



Salute  
to FFA

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Tourneys  
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2022



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Vol. 142, No. 15

## From tragedy to stability



T-G Photos by Zoe Watkins  
Faith Tomlin with her mom Miranda Rhodig.



The Habitat Ball planning committee. From left, Eve Kincaid, Laura Pewitt, Maleah Claxton, Julie Sanders, Pam Birtcil, Linda Brown, and Sheri Heflin. Not pictured is committee member Betsy Wheeler.

## Habitat home recipient thankful

By ZOË WATKINS  
zwatkins@t-g.com

The 25th annual Bedford Builds Habitat for Humanity Ball was held Saturday night in Bell Buckle.

Dressed in their finest, guests enjoyed a dinner from the Bell Buckle Café, a silent and live auction, as well as a little dancing.

But the true “Cinderella moment” of the ball was when Kristin Faith Tomlin spoke about her story and the impact of Habitat for Humanity on her life personally.

“I’ve actually really never shared my story with anybody because it’s emotional,” she said.

Tomlin retold how she became pregnant while a freshman in high school. She was just 15 at the time and said she had “a long road ahead.”

Though afraid to tell them at the time, Tomlin said, “I was very grateful for all

► See **Habitat**, Page 2A

## Everyone’s seeing double in Eakin halls



T-G Photo by Zoe Watkins  
Back row, from left: Mason and Micah Grant, 1st grade; Isaiah and Hannah Cabrera-Morel, 1st grade; Kevin and Devin Bailey, 2nd grade; Elias and Emiliiah Andrews, 2nd grade. Front row: Lizabeth and Lizeth Velazquez, pre-K; Leigha and Andrea Smith, kindergarten; Ayliana and Kain Jones, kindergarten; Jael and Joel Quezada-Villano, 1st grade. Not pictured: Aniyah and Brycen Foxx, 4th grade; Edison and Matthew Cala, pre-K; Joslynn and Paxton Scivally, 1st grade.

### T-G STAFF REPORT

Deery Eakin Elementary School celebrated Twin Day Friday, and according to attendance clerk Sue Hasty, this is the most twins they’ve had in both the student body and among the faculty and staff.

In addition to the students, Eakin also has several faculty members who are a twin: Jeffrey McGee has a twin brother, Jason; Abby Davis has a twin brother Austin; Taylor Gibson has a twin brother, Tyler Stembridge; Jeannette Rorabaugh has a twin sister, Jacquelyn Applegate; Terri Denekas has a twin, Tammy Bruckner; Nida McGee has

► See **Eakin**, Page 2A

### NO MAJOR INJURIES

Both drivers escaped with only minor injuries when two vehicles collided Friday at the busy intersection of Highway 231 North, Highway 82 East, and Eady Road. Further information was not available from the Tennessee Highway Patrol.

T-G Photo by David Melson







James Farrar



Patricia Farrar



Blue Jay Farrar



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## BELL RINGER LUNCHEON



Several members of the Bedford County Farm Bureau Board of Directors recently attended the 2023 Tennessee Farm Bureau Federation Bell Ringer Luncheon at the Musicians Hall of Fame and Museum in Nashville. The “Bell Ringer Luncheon” is an opportunity to meet with lawmakers and enjoy a meal together. Guest speakers included TFBF President Eric Mayberry, Lt. Governor Randy McNally, and Speaker of the House Cameron Sexton.

Submitted photo

## Commission passes moratorium

### Affects all major subdivisions

By ZOË WATKINS  
zwatkins@t-g.com

The Bedford County Board of Commissioners met in a regular meeting last Tuesday to discuss and vote on the Regional Planning Commission’s proposed 6-month moratorium on all major subdivision applications.

This moratorium would give the planning commission more time to make amendments toward their comprehensive zoning plan.

The resolution passed 17-1 with Commissioner Greg Vick voting against the moratorium.

“I completely understand the desire of the planning commission to create the time and space to craft amendments to the zoning manual because those zoning manuals have to reflect our community,” Vick began.

However, amendments take place all the time. For

example, the commission has voted on at least 11 separate zoning amendments — which have multiple amendments within them—since 2010.

“As you know, not once have we ever issued a moratorium in the history of Bedford County. So why are we now asking our craftsmen and small businessmen to sacrifice their livelihoods and quality of life when it appears we can solve these problems on a case-by-case basis?” said Vick.

During the meeting, he said if the moratorium is issued, the county will be “taking food out of the mouths” of the 90 or so people it takes to build a home as well as delaying people from purchasing or selling a house. This will especially, according to Vick, affect the small businesses and self-employed, not the “big contractors.”

“Construction is the

single largest employers here in Bedford County. It touches everyone. And this is a short-sighted solution which has nothing but long-term consequences,” Vick said. “When we are overreaching—and that’s exactly what this resolution is doing, we’re dictating where we don’t have a right...”

This is a moratorium for all major subdivisions, which are defined as subdivisions with more than five lots. Applications already submitted prior to this moratorium will go through as planned.

Zoning director Chris White said the idea for the moratorium did arise from the planning commission and was sparked by the recent planned unit development (PUD) application they received for the Longview Road area last year. White said the idea was to give the commission time to “retool” and give the commission something

that the high-density PUDs achieve in a more “palatable” way.

White added that if they get through the amendments quickly — which they are on track to do — they would like to lift the moratorium as quickly as possible.

“You’re not going to go through it without having some impact on the local community and the business community. But at the same time, it does create time and space,” said White.

Commissioner Linda Yockey, who sits on the planning commission, said, “I don’t think any of us want to go through what we went through several commissions ago with the PUD situation. So, the planning commission looked at this and thought, ‘We need a time out.’ And this is more comprehensive than just sending through one change here and then another change here.”

## Tennessee Quit Week

NASHVILLE – The Tennessee Department of Health joins partners across the state for the eighth annual Tennessee Quit Week, Feb. 20 to 24, to encourage Tennesseans who want to quit using tobacco products and to take advantage of the state’s free resource, the Tennessee Tobacco QuitLine, 1-800-QUIT-NOW.

“We know more than 11,000 Tennesseans die each year from smoking-related illnesses,” said Tennessee Health Commissioner Ralph Alvarado, MD, FACP. “Help is available for those who want to make it a priority to live healthier lives, and are ready to quit smoking, vaping, or using tobacco products.”

Cigarette smoking is the leading cause of preventable death and disability in the U.S. and annual healthcare costs in Tennessee directly caused by smoking are \$3.10 billion.

Besides calling 1-800-QUIT-NOW, Tennesseans can text “QUIT” to 615-795-0600 or access [www.tnquitline.com](http://www.tnquitline.com) for free coaching and nicotine replacement patches, if eligible.

“It’s Quittin’ Time in Tennessee” information and resources are at Tennessee Quit Week 2023. All services are free to Tennesseans and can double a tobacco user’s chance of quitting successfully.

Pregnant women who smoke are encouraged to contact their local health department to learn about the Baby and Me – Tobacco Free™ Program for education and support, and participants can earn free diapers each month for up to one year.

## COOPER CHRISTIAN ACADEMY



This is a school rendering for the new Cooper Christian Academy location at 309 Madison Street, which will open in the Fall of 2026. While the new building is under construction, they are using rooms at First Christian Church. They will be teaching kindergarten through 2nd grade, adding a grade very year. For more information, call (931) 488-5111.

