexual misconduct by more than two dozen women during massage therapy sessions, reached a settlement with the league in August to sit out 11 games, pay a \$5 million fine and

undergo counseling and treatment.

To this point, Watson has been permitted only to attend meetings and work out at the team's facility. The Browns (3-6) don't practice until Wednesday, when Watson will rejoin his teammates on the field.

As long as he continues to meet conditions of the agreement, Watson will make his debut for the Browns on Dec. 4 against Houston, which drafted him in 2017 and traded him to Cleveland in March.

Browns general manager Andrew

Berry recently said Watson will play against the Texans. The three-time Pro Bowler will need some time to ramp up to game speed after sitting out the entire 2021 season while demanding a trade.

Watson insists he did not harass any of the women, who accused him of lewd behavior during the massage sessions while he played for Houston. He settled 23 of 24 civil lawsuits filed against him in Texas.

Two grand juries declined to indict him on criminal charges.

## Browns in panic mode after loss

By **ALANIS THAMES**  
AP Sports Writer

MIAMI GARDENS, Fla. — Myles Garrett still believes the Cleveland Browns can make the playoffs, even after Sunday's 39-17 loss to the Miami Dolphins dropped them to 3-6.

"It's difficult, but it's not impossible," the All-Pro defensive end said. "We're going to go out and play every game like it's our last because it might as well be. Do everything we can."

Cleveland was coming off a 32-13 blowout of division rival Cincinnati and had the NFL's third-best rushing attack. But the Browns could be in desperation mode for the rest of the season after they struggled on both sides of the ball against the Dolphins.

The Browns were held to a season-low 112 yards rushing and 297 yards of total offense, and they allowed Miami's 29th-ranked rushing offense to compile a season-best 195 yards.

"We didn't slow their offense down. We didn't score enough. ... We just didn't play complementary football. Lost the turnover margin. Really, really just disappointed," coach Kevin Stefanski said.

The Browns are third in the AFC North behind Baltimore and Cincinnati. Cleveland will play five of its next eight games on the road and has two games left before quarterback Deshaun Watson is eligible to return from his 11-game suspension for alleged sexual misconduct involving two dozen women.

Watson can return to practice Monday and will be eligible to play on Dec. 4 at Houston, his former team.

"We'll talk about that next week," Stefanski said when asked about Watson's return. "Biggest thing for us is just making sure we fix the things that need to be fixed."

Until then, Jacoby Brissett will be at the helm for games against Buffalo

and Tampa Bay that could decide whether Cleveland can salvage its season.

Brissett was 22 for 35 with 212 yards and one TD as the Dolphins' defensive front kept him under pressure, sacking him three times. He had a 38-yard pass to Donovan Peoples-Jones on the Browns' opening drive that set up their first score.

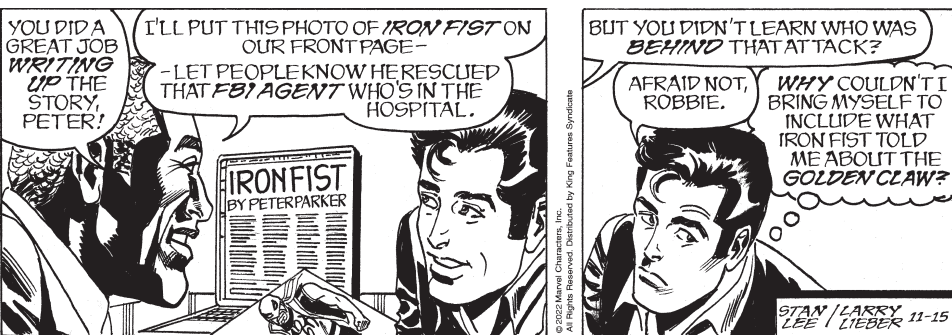
"We've got plenty of time," Brissett said. "This season, it goes fast, but when it clicks, it clicks. We've got another opportunity coming up next week and looking to put a better performance out there."

Nick Chubb, who entered the game as the NFL's second-leading rusher, had a 33-yard

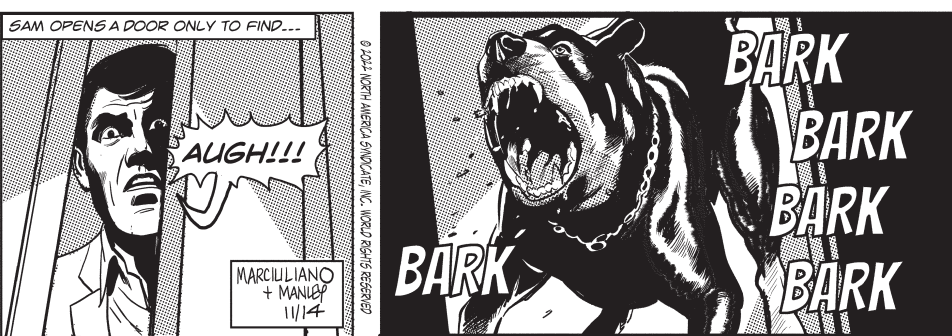
rushing touchdown in the fourth quarter, but aside from that play he had 30 yards on 10 carries. His 63 yards rushing were his second fewest in a game this season.

"That's part of our game is to be able to run the ball. Obviously we weren't as successful as we wanted to be in that area," Brissett said. "But I know the guys in that room. I know the guys up front. I know our coach, O-line coach, running back coach, quarterback coach. I know the coaches in that room. We're going to go and watch the film and correct it and be better from it."

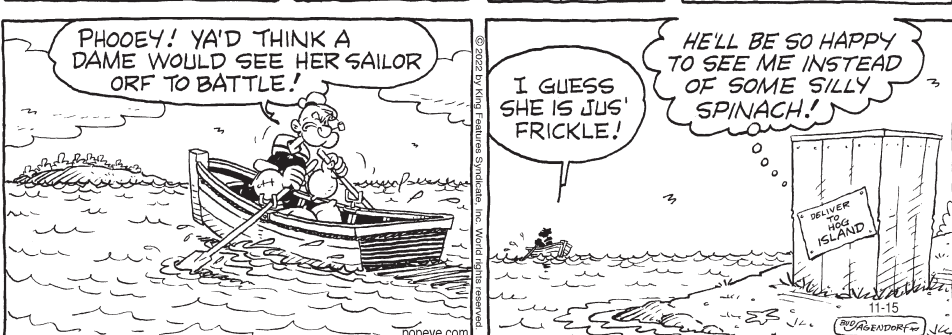
THE AMAZING SPIDER MAN® by Stan Lee-Larry Lieber



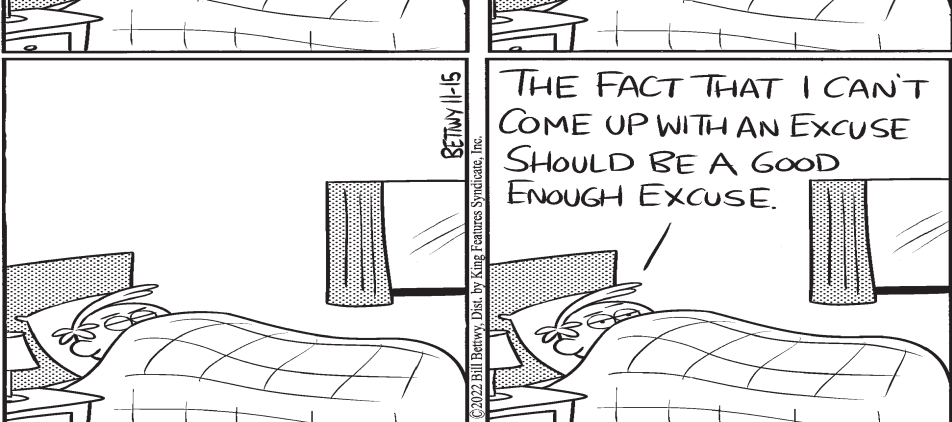
JUDGE PARKER® by Marculiano-Manley



POPEYE® by Bud Sagendorf



THATABABY® by Paul Trap



CROSSWORD PUZZLE

Crossword puzzle grid with numbers 1 through 63 indicating starting positions.