## Senate bills pass through committees

The Tennessee Senate is officially in full swing and legislation has begun to advance through committees and pass on the Senate floor.

I had an exceptionally busy week with meetings both in my office as well as in the committees (Commerce, Agriculture and Healthcare) Not to mention I attended great receptions hosted by the Municipal Electrical Utilities and the Tennessee Bankers Association.

I passed a few bills through committee this past week:

SB0845, which terminates the water and wastewater financing board and the utility management review board and creates new Tennessee board of utility regulation in the office of the comptroller of the treasury. Making government more efficient.

SB0676, which is a cleanup bill for the banking industry.

I also had the honor of chairing the Senate Health & Welfare Committee this



Shane Reeves

week. I am thankful that Chairman Crowe allowed me to take the lead. During that meeting we passed SB680, which makes it easier for TennCare patients to receive telehealth services.

I met with a number of constituents this week from Rutherford, Moore, and Bedford counties. Thank you everyone who came to visit.

As always, feel free to call my office at 615-741-1066 with any questions or concerns, or if you would like to come meet in Nashville.

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Consumer Lending Manager  
Heritage South  
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# Taking precautions in case of falls

**Dear Heloise:** I recently saw a hint that someone had sent in regarding the elderly taking their showers and being unprotected should they fall. The person said that what she does is take her phone in the bathroom with her. When I thought of this, my only concern was that if I have fallen, I will not be able to reach my phone on the sink counter. So, what I have started to do is put my phone on the floor next to the door! If I were to fall, I would most likely be able to scoot toward the phone. -- M.B., via email



Hints from Heloise

Bulverde, Texas

## PARCHMENT PAPER

**Dear Heloise:** When freezing homemade bread or other items, I slice them in sections, and then put parchment paper between the sections. That way, I am able to easily remove each section. They come right out, with no sticking.

PS: I enjoy your columns. -- Martha S., Rutland, Vermont

## ORGANIZING COUPONS

**Dear Readers:** If you have lots of coupons that you want to use, to make it easier on yourself, organize them beforehand in one of these three ways: by expiration date; by categories, such as dairy, canned goods or cereals; or by store aisles. This will help to make your shopping trip easier and faster. -- Heloise

## GET BREAD CRUMBS FAST

**Dear Readers.** If you discover you need bread crumbs for a recipe, and you don't have any, you can use these substitutes: Take commercially packaged croutons, corn flakes or non-sugared breakfast cereal, and crush them for your recipe. -- Heloise

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

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Send Community Calendar items to tgnews@t-g.com, notify us on Facebook, call 931-684-1200 or stop by our office, 323 E. Depot St.

## TODAY

### County committees

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

### Bell Buckle history

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

## FRIDAY

### Benefit play

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

## SATURDAY

### Wartrace Alumni Game

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

## SUNDAY

### Spaghetti fundraiser

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

### Benefit event

A benefit for Polly "Susie" Bearden, former owner of West Lane Market, will begin at 12 noon Sunday, Feb. 26,

## COMMUNITY CALENDAR

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

at The Hitching Post, 1926 Warners Bridge Road. Cornhole and pool tournaments are scheduled.

## MONDAY

### Wartrace board

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

## FEB. 28

### County Financial Committee

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

### Planning Commission

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

## MARCH 4

### Car show

The Golden Eagles Classic Car Show is scheduled Saturday, March 4, from 9 a.m.-1 p.m. at Shelbyville Central High School. Food trucks will be present.

## MARCH 7

### Commodities

A commodity food

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

## ONGOING

### Healthier Me program

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

### Meals on Wheels

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

### Soup kitchen

Shelbyville Community Soup Kitchen serves meals from 3:30-5 p.m. Tuesdays and Thursdays at 336 S. Cannon Blvd.

(corner of South Cannon Boulevard and Pickle Street). Donations may be made to Shelbyville Community Soup Kitchen, P.O. Box 2259, Shelbyville, TN 37162, and are tax deductible under its 501c3 non-profit designation.

Boxed non-perishables are available. Takeouts are no longer distributed.

### Head Start

Bedford County Head Start Centers are currently taking applications. For more information or to complete an application contact any Head Start Center. Phone numbers are: Wartrace 931-389-6406, Harris Head Start 931-773-0033, North Side Head Start Center 931-773-0141, and Bedford Early Head Start 931-685-0876. Head Start is a free child development program for children 6 weeks to 3 years and their families. Early Head Start enrolls pregnant women for monthly prenatal educational visits.

### Celebrate Recovery

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

## BLACK HISTORY MONTH

# Black family honored as pioneer farmers

By CHRIS GADD  
The Tennessean

FRANKLIN (AP) — The Hatcher family is officially a "Pioneer Family" in Williamson County.

That designation, bestowed by the county library after exhaustive research, means the family's roots stretch back to at least 1850. It's among the reasons the Hatchers have been honored in recent weeks.

Another is this: In less than a century, the descendants of Ned and Maria Hatcher — slaves to white landowner John Hatcher — transitioned from a background of enslavement to become the owners of almost 200 acres in the College Grove area of Williamson County.

The land was owned by Meredith Hatcher, son of Ned and Maria. Meredith's grandson recalled the man, giving a glimpse into how he was able to achieve so much in the segregated South.

"At the time my grandfather Meredith Hatcher bought the farm, it was unusual for Blacks to own their own farms," wrote grandson Elder Hatcher, noting Meredith bought the 183-acre farm for about \$25,000 in the 1920's. "So it was very unusual

for a Black to be able to purchase that much land and borrow that much money to purchase a farm."

Elder described Meredith as "good-hearted" and "hard-working" as well as "very tight."

"If he had a dollar, he would save half of that dollar," Elder said. "He always talked about being productive and saving and putting up things for the rainy day, as he would call it."

The Hatchers' land ownership is a success story amid a history of Black families losing millions of acres of land within a few generations.

The Hatcher family was honored this month at the 22nd Annual Black Tie Affair, a Franklin fundraiser presented by the African American Heritage Society of Williamson County.

The county library also has a pictorial history display set up with the help of family and the library's special collections department.

The stated mission of the African American Heritage Society, established in 1997, is to "collect, preserve, and interpret artifacts pertaining to Williamson County's African American culture and increase understanding and appreciation of our

heritage for future generations."

Annually, the African American Heritage Society researches and compiles records "without blame or malice" to tell the entire story, according to Alma McLemore, the society's president. This year the spotlight was on the Hatcher family, which recently visited in groups at the Williamson County Public Library to see their family's honorary display.

Rev. Jasper Hatcher, Sr. bought more land in the 20th century, bringing his family's total land holdings to over 200 acres.

Jasper Hatcher was honored in September with a highway memorial on Murfreesboro Road in Arrington. The reverend talked about his family and their values before his 2020 death.

"They had a will to live, to work, mostly to work. And they had love for the family. They had time for their neighbor...to help a neighbor," Jasper Hatcher said.

The Hatcher family pictorial exhibit can be viewed at the Williamson County Public Library, 1314 Columbia Ave. in Franklin.

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AG NOTES

By JOHN TEAGUE  
UT/TSU Extension

EGG PRICES

There have been some rumors going around about conspiracies to raise egg prices. Dr. Tom Tabler, our UT Poultry specialist, put this out and I want to share it.

He said “Egg prices are high but it’s not a conspiracy. It’s mainly avian influenza and inflation with some help from the cage-free laws and consumer eating habits. Approximately 43 million laying hens have been lost to avian influenza in the last year. The industry is replacing these birds but it takes time. It takes roughly 6 months from the time a chick hatches until she is old enough to lay eggs.

Inflation has driven up the cost of feed, fuel, labor, and transportation. Cage-free laws mean fewer hens in each house vs. a cage house. Fewer hens mean fewer eggs. It’s simple supply and demand. As a country, we consume more eggs than we did a decade ago. Also, the weather was bitterly cold back around Christmas and many backyard chickens quit laying eggs and used the energy they were putting in their eggs for self-preservation. These backyard birds should come back in production as the weather warms and daylength increases heading into spring.

All these factors occurring at the same time created a “perfect storm” that drove egg prices to record levels in December. While prices are falling now, additional laying hen losses to avian influenza could change that.”

Please remember to practice good biosecurity because we are not out of the woods with avian influenza yet. Spring migration of wild birds back north in the near future will likely result in additional avian influenza cases. Best to keep the home flock chickens up for protection from exposure to these wild birds.

EQUIPMENT SALE

The equipment sale at the Bedford County Ag Center will be held Saturday, February 25. The sale will begin at 9 am. Consignments can be brought in starting Wednesday, February 22 at 8 a.m., and will be received through Friday, February 24.

For more information contact Bob Morton at 931-842-1234.

BLACK VULTURES

These critters are destructive. While it is true they help clean up road-kills, they do more harm than many people know. They have killed many baby animals, especially calves, during the birth process. And they have also killed the defenseless mothers as well.

They are also destructive to roofing, electrical structures, and other structures. But there is a problem associated with their

control.

They are protected under the Migratory Bird Treaty so it takes a special permit to take any of them legally. There is a move in Congress to help with legally removing them. I have been asked to receive complaints and send to the South-Central Tennessee Development Agency. You may send these to me by email to jteague1@utk.edu

Make a short and to the point statement about your black vulture problem. Remember, short and to the point. The congressional staff will not focus on a long message. They simply don’t have the time. These will be compiled and sent to the various committees that can have effect on changes. The deadline for these messages is March 1.

DROUGHT DAMAGE

The Tennessee cattle and calf inventory for January 1, 2023 was estimated at 1.68 million head according to the Tennessee Field Office of the USDA’s National Agricultural Statistics Service. Total inventory was down 80,000 head from last year.

Cows and heifers that have calved were estimated at 870,000 head, down 50,000 head from the 920,000 for 2022. Beef cow inventory was estimated at 844,000 head and milk cows were estimated at 26,000 head. Tennessee cattle and calf inventory for the past two years is down 120,000 head.

There were 89.3 million head of cattle and calves on U.S. farms as of Jan. 1, 2023, according to the Cattle report published today by the U.S. Department of Agriculture’s National Agricultural Statistics Service (NASS).

Other key findings in the report were: Of the 89.3 million head inventory, all cows and heifers that have calved totaled 38.3 million. There are 28.9 million beef cows in the United States as of Jan. 1, 2023, down 4% from last year. The number of milk cows in the United States increased to 9.40 million. The 2022 U.S. calf crop was estimated at 34.5 million head, down 2% from 2021. All cattle on feed were at 14.2 million head, down 4% from 2022.

THE KIDS

Ford is having a good spring season in soccer. His little team won their first tournament last weekend. This weekend they came up short one score, but they are learning and having fun.

Hank made his baseball team at his school, so now he is on the school team and also a travel team. That’s a lot of baseball. But the number one rule is the grades have to come to be able to play, and he’s made good grades all year.

Piper just got her baby chickens, and they are chirping along. This is an experiment for her and mom and dad! All of them have a lot to learn...we’ll see how this turns out!

Bird flu costs pile up as outbreak enters second year

By JOSH FUNK  
Associated Press

OMAHA, Neb. — The ongoing bird flu outbreak has cost the government roughly \$661 million and added to consumers’ pain at the grocery store after more than 58 million birds were slaughtered to limit the spread of the virus.

In addition to the cost of the government response that the USDA tallied up and rising prices for eggs, chicken and turkey, farmers who raise those animals have easily lost more than \$1 billion, said an agricultural economist, though no one has calculated the total cost to the industry yet.

The bad news is that with the outbreak entering its second year and the spring migratory season looming, there is no end in sight. And there is little farmers can do beyond the steps they have already taken to try to keep the virus out.

Unlike past years, the virus that causes highly pathogenic avian influenza found a way to survive through the heat of last summer, leading to a rise in cases reported in the fall.

The outbreak is already more widespread than the last major bird flu outbreak in 2015, but it hasn’t proven as costly yet partly because the government and industry applied lessons learned eight years ago.

“The past year has been devastating for the turkey industry as we experience, unequivocally, the worst HPAI (highly pathogenic avian influenza) outbreak in the industry’s history,” National Turkey Federation

spokeswoman Shelby Newman said.

In the current outbreak, 58.4 million birds have been slaughtered on more than 300 commercial farms in 47 states. That is because any time the virus is detected, the entire flock on that farm — which can number in the millions — must be killed to limit the spread of the disease. Only Hawaii, Louisiana and West Virginia have yet to report a case of bird flu. Iowa — the nation’s biggest egg producer — leads the nation with nearly 16 million birds slaughtered.

In 2015, about 50 million chickens and turkeys were slaughtered on more than 200 farms in 15 states.

That previous outbreak remains the most expensive animal health disaster in U.S. history. The federal government spent nearly \$1 billion to deal with infected birds, clean up barns and compensate farmers. It cost the industry roughly \$3 billion as farmers incurred additional costs and lost money when they didn’t have any birds on their farms.

This bills continue to pile up this year as cases spread, and that includes the cost to consumers.

Egg prices shot up to \$4.82 a dozen in January from \$1.93 a year earlier, according to the latest government figures. That spike prompted calls for a price-gouging investigation although the industry maintains that the combination of bird flu and significantly higher feed, fuel and labor costs is what’s driving prices

so high.

The price for a pound of chicken breast was \$4.32 in January. That’s down slightly from last fall when the price peaked at \$4.75, but it is up significantly from the year before when chicken breasts were selling for \$3.73 per pound.

The Bureau of Labor Statistics doesn’t track retail turkey prices the same way as part of its inflation data, but the Agriculture Department says the wholesale price of turkey went from \$1.29 per pound last January just before the bird flu outbreak began to \$1.72 per pound last month.

The number of birds slaughtered peaked last spring at almost 21 million in March, leaving farmers leery of what they must face in the months ahead. University of Georgia virus researcher David Stallknecht said there is some hope that this spring might not be quite as bad because turkeys and chickens may have developed some immunity to the virus.

The key problem with bird flu is that the highly contagious virus is spread easily by wild birds through their droppings and nasal discharges. Despite the best efforts of farmers, it is hard to keep the virus out.

Farmers have gone to great lengths by requiring workers to shower and change clothes before entering barns, sanitizing trucks that enter a farm and investing in separate sets of tools for every barn. Some farms have even upgraded barn ventilation and installed laser systems to discourage

wild birds from congregating.

“We recommend all producers redouble their efforts to protect their birds through good biosecurity practices,” said Lyndsay Cole, a spokeswoman for the USDA’s Animal and Plant Health Inspection Service that’s leading the government’s response.

Farmers began following those steps after the 2015 outbreak, and this outbreak has only reinforced the need to tighten biosecurity.