CLUES ACROSS

- 1. Greek mountain
5. One dependent on something
11. Gratitude
14. Glazed ceramic ware
15. Paddling
18. Step
19. More greasy
21. Upper-class young woman
23. Light beige
24. Belief in a supreme being
28. Indigenous people of Scandinavia
29. A beloved princess
30. Transfer property
32. Field force unit
33. Automated teller
35. When you hope to get there
36. Sino-Soviet block (abbr.)
39. Politicians Fischer and Conroy are two
41. Blood type
42. Stringed instrument
44. Curses
46. Barbary sheep
47. Belonging to a thing
49. Supporters
52. Leaf-footed bug
56. A shower of water
58. Attribute to
60. Intermittent
62. Soda waters
63. Scottish island

CLUES DOWN

- 1. Klutz
2. Relaxing places
3. Expel saliva
4. The extended location of something
5. Certified
6. Cease to exist
7. Powerful legal pro
8. The OJ trial judge
9. Popular greeting
10. "90210" actress Spelling
12. \_\_\_ Blyton, children's author
13. "This Is Us" star Fitch
16. Battery cell with a nickel alode
17. Full of bacteria
20. Remains of an old building
22. Exist
25. It gets you into places
26. Witness
27. The spreading of a disease to another part of the body
29. Father
31. Touch gently
34. Licensed for Wall Street
36. Herring-like fish
37. Lute used in N. Indian music
38. Mirabel shouldn't talk about him
40. Atomic #62
43. Religious
45. Silvery-white metal (abbr.)
48. Influential civil rights organization
50. Acknowledgment (abbr.)
51. Turn away
53. Kidney disease (abbr.)
54. Smooth-feeling fabric
55. Competently
57. Sea eagle
58. General's assistant (abbr.)
59. It helps you see
61. Emerging technology

PUZZLE SOLUTION with a grid containing the solved crossword puzzle.

ASTROGRAPH

- ARIES - Mar 21/Apr 20: You may become impatient with the slow progress of a project at work, Aries. Before you get your feathers all ruffled, figure out if bringing more people on the team may help.
TAURUS - Apr 21/May 21: It may have taken a while, but you'll start to see some results from actions you initiated weeks ago, Taurus. Your steady pace will pay off in a big way.
GEMINI - May 22/June 21: Lean on all of your social contacts this week, Gemini. If you're looking to get out of the house and have fun, they will probably have some ideas on where to go.
CANCER - Jun 22/July 22: Be on guard with issues concerning your love life and relationships, Cancer. Things that were working out smoothly may need a little extra attention for the time being.
LEO - Jul 23/Aug 23: Luck will manifest itself in some surprising ways over the course of the next few days, Leo. Seemingly out of nowhere you will have a good turn of events that propel you forward.
VIRGO - Aug 24/Sept 22: Negotiations will go in your favor this week, Virgo. Therefore, if you've been seeking a raise or a promotion, you may see that the tides have finally shifted in that direction.
LIBRA - Sept 23/Oct 23: Watch out for overspending that can derail the careful budget that you have set in place, Libra. It may be wise to leave a credit card at home for the next few days.
SCORPIO - Oct 24/Nov 22: Brace yourself, Scorpio, as things could get a bit wild this week. Energy levels rise and tempers may flare. Figure out the best way to stay calm amid this confusion.
SAGITTARIUS - Nov 23/Dec 21: Plenty of good vibes are coming your way, Sagittarius. You just need to figure out if you're going to share some good fortune with others and when that will occur.
CAPRICORN - Dec 22/Jan 20: A sweet connection with someone else could happen this week, Capricorn. This may be the start of a lasting relationship, whether it is romantic or platonic.
AQUARIUS - Jan 21/Feb 18: Don't be afraid to showcase your natural talents, Aquarius. Your unique skill set enables you to have a little fun with others and show off a bit at work.
PISCES - Feb 19/Mar 20: Figure out ways to connect with the life force that is all around you, Pisces. Try meditation in the outdoors to blend two experiences.
FAMOUS BIRTHDAYS NOVEMBER 13: Julia Michaels, Singer (29)
NOVEMBER 14: Josh Duhamel, Actor (50)
NOVEMBER 15: Chad Kroeger, Singer (48)
NOVEMBER 16: Pete Davidson, Comic (29)
NOVEMBER 17: Danny DeVito, Actor (78)
NOVEMBER 18: Owen Wilson, Actor (54)
NOVEMBER 19: Jodie Foster, Actress (60)