“America’s egg farmers continue to double-down on biosecurity protocols to protect our flocks and maintain a stable egg supply. We are grateful that there has been little to no farm-to-farm spread in this current outbreak,” said Oscar Garrison, senior vice president of food safety and regulatory affairs at the United Egg Producers trade group.

Poultry and egg producers, partnering with the government, are parsing this outbreak for new lessons in keeping birds healthy.

“That’s really the key — early detection. It’s kind of like a forest fire — the earlier you detect it, the easier it is to contain and eradicate,” National Chicken Council spokesman Tom Super said.

Officials say bird flu doesn’t represent a significant threat to human health. Human cases are extremely rare and none of the infected birds are allowed into the nation’s food supply. And properly cooking poultry to 165 degrees Fahrenheit will kill any viruses.

Specialty crop grants now available

The Tennessee Department of Agriculture (TDA) is now accepting applications for the United States Department of Agriculture (USDA) Specialty Crop Block Grant Program (SCBGP).

SCBGP funds are granted to enhance production and competitiveness of specialty crops, including fruits and vegetables, dried fruits, tree nuts, honey, floriculture, and other nursery crops.

“With the diverse range of crops produced throughout Tennessee, I’m proud that we can offer this program to further enhance the value of our specialty crops,” Agriculture Commissioner Charlie Hatcher, D.V.M. said. “If you have an education or research-driven project in mind, we encourage you to reach out to our office to learn more about this opportunity.”

The grant program supports initiatives that directly affect multiple Tennessee producers and provide a learning foundation for future generations of specialty crop growers. Producers, universities, institutions, cooperatives, industry, and community-based organizations are eligible to apply.

“SCBGP has been instrumental in our ability to promote Tennessee farmers, increase access to local produce, and boost rural and urban farmers markets and growers,” Nourish Knoxville CEO Charlotte Tolley said. “By providing multi-year funds for our Nourish Kids program, we have been able to form lasting partnerships with regional farmers markets and organizations. This has

helped expand programs for children and families to learn about locally grown produce while increasing revenue for specialty crop farmers.”

To submit a proposal for funding, download and complete the TDA applicant information sheet and the 2023 project template. Applicants must email completed paperwork to tn.scbg@tn.gov no later than close of business on

March 15, 2023. First-time recipients have a funding limit of \$25,000.

The project template, performance measures, and information required to apply are available online at [www.tn.gov/agriculture/businesses/business-development/scbg.html](http://www.tn.gov/agriculture/businesses/business-development/scbg.html). For more information about the USDA Specialty Crop Block Grant Program, email [tn.scbg@tn.gov](mailto:tn.scbg@tn.gov).

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U.S. Navy photo via AP

Sailors assigned to Explosive Ordnance Disposal Group 2 recover a high-altitude surveillance balloon off the coast of Myrtle Beach, S.C., on Feb. 5,

# Why balloons are now in public eye – and military crosshairs

By **ELLEN KNICKMEYER**  
Associated Press

WASHINGTON — Wafting across the United States and into the attention of an alarmed national and global public, a giant Chinese balloon has changed Americans’ awareness of all the stuff floating in the air and how defense officials watch for it and respond.

President Joe Biden said Thursday that the U.S. is updating its guidelines for monitoring and reacting to unknown aerial objects. That’s after the discovery of a suspected Chinese spy balloon transiting the country triggered high-stakes drama, including the U.S. shootdowns of that balloon, and three smaller ones days later.

Biden said officials suspect the three subsequent balloons were ordinary ones. That could mean ones used for research, weather, recreational or commercial purposes. Officials have been unable to recover any of the remains of those three balloons, and late Friday the U.S. military announced it had ended the search for the objects that were shot down near Deadhorse, Alaska, and over Lake Huron on Feb. 10 and 12.

In all, the episodes opened the eyes of the public to two realities.

One: China is operating a military-linked aerial surveillance program that has targeted more than 40 countries, according to the Biden administration. China denies it.

Two: There’s a whole lot of other junk floating up there, too.

A look at why there are so many balloons up there — launched for

purposes of war, weather, science, business or just goofing around; why they’re getting attention now; and how the U.S. is likely to watch for and respond to slow-moving flying objects going forward.

## Why are they there?

Some are up there for spying or fighting. Humans have hooked bombs to balloons since at least the 1840s, when winds blew some of the balloon-borne bombs launched against Venice back on the Austrian launchers. In the U.S. Civil War, Union and Confederate soldiers floated up over front lines in balloons to assess enemy positions and direct fire.

And when it comes to peacetime uses, the cheapness of balloons makes them a favorite aerial platform for all kinds of uses, serious and idle. That includes everything down to “college fraternities with nothing better to do and \$10,000,” joked Rep. Jim Himes of Connecticut, the ranking Democrat on the House Intelligence Committee.

Himes’ role on the committee involved him in a congressionally mandated intelligence and military review of the most credible of sightings of unidentified aerial phenomena, or UFOs. That review also drove home to him and other lawmakers ”how much stuff there is floating around, in particular balloons,” Himes said.

For the National Weather Service, balloons are the main means of above-ground forecasting. Forecasters launch balloons twice daily from nearly 900 locations around the world, including nearly 100 in the United

States.

High-altitude balloons also help scientists peer out into space from near the edges of the Earth’s atmosphere. NASA runs a national balloon program office, helping coordinate launches from east Texas and other sites for universities, foreign groups and other research programs. School science classes launch balloons, wildlife watchers launch balloons.

Commercial interests also send balloons up — such as Google’s effort to provide internet service via giant balloons.

And \$12 gets hobby balloonists — who use balloons for ham radio or just for the pleasure of launching and tracking — balloons capable of getting up to 40,000 feet and higher.

That’s roughly around the altitude that the U.S. military says the three smaller balloons were at when U.S. missiles ended their flights.

Most pilots probably wouldn’t even be aware of a collision with such a balloon, said Ron Meadows, who produces balloons — with transmitters the size of a popsicle stick — for middle schools and universities to use for science education.

All it “does is report its location and speed,” Meadows said. “It’s not a threat to anyone.”

Among hobby balloonists, there are suspicions that a balloon declared missing by the Northern Illinois Bottlecap Brigade was one of the ones shot down, as the publication Aviation Week Network first reported. White House National Security Council spokesman John Kirby said

Friday the administration was not able to confirm those reports

And it’s not just the United States’ Mylar, foil and plastic overhead. Wind patterns known as the Westerlies sweep airborne things ranging from Beijing’s tailpipe soot and the charred chunks of Siberian forest fires swinging over the Arctic and into the United States. China says its big balloon was a meteorological and research one that got picked up by the Westerlies. The U.S. says the balloon was at least partly maneuverable.

## Why now?

Short answer: Because we are just now looking for them.

Balloons’ rise to global prominence got a lift starting in the past few years. Congress directed the Director of National Intelligence to pull together everything the government has learned about unidentified aerial phenomena. That included creating a Defense Department UAP task force.

Last year, in the first congressional hearing on unidentified airborne objects in a half-century, Scott W. Bray, the deputy director of Naval intelligence, told lawmakers that improved sensors, an increase in drones and other non-military unmanned aerial systems, and yes, “aerial clutter” including random balloons were leading to people noticing more unidentified airborne objects.

That awareness kicked into overdrive this month, after the U.S. military and then the U.S. public spotted the Chinese

balloon floating down from the High North. While the U.S. says previous Chinese balloons have entered U.S. territory, this was the first one of them to slowly cross the United States in plain view of the public.

That balloon, and what had been growing official awareness of a Chinese military-linked balloon surveillance campaign that had targeted dozens of countries, led U.S. officials to change radar and other sensor settings, screening more closely for slow-moving objects in the air as well as fast ones.

## Modified responses

Post big Chinese balloon, U.S. defense officials are expected to keep up broader monitoring so that balloons remain on the radar, but fine-tune the response.

Biden’s order to the Air Force to shoot down the three smaller airborne objects with Sidewinder missiles left him fending off Republican accusations he was too trigger-happy. Biden says all four shootdowns were warranted since the balloons could have posed dangers to civilian aircraft. Hobby balloons with payloads of only a few pounds are not covered by many FAA airspace rules.

Biden says the U.S. is developing “sharper rules” to track, monitor and potentially shoot down unknown aerial objects.

He directed national security adviser Jake Sullivan to lead an interagency team to review the procedures.

# Smallmouth bass harvest discussed by TWRA

## TWRA MEDIA RELEASE

The Tennessee Fish and Wildlife Commission discussed various programs, elected its officers for 2023-24 and honored four outgoing commissioners at its February meeting which concluded Friday at the Tennessee Wildlife Resources Agency’s Region II Ray Bell Building.

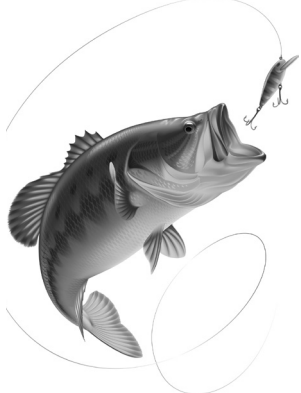
Brandon Simcox, TWRA River and Stream Coordinator, gave a presentation on smallmouth

bass harvest on Tennessee streams. Objectives of the project were to estimate fishing mortality, release/harvest rate, who the anglers are, and for evaluating regulations. A total of 13 representative rivers and streams were selected for the sampling.

So far, 87 smallmouth bass have been caught for the study. Ten out of 67 that were legal to harvest averaged 14 inches in length. Zero out of 20 would

have been harvested if legal (occurred in East Tennessee streams), The fish caught were an average of 3.5 miles from release location. The majority of the fish were caught on artificial baits, and most were caught April-June. Anglers were highly satisfied with their fishing experience, rating an average of 4.2 out of 5. Going forward, six additional streams will be sampled in 2023.

TWRA Fisheries Division Assistant Chief Jason Henegar gave a preview of TWRA’s involvement in Bassmaster Classic in Knoxville March 24-26. The Agency will facilitate fish care and



release and water risk management. Agency staff will also promote the Bill Dance Signature Lakes and have educational materials at the Outdoor Expo and the TVA booth.

The 2019 event, which was also hosted

in Knoxville, attracted a crowd of almost 154,000 from across the United State and multiple countries. The classic had a \$32.2 million impact for Knoxville and East Tennessee.

TWRA Bird Conversation Coordinator David Hanni reported on a proposal to make Nashville an Urban Bird Treaty City (UBTC). Goals of the program are to support partnerships of public agencies, non-government organizations (NGOs) and local communities to conserve birds in urban areas.

The program includes protection, restoration, and enhancement of urban habitats for birds, reduction of urban hazards, education, and engagement in caring for and conserving urban birds and their habitats. TWRA has been working in partnership with Davidson County to submit the treaty application to the United States Fish and Wildlife Service (USFWS) in mid-February.

Dr. Dave Buehler of the University of Tennessee gave a summary of quail capture efforts and preliminary findings from the Quail Research Project being conducted on several Wildlife Management Areas (WMAs). The vision of the

project is to make WMAs focal areas for quail habitat. There is a comprehensive enhancement plan for each of the focal areas.

An overview of TWRA’s R3 (Recruitment, Retention, Reactivation) and marketing efforts was given. R3 is an initiative to get people outdoors to take advantage of the natural resources Tennessee has to offer, and the Agency has continued efforts to keep people hunting and fishing.

Tommy Woods (Piney Flats) was elected as the chairman after serving as vice chairman the past year. Jimmy Granbery (Nashville) moved into the vice chairman role after serving as secretary, and Chris Devaney (Lookout Mountain) is the new commission secretary.

The TWRA also honored members of the Commission who are completing their appointments. Chairman Angie Box (Jackson), Brian McLerran (Moss), and Kent Woods (Kodak) are completing their six-year appointments while Steve Jones (Clinton) served four years. Former commissioner Jim Ripley, who resigned his position last summer after being elected as a circuit court judge in East Tennessee, was also recognized.

## Deputy Director Open Position

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

Shelbyville Housing Authority  
PO Box 560  
Shelbyville, TN  
APPLICATION DEADLINE: FEBRUARY 28<sup>TH</sup>, 2023

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

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

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## PUBLIC NOTICE

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

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

Kay Parker, City Treasurer







# Congratulations, FFA!

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Submitted photos

Through career and leadership development events, participating FFA members in grades 7 to 12 are challenged to develop critical thinking skills and effective decision-making skills, foster teamwork and promote communication while recognizing the value of ethical competition and individual achievement. CDE and LDE events occur at the local, state and national levels. In recent years, the FFA organization offered career and leadership challenges so that members could explore, create and demonstrate skills learned in the areas of agriculture, food, and natural resources. Congratulations to all of the members who have participated in these challenges.



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## Happy FFA Week!



The future of FFA at Shelbyville Central High School is brighter because of Helena!  
Helena's favorite thing about FFA: "FFA has the ability to change someone's life. You learn skills that will last you a lifetime such as leadership, teamwork, and achieving personal goals. FFA isn't selfish, it's about believing in others and building others up. It provides a future for those that don't believe they have one."

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# 25<sup>th</sup> Annual Habitat Ball

The Silver Anniversary for the Habitat for Humanity Ball took place on Feb. 18. See more pictures in Saturday's Times-Gazette.

T-G Photos by Zoe Watkins



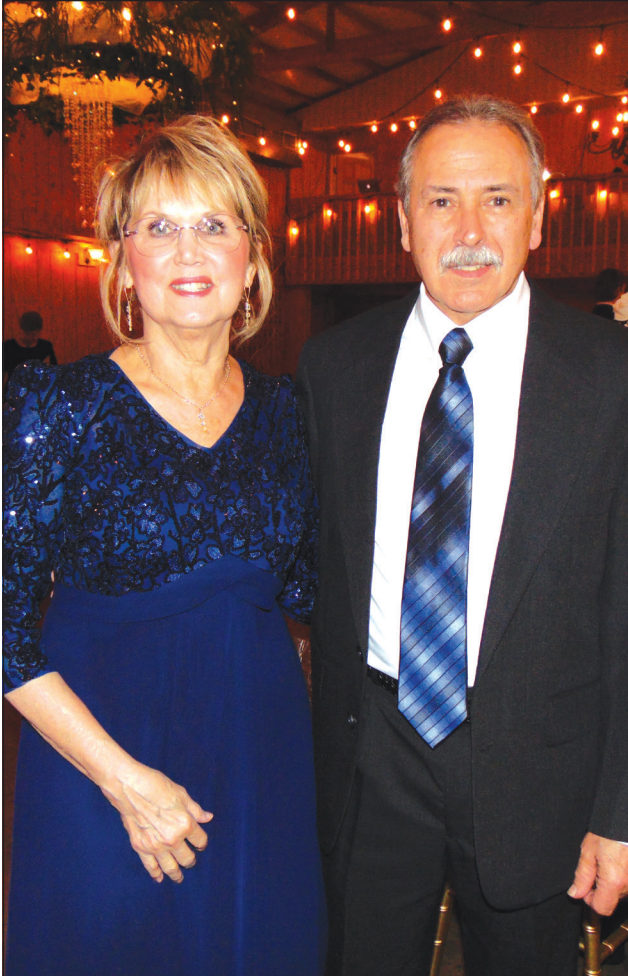
Sharon Driscoll with John and Rebecca Tomes



Helping with the silent auction are Linda Brown and Sheri Heflin.