TUESDAY EVENING

NOVEMBER 15, 2022

Grid of TV programs for Tuesday, Nov 15, 2022. Columns: Broadcast, Cable, A&E, AMC, Animal, BET, Bravo, Cartoon, Comedy, Discovery, Disney, E!, ESPN, ESPN2, Food, Freeform, FX, HGTV, History, Lifetime, MTV, NewsNAT, Nick, Parnt, SYFY, TBS, TCM, TLC, TNT, Travel, TV Land, USA, VH1. Rows: 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30.

WEDNESDAY EVENING

NOVEMBER 16, 2022

Grid of TV programs for Wednesday, Nov 16, 2022. Columns: Broadcast, Cable, A&E, AMC, Animal, BET, Bravo, Cartoon, Comedy, Discovery, Disney, E!, ESPN, ESPN2, Food, Freeform, FX, HGTV, History, Lifetime, MTV, NewsNAT, Nick, Parnt, SYFY, TBS, TCM, TLC, TNT, Travel, TV Land, USA, VH1. Rows: 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30.

THURSDAY EVENING

NOVEMBER 17, 2022

Grid of TV programs for Thursday, Nov 17, 2022. Columns: Broadcast, Cable, A&E, AMC, Animal, BET, Bravo, Cartoon, Comedy, Discovery, Disney, E!, ESPN, ESPN2, Food, Freeform, FX, HGTV, History, Lifetime, MTV, NewsNAT, Nick, Parnt, SYFY, TBS, TCM, TLC, TNT, Travel, TV Land, USA, VH1. Rows: 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30.

FRIDAY EVENING

NOVEMBER 18, 2022

Grid of TV programs for Friday, Nov 18, 2022. Columns: Broadcast, Cable, A&E, AMC, Animal, BET, Bravo, Cartoon, Comedy, Discovery, Disney, E!, ESPN, ESPN2, Food, Freeform, FX, HGTV, History, Lifetime, MTV, NewsNAT, Nick, Parnt, SYFY, TBS, TCM, TLC, TNT, Travel, TV Land, USA, VH1. Rows: 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30.

SATURDAY EVENING

NOVEMBER 19, 2022

Grid of TV programs for Saturday, Nov 19, 2022. Columns: Broadcast, Cable, A&E, AMC, Animal, BET, Bravo, Cartoon, Comedy, Discovery, Disney, E!, ESPN, ESPN2, Food, Freeform, FX, HGTV, History, Lifetime, MTV, NewsNAT, Nick, Parnt, SYFY, TBS, TCM, TLC, TNT, Travel, TV Land, USA, VH1. Rows: 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30.

SUNDAY EVENING

NOVEMBER 20, 2022

Grid of TV programs for Sunday, Nov 20, 2022. Columns: Broadcast, Cable, A&E, AMC, Animal, BET, Bravo, Cartoon, Comedy, Discovery, Disney, E!, ESPN, ESPN2, Food, Freeform, FX, HGTV, History, Lifetime, MTV, NewsNAT, Nick, Parnt, SYFY, TBS, TCM, TLC, TNT, Travel, TV Land, USA, VH1. Rows: 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30.

MONDAY EVENING

NOVEMBER 21, 2022

Grid of TV programs for Monday, Nov 21, 2022. Columns: Broadcast, Cable, A&E, AMC, Animal, BET, Bravo, Cartoon, Comedy, Discovery, Disney, E!, ESPN, ESPN2, Food, Freeform, FX, HGTV, History, Lifetime, MTV, NewsNAT, Nick, Parnt, SYFY, TBS, TCM, TLC, TNT, Travel, TV Land, USA, VH1. Rows: 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30.

TUESDAY EVENING

NOVEMBER 22, 2022

Grid of TV programs for Tuesday, Nov 22, 2022. Columns: Broadcast, Cable, A&E, AMC, Animal, BET, Bravo, Cartoon, Comedy, Discovery, Disney, E!, ESPN, ESPN2, Food, Freeform, FX, HGTV, History, Lifetime, MTV, NewsNAT, Nick, Parnt, SYFY, TBS, TCM, TLC, TNT, Travel, TV Land, USA, VH1. Rows: 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30.



four (4) months from the date of the first publication (or posting) as described in (1)(A); or (2) Twelve (12) months from the decedent's date of death.

the Bedford County Chancery Court of Bedford County, Tennessee. All persons, resident and non-resident, having claims, matured or unmatured, against the estate are required to file the same with the Clerk of the above named Court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred: (1) (A) Four (4) months from the date of the first publication (or posting); or (B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors, if the creditor received an actual copy of this notice to creditors at least sixty (60) days before date that is four (4) months from the date of the first publication (or posting); or (2) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors, if the creditor received the copy of the notice less than sixty (60) days prior to the date that is

four (4) months from the date of the first publication (or posting) as described in (1)(A); or (2) Twelve (12) months from the decedent's date of death.

Date: 10/21/2022  
 Kerri Harvey  
 Administratrix  
 Curt M. Cobb  
 Clerk & Master

W. Andrew Bobo,  
 Bobo, Hunt & White  
 Attorney for the Estate  
 (November 8 & 15,  
 2022)

**Public Notice to Owner and/or Lien holder** of Abandoned or Unclaimed Vehicles. These vehicles will be sold on November 29, 2022 at 9:00 am at Mike's Towing and Recovery 833 North Jefferson Street, Shelbyville, TN 37160. To satisfy towing and storage charges if not claimed within 10 days of this notice:

- 2014 Chrysler** VIN# 1C3CCBAB2E123636
- 1999 Dodge** VIN# 1B4GP44G7XB544872
- 1972 Chevrolet** VIN# CCE332A179498
- 1971 Chevrolet** VIN# CE1401147583
- 2015 Ford** VIN# 1FAHP2F83FG171015
- 1998 Honda** VIN# 1HGCG2254WA021841
- 2004 Oldsmobile** VIN# 1G3NL52F74C133323
- 2004 Dodge** VIN# 1D4HB58N64F152414
- 2004 ISU** VIN# 4NUDS13SX42104430
- 2001 Chevrolet** VIN# 1G1ND52JX16212134
- 2004 Chrysler** VIN# 2C8GM68484R635975
- 2004 Ford** VIN# 1FAFP56S14A165198 (Nov. 15, 2022)

The Shelbyville Municipal Planning Commission will meet on 11/22/2022 in a Regular Session at 6:00 PM, Shelbyville Recreation Center, Meeting Room B, 220 Tulip Tree Road. Call City Hall with questions 931-684-9001. Agenda: 1.