Tiffany and Brian Stanley



Jennifer and Mark Thompson



Tiffany Graves and Jillian Carothers



Cole Krieg and Lexi Landers



Shontelli Head and Rob Robes



Michelle and Darin Hasty



John Brophy, Christine Gagnon, and Marie and Don Taylor



Linda and Dawson Hasty



Linda Nichols and Wanda Holt



Kelsey and Chaz Floyd



# Eagles' comeback held off by Coffee County



Isah Alexander pulls up for a foul-line jumper against Coffee County on Saturday night.

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

MANCHESTER —

After trailing by double figures in the first half, Shelbyville Central battled back against host Coffee County in the District 6-AAAA consolation game on Saturday night and tied the game at two different points in the fourth quarter.

But a string of three-pointers by Coffee County's Dayne Crosslin fended off the Eagles' comeback bid as the tournament hosts finished third in the tournament with a 60-52 win over the Eagles.

Early on, it was an all-out struggle against Coffee County's full-court press, that allowed the Red Raiders to build a 20-7 lead after the first frame.

Shelbyville Central struggled to break the press and turned the ball over which led to several points for Coffee County.

Even into the second frame, the Eagles struggled to match the Red Raiders' scoring until late in the half when the Eagles were able to get a handful of baskets to fall.

Still, Coffee County led 30-19 at the break.

By halftime, Kyler Trice had knocked down three three-pointers and had 11 of the Eagles' 19 points.

But into the third

► See **Eagles**, Page 2B



Joe Harris drills a corner three-pointer. Harris hit a handful of key shots as the Eagles were able to close the gap on the Red Raiders in the third quarter.



Shelbyville Central's lone senior Jadyn Lee connected on three 3-pointers against Franklin County Friday night.

# Short-handed Eaglettes fall in consolation

By **GARY JOHNSON**  
gjohnson@t-g.com

MANCHESTER - A short-handed Eaglette squad fell short in the District 6-AAAA consolation game with a 61-46 loss to Franklin County on Friday night.

Shelbyville Central, playing with only seven players dressed out, fought till the end and led 10-9 after the first quarter and posted a 23-20 advantage at halftime.

"I admire our battle in dealing with adversity. Not having (Sammie Brown) available and only one day to prepare for that really limited us. You could really see her absence on the defensive backboards," Eaglette coach Kyle Turnham said.

"We needed some people to step up in her absence and it didn't happen."

Franklin County took over the game in the second half and outscored the Eaglettes by 18 points.

"I thought the difference in the game was our inability to control the defensive glass. Our first shot defense was solid, but our lack of detail and physicality on box outs really hurt us," Turnham said.

"It seemed like every

time we'd force a missed shot, Franklin County would come up with an offensive rebound to score, get fouled or extend plays," Turnham said.

"In addition, we needed to be more efficient at the free throw line. We left seven points on the floor there and that really hurts. Those missed free throws make it a five-point game and that hill isn't quite as steep to climb back up."

Franklin County cashed in on nine 3-pointers, including five in the fourth quarter.

"We just couldn't get enough stops in the second half," Turnham said, "Their offensive rebounding and 3-point shooting really came through for them."

Baylor Russell led the winners with 18 points.

Lilly Brown scored 11 for Shelbyville Central.

The Eaglettes will play in the region tournament on Friday night.

Shelbyville Central 10 13 8 15 — 46  
Franklin County 9 11 18 23 — 61  
Shelbyville Central: Jayden Lee 9, Jaz Western 3, Yasmine McFarland 6, Paige Blackburn 6, Lilly Brown 11, Lanaya Young 14.  
Franklin County: Holman 8, King 12, Russell 18, Walker 11, Stovall 8, Kennedy 4.  
3-Point goals: Franklin County (9): Holman 2, King 2, Russell 2, Walker 2, Stovall; Shelbyville Central (8): Lee 3, McFarland 2, Blackburn 2, Western  
Halftime - Shelbyville Central 23, Franklin County 20.



Lanaya Young (left) was named to the District 6-AAAA All-Tournament team and Paige Blackburn was named District 6-AAAA All-District.

# Champs down Vikes in semis

By **RICKEY CLARDY**  
Sports Writer

CHAPEL HILL — The Cascade Champions led the Community Vikings by 10 points with a minute to play in the third quarter before the Champions used a flurry of points in the final nine minutes to pull away and defeat the Vikings 65-40 in a semifinal game of the District 7-AA tournament Saturday night.

It was a game of runs as the teams looked to gain the upper hand in the opening quarter.

Led by five points each from Lucas Clanton and Isaac McElroy, Cascade (24-5) scored the first five points of the game to take

the early lead.

Spurred by the return of Maki Fleming, the leader scorer from last year's team who played his first game of the season after a football injury, Community (1-25) fought back and went on a 5-0 run of its own to tie the game.

"It's great getting Maki back," Coach Robbie Davis of the Vikings said. "He is the team leader and it's been hard on him sitting all season and watching."

"You could tell he has been out of game action awhile, but his fire and competitive nature are contagious," Davis added.

The Champs rebounded with the next nine points

and ended the quarter with a 16-7 lead.

With the help of six points from Jayden Gulick, the Champions scored the first eight points of the second quarter to finish a 10-0 run and took a 24-7 advantage with 4:44 left before the Vikings made a run of their own.

The Vikings scored the next seven points, punctuated by a trey from Fleming

► See **Champs**, Page 2B

**Maki Fleming puts up a shot for the Vikings. Fleming played in his first game of the season after a football injury and scored eight points for Community.**

T-G Photo by Rickey Clardy





# Eagles

(Continued from Page 1B)

quarter, other Eagles got into the scoring mix and Shelbyville was able to go on a 20-11 run in the quarter and spread the offense among five players.

Shelbyville made four treys in the quarter, with Joe Harris hitting one with a minute left in the third, cutting the Coffee County lead to 39-35.

On the following Red Raider possession, Harris came up with the loose handle and hit the ensuing layup, further cutting the Coffee County lead to just one possession.

Shelbyville continued to hit shots and remained close on the scoreboard. With 7:20 left in the game, Rocky Chandler came up with a steal and tied the game at 41 apiece.

Eventually, Coffee County was able to stretch its lead back out to a few possessions and with two

minutes to go, Crosslin delivered the dagger to the Eagles with back-to-back three-pointers to put the Red Raiders up by 10.

In total, Coffee County saw Crosslin lead all scorers with 19 points.

Dieon Saberon and Cooper Keel also hit double figures and scored 14 and 12, respectively.

For the Eagles, Trice led Shelbyville Central with 18 points, while Harris added 14.