Call to Order; 2. Roll Call; 3. Approval of Agenda; 4. Approval of Minutes from PC Meeting of October 27, 2022; 5. New Business: A. Consideration of a combination plat for two parcels located on the westside of Hwy 231 N., south of Decatur Street; B. Consideration of an application to combine four parcels on the north side of Warner Bridge Road; C. Consideration of an application for subdivision and lot combination for a property located north of Graydon Drive; D. Consideration of an application to combine two parcels located on the southside of Airport Business Park Road; 6. Adjourn. (Nov. 15, 2022)

**BARGAINS**

- 10 Gallon Shop Vac Used One Time \$50.00 931-842-0252
- 3 Wifi Extenders \$20 Each

**Surround Sound**  
 5 Speakers, \$40  
 931-981-8688

4 Drawer Filing Cabinet  
 4 Ft. 4 In. Tall - 3 Ft. Wide  
 \$40.00 931-842-0252

**6 Ft. Picnic Table**, \$250  
 With Antique Wrought Iron Frame Wood Top & Seats  
**Jack Daniel #7 Unused Sealed Bottle, JD Metal Sign, & 2 Old Posters**, \$150  
 931-581-4026

**Crock Pot**, \$50  
**Pressure Cooker**, \$60  
**Skechers Shoes**, \$25  
 Women's Size 8  
 Flexible Running Shoes  
 931-808-4460

**Dining Table**, \$50  
 Round Maple Wood  
**Recliner**, \$25  
 Brown Cloth  
**Antique Wooden Ship Clock**, \$50  
 With Metal Sails (Electric)  
 931-581-4026

Elkay brand kitchen sink. Red quartz. Brand new in box. \$500.00 new, will take \$200.00. Bought by

mistake and can't return it. Can send pictures. 931-580-5204

For Sale - Top Soil Good, Clean Dirt 931-639-0571 Ask for Gary

Generator Champion Model 201033 7500 Starting Watts 6000 Running Watts Bought 1/4/2022 Never Used, Put Gasoline in Only Three Times to Start (Last 9/5/2022) Receipt Included Plus Opened Box \$900, 931-580-9117

**Love Seat**, \$100  
 Beige in Color, Reclines  
**2 Pairs of Wrangler Pants**, \$30  
 Beige in Color, 42x30  
 931-842-6177

**New Portable Window Fans**, \$25 Each Still in Box  
**2-Cycle Engine Oil Weed Eaters**, \$75 Each  
**Gas-Powered Weed Eater Power Blower**, \$75  
**2 Munsey Buffet Range Burners**, \$30 Each  
**2 Brand New 11000 Window Air Conditioners**, \$125 Each, Still in Box 629-335-2383

**Victorian Love Seat & Chair**  
**48 Inch Sanyo TV**  
 931-409-1808



**NOTICE TO CREDITORS Estate of Vivian T. Harvey Deceased**

Notice is hereby given that on October 21 of 2022, Letters of Administration in respect of the estate of **Vivian T. Harvey** who died 9/19/2022 were issued to the undersigned by

Date: 10/19/2022  
 William Pittman  
 Administrator  
 Curt M. Cobb  
 Clerk & Master

John T. Bobo,  
 Bobo, Hunt & White  
 Attorney  
 (November 8 & 15,  
 2022)

# Holiday Fun with a Joyful POP

FAMILY FEATURES

With countless ways to enjoy the holiday season from decorating and hosting parties to wintertime activities, it's a perfect time to bring family and friends together for some festive fun. One simple ingredient can be your go-to for just about any tradition: popcorn, which is an inexpensive, versatile, whole grain that makes holiday occasions better.

Consider these simple seasonal ways you can let popcorn fuel your holiday adventures.

**Decorate**

Strings of popcorn and cranberries add a nostalgic touch to the family tree while making popcorn trees adds whimsy to the table. Before stringing popcorn, let it sit out for a day or two as freshly popped popcorn may be too fragile to thread without breaking. Push a threaded needle through the center of each kernel then pull the kernel to the end of the knotted thread, adding an occasional cranberry, if desired. Festive trees can be made using popcorn mixed with melted marshmallows then shaped and finished with sprinkles.