In total, the Eagles connected on nine treys, with Trice knocking down four.

For his efforts, Trice was the lone Eagle to be named to the All-Tournament team.

The Eagles will be on the road in the opening round of region play on Saturday night.

Shelbyville 7 12 20 13 — 52

Coffee Co. 20 10 11 19 — 60

Shelbyville: Tyler Trice 18, Joe Harris 14, Tae' Shawn Shelton 8, Zyon Bonner 5, Isaac Alexander 5, Rocky Chandler 2.

Coffee Co.: Dayne Crosslin 19, Dieon Saberon 14, Cooper Keel 12, Jahlin Osborne 6, Xavier Randolph 6, Courtland Farrar 2, Jayden Carter.

3-Point goals: Shelbyville (9): Trice 4, Harris 3, Alexander, Bonner; Coffee Co. (6): Crosslin 3, Saberon 2, Keel.

Halftime score: Coffee Co. 30, Shelbyville 19.

# Two former Mets reunite

PORT ST. LUCIE, Fla. (AP) — Max Scherzer and Justin Verlander are back together for the first time in nearly a decade.

The pair of three-time Cy Young Award winners threw off adjacent bullpen mounds Friday at the New York Mets training complex.

The 38-year-old Scherzer and Verlander, who turns 40 on Monday, were teammates on the Detroit Tigers from 2010-14.

“They’re going to make the club,” manager Buck Showalter quipped.

Showalter hasn’t announced which will start the March 30 opener at Miami.

“What’s driving them?” Showalter said. “What keeps them chasing perfection every time they cock their arm? Because they

have ‘it.’ What drives? Is it a fear of failure? I don’t know. Who cares? But they got ‘it.’”

The manager wasn’t paying close attention to the bullpen sessions.

“I’m not a lurker who stands behind them like, ooh, ahh,” Showalter said. “I’m behind a wall, behind a bush, watch a little video of it.”

Scherzer, an eight-time All-Star, signed with the Mets before last season for a \$130 million, three-year contract.

After winning the AL Cy Young Award and helping the Houston Astros to their second World Series title, Verlander joined New York for a two-year deal worth \$86.67 million, matching Scherzer’s average salary.

# Champs

(Continued from Page 1B)

to pull Community within 10 at 24-14.

The Champions went into the intermission with a 28-16 lead.

“We were able to knock down a few shots and were able to do a good job on defense and get a few stops,” Coach Chris Lawson of the Champions said.

“We got up, and they would make a run and cut it back and it went that way for a little bit,” Lawson added.

Saebyn Burris led the Champs with five points in the third quarter as Cascade increased its lead to 34-20, but the Vikings would not go away.

Fleming scored five points as Community cut the Champion lead to 34-24 before the Champs scored eight points in a one-minute span to increase the Cascade lead to 42-26 heading to the fourth quarter.

Eight Champions scored in the quarter as Cascade put the game out of reach.

Thomas Gentry scored five points as the Champs steadily increased their lead to 26 in the closing seconds en route to punching their ticket to the district championship.

“We’ve been explosive all year in spurts. We got a big pickup from Tucker McGee off the bench who came in and knocked down a couple of 3’s,” Lawson said.

“It was a total team effort. Everybody contributed tonight,” Lawson added.

Gentry had 12 points while Clanton added 10 to lead the Champions.

Landon Lovvorn netted nine points and Fleming had eight to lead the Vikings.

The Champions were 11-of-20 at the free throw



T-G Photo by Rickey Clardy

Jayden Gulick fires a shot for the Champions. Gulick scored all six of his points in the second quarter of the Cascade victory.

line while the Vikings were 7-of-12.

“We had a ton of open looks and just couldn’t make shots,” Davis said. “Some of the shots in the first half were not shots that were a part of the game plan.”

“In the second half, we did a better job of taking shots, but we gave up way too many second-chance points,” Davis added.

Cascade will now play Grundy County Tuesday

night at 7:30 p.m. in the district championship at Forrest.

Grundy County defeated Forrest in the other semifinal game.

“Our guys are excited,” Lawson said. “Tonight was an opportunity to get to host the first round of the region so that was a big deal.”

“It was also an opportunity to get back to the district finals,” Lawson added.

Community will take on

host Forrest in the consolation contest Tuesday at 6 p.m.

Community 7 9 10 14 — 40

Cascade 16 12 14 23 — 65

Community: Landon Lovvorn 9, Maki Fleming 8, Jason Cullum 7, Jacob Flannagan 2, Ramon Hernandez 2, Cole Crockett 3, Corey Paterick 3, Moe Berman 3, Emery Smith 2, Dallas Grooms 1, Landon Berman, Jaxon Williams, Austin Stickler.

Cascade: Thomas Gentry 12, Lucas Clanton 10, Jackson Davis 9, Saebyn Burris 7, Jayden Gulick 6, Isaac McElroy 7, Tucker McGee 6, Sawyer Lovvorn 4, Zach Crosslin 2, Nick Harris 2, Eli Elliott, Henry Stone, Logan Pulley, Jacob Curl.

3-Point goals: Community (5): Fleming 2, Lovvorn, Paterick, M. Berman; Cascade (6): McGee 2, Gentry, Clanton, Davis, Gulick.

Halftime score: Cascade 28, Community 16.

# Tale of 2 halves for Lady Champs in semis

By WILL CARTER  
Sports Writer

CHAPEL HILL — After a back-and-forth first half that resulted in a tie game heading into the break, the Cascade Lady Champions (2-24) couldn’t contain the Forrest Lady Rockets (10-14) offensive attack for the final two quarters and the hosts ran away with a 47-28 victory in the District 7-AA semifinals.

With a rotation of only six to seven players throughout most of the season, fatigue played a key role in the loss.

“Our conditioning was a factor in the second half,” Lady Champs head coach Janie Demonbreum said. “I think we poured ourselves into the first half, and I could see us getting winded later in the game. We’re only playing six or seven girls, so it gets tough later in the season.”

It took a minute and a half for either squad to put points on the board after a couple defensive stops, but the Lady Rockets struck first with the Macyn Kirby layup which sparked a 6-3 run in their favor.

But the Lady Champs answered with a 6-0 run over the final three minutes of the quarter to take a 9-6 lead into the second quarter behind strong efforts from Sophie Ray and Kaegan Young.

Suzanna Crews added to Cascade’s lead with a cor-

ner jump shot 10 seconds into the second frame to take an 11-6 lead.

Three minutes later Anna Clanton got a steal on Forrest’s end of the floor and passed it to Kaydence Miller for a transition layup to extend their lead to seven.

The Lady Champs held Forrest scoreless from the three-minute mark of the first quarter until the 2:55 mark of the second quarter when Megan Mealer knocked down the first three-pointer of the game for her squad.

Mealer’s three-pointer sparked a 7-0 Lady Rockets run over the final minutes of the first half to tie the game at 13-13.

Much of Cascade’s success in the first half came on the defensive end by throwing different looks at the Lady Rockets with a focus on limiting Kinslee Inlow’s production, who was scoreless in the first half.

“We were bouncing between a box-and-one and a triangle-and-two with a focus on shutting down Kinslee Inlow since she had two big games against us in the regular season,” Demonbreum said. “She didn’t score until the fourth, so we were successful with that.”

Forrest opened the scoring in the second half with another three-pointer from Mealer to take their first lead since the opening



T-G Photo by Will Carter

Kaydence Miller puts up a three-pointer late in the contest against the Lady Rockets.

quarter.

Ray answered back a minute later with a layup to make it 16-15 with under six minutes to go in the third, but the Lady Rockets found their rhythm after Kirby knocked down back-to-back threes to spark a 17-6 run over the final five minutes of the frame.

Kirby accounted for nine points on three-pointers in the quarter, and Forrest went into the fourth quarter with a 33-21 lead.

“They couldn’t find their rhythm in the first half, but they came out of the locker room and got hot,” Demonbreum said. “They’re probably the

most consistent three-point shooters in the district in my opinion.”

Kirby added three more points to her game-high total of 19 with an and-one layup in the first minute of the final frame.

As fatigue started to wear on the Lady Champs, the Lady Rockets outscored

them 14-7 in the final eight minutes to secure the victory and a shot at the district championship.

Forrest 6 7 20 14 — 47

Cascade 9 4 8 7 — 28

Forrest: Macyn Kirby 19, Kinslee Inlow 9, Megan Mealer 6, Carl Warner 6, Kaylin Pope 5, Samantha Hopkins 2.

Cascade: Sophie Ray 12, Suzanna Crews 4, Kaegan Young 4, Kaydence Bynum 3, Laina Carter 3, Kaydence Miller 2.

3-point goals: Forrest (5): Kirby 3, Mealer 2.; Cascade (2): Bynum, Carter.

Halftime score: Forrest 13, Cascade 13.

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# Viqueen defense smothers Grundy in 7-AA semis

By **RICKEY CLARDY**  
Sports Writer

CHAPEL HILL — The Community Viqueens used a stifling defense along with a steady offense to take control early as the Viqueens defeated the Grundy County Lady Jackets 60-23 in a District 7-AA semifinal tournament game Friday night.

The Grundy County offense could never get untracked as Community (21-6) held the Lady Jackets to single digits in each quarter.

Grundy County took an early 5-3 lead in the opening quarter before the Viqueens got hot from the outside as the Lady Jackets attempted to bottle up the Community inside game.

With Zoey Dixon scoring seven points and Haley Mitchell adding six, the Viqueens connected on five treys and used a 9-0 run to take a 12-5 lead.

After a Lady Jacket basket, Community added the final seven points of the quarter and took a 19-7 lead to the second quarter.

The points kept coming for the Viqueens in the quarter.

M.J. Simmons scored six points and Mitchell added five as Community completed a 20-0 run with the first 13 points of the

second quarter to take a 32-7 lead before Grundy County broke a scoring drought that lasted nine minutes.

The Viqueens led 32-11 at the intermission.

“We shot it well early,” Coach Cody Pierce of the Viqueens said. “We were patient and it was all the way around and it wasn’t one person tonight.”

“We took whatever they gave us,” Pierce added.

The inside game started to open up for the Viqueens in the third quarter.

Shelby Cawthon scored six points and Simmons added four as Community outscored the Lady Jackets 12-7 and took a 44-18 lead to the final quarter.

Mitchell drilled two treys while Dixon and Simmons each scored four points as the Viqueens increased their advantage in the quarter.

Community closed out the win with an 8-0 run as the game ended with a running clock.

Mitchell and Simmons, who attempted 16 free throws in the game, each scored 17 points while Dixon added 11 and Cawthon netted 10 to lead four Viqueens in double figures.

The Viqueens were 13-of-21 at the free throw



Anna Haskins of the Viqueens looks ahead and finds the open teammate for a basket.

line while Grundy County was 1-of-5.

“We pressed a little bit to wear them down and played good defense in the first half and second half, too,” Pierce said.

“That’s our goal every night is to hold teams under

40,” Pierce added.

With the win, Community advances to the district finals and will take on the host Forrest Lady Rockets Monday night at 7:30 p.m.

The Lady Rockets defeated Cascade in the

other semifinal.

The victory also assures the Viqueens of a home game in the opening round of the Region 4-AA tournament.

Grundy Co.	7	4	7	5	— 23
Community	19	13	12	16	— 60
Grundy Co.:	Kasadee Crabtree 6, Jaidys McDaniel 5, Carlee Smartt 4, Gracie				

Painter 3, Wrylee McDaniel 1, Kathryn Lusk 4, Mallory Woodlee, Elyce Rymer, Kati Davidson, Haley Smith.  
Community: M. J. Simmons 17, Haley Mitchell 17, Zoey Dixon 11, Shelby Cawthon 10, Addison Brothers 5, Anna Haskins, Jacey Collier, Izzy Martinez, Stevie Dickenson, Jayla Mangrum, Raegan Haley, Kathryn Sego.  
3-Point goals: Grundy Co. (2): J. McDaniel, Painter; Community (9): Mitchell 5, Dixon 3, Brothers.  
Halftime score: Community 32, Grundy Co. 11.

# Stenhouse wins longest Daytona 500 in history

By **JENNA FRYER**  
AP Auto Racing Writer

DAYTONA BEACH, Fla. — Ricky Stenhouse Jr. has had a roller coaster career in which he had to fight to keep a job, lost his seat at a NASCAR powerhouse team and opened his 14th season mired in a five-year losing streak.

To say this Daytona 500 was a milestone race was an understatement — for Stenhouse and for NASCAR.

Stenhouse won the Daytona 500 in double overtime and under caution Sunday night in the longest running of “The Great American Race.” The two overtimes pushed the 65th running of the race to a record 212 laps — a dozen laps beyond the scheduled distance and a whopping 530 miles (850 km).

It provided anxious moments before a landmark celebration: the first Daytona 500-winning team co-owned by a Black man and a woman.

Stenhouse’s win for JTG Daugherty Racing was the third of his career. JTG is the first single-car team to win the Daytona 500 since The Wood Brothers Racing did it with Trevor Bayne in 2011.

The team is owned by Tad and Jodi Geschickter along with former NBA player Brad Daugherty.

Daugherty, who left the track earlier Sunday with an eye irritation, is the first Black car owner to win the race, and Jodi Geschickter joined Teresa Earnhardt as female car owners to win the Daytona 500. Earnhardt ran Daytona Race Inc. when Michael Waltrip and Dale Earnhardt Jr. won the Daytona 500 in 2003 and 2004.

To get to victory lane Sunday, JTG stuck with Stenhouse and even reunited him this season with the crew chief who led him to a pair of Xfinity Series titles years ago.

Mike Kelly’s biggest task was convincing Stenhouse that he can indeed win races. So ahead of the Daytona 500, he taped a note inside the Chevrolet. The message? The team believes in the driver.

“When I woke up today I told myself that I was going to do something that I used to do for Ricky when we



Ricky Stenhouse Jr. won the longest recorded Daytona 500 on Sunday to open the NASCAR season.

had tough days,” Kelly said. “I just wrote him a note that only he would see. It was on top of the roll bar in front of him, and it just said, ‘We believe.’ That’s been our motto the whole offseason — that we believe.

“We’re trying to get people to believe in Ricky Stenhouse Jr. again.”

Stenhouse’s only other victories came in 2017, at Talladega and the summer race at Daytona.

Now, the 35-year-old from Olive Branch, Mississippi, has a repeat win at Daytona in NASCAR’s biggest race of the season.

“I think this whole off-season Mike just preached how much we all believed in each other. They left me a note in the car that said they believe in me and to go get the job done,” Stenhouse said. “Man, this