**Give It as a Gift**

If it's your turn to host this year's holiday party, popcorn makes for a perfect party favor. Pop up a delicious treat like these Cranberry Popcorn Balls, place them in pretty jars or neatly wrap them then finish each with a bow. For an added touch, include the recipe instructions and popcorn kernels in a separate container so your guests can make it at home.

**Enjoy It as a Snack**

Freshly popped popcorn is a simple and delicious snack to share after a day of shopping, caroling, sledding or decorating. You can take the holiday season up a notch with creative recipes like Gingersnap Popcorn Snack Mix, White Chocolate Peppermint Popcorn Bark and Easy, Elegant Holiday Popcorn. These treats are perfect for popping up in the morning so the snacks are ready once guests arrive.

Visit Popcorn.org to find more sweet, salty and savory holiday recipe ideas.

**Gingersnap Popcorn Snack Mix**

Yield: 2 quarts

- 2 quarts popped popcorn
- butter-flavored nonstick cooking spray
- 1/3 cup granulated sugar substitute
- 2 teaspoons ground ginger
- 1/2 teaspoon freshly ground nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/8 teaspoon freshly ground black or white pepper

Preheat oven to 325 F.

Spread popcorn on baking sheet and spray lightly with nonstick cooking spray.

In small bowl, combine sugar substitute, ginger, nutmeg, cinnamon, cloves and freshly ground pepper; sprinkle evenly over popcorn.

Spray again with nonstick cooking spray and toss to coat evenly. Bake 7 minutes and serve warm.



Gingersnap Popcorn Snack Mix



White Chocolate Peppermint Popcorn Bark

**White Chocolate Peppermint Popcorn Bark**

Yield: 1 pound

- 5 cups popped popcorn
- 12 ounces white chocolate baking chips, chopped white chocolate or white candy coating
- 1 cup crushed hard candy peppermints

Cover baking pan with foil or wax paper; set aside.

Place popcorn in large bowl; set aside.

In double boiler over barely simmering water, melt chocolate, stirring until smooth, or melt according to package directions.

Stir in crushed peppermints after chocolate is melted. Pour chocolate mixture over popcorn mixture and stir to coat. Spread onto prepared pan; cool completely.

When chocolate is cooled and set, break into chunks for serving. Store in airtight container at room temperature.

**Easy, Elegant Holiday Popcorn**  
 Yield: 8 cups

- 8 cups popped popcorn
- 1/2 cup milk chocolate chips
- 1/2 cup white chocolate chips
- candy sprinkles

On serving platter, spread popcorn in thin layer.  
 Over double boiler or in microwave, melt milk chocolate chips. Drizzle over popcorn.  
 Over double boiler or in microwave, melt white chocolate chips. Drizzle over popcorn.  
 Sprinkle candy sprinkles over warm, chocolate-coated popcorn. Allow drizzles to set until firm.

Easy, Elegant Holiday Popcorn



Cranberry Popcorn Balls

**Cranberry Popcorn Balls**

Yield: 18 balls

- 2 cups sugar
- 1 cup whole berry cranberry sauce, slightly mashed
- 1 tablespoon grated orange peel
- 1/2 cup cranberry juice
- 1/2 cup light corn syrup
- 1 teaspoon vinegar
- 1/2 teaspoon salt
- 5 quarts unsalted popped popcorn

In heavy saucepan, combine sugar, cranberry sauce, orange peel, cranberry juice, corn syrup, vinegar and salt. Bring to boil; lower heat and cook to 250 F on candy thermometer.

Mixture will bubble in pan; watch to keep from boiling over.

Pour slowly onto hot popcorn and mix until well-coated.

Let stand 5 minutes, or until mixture can easily be formed into balls.

Butter hands and form into 3-inch balls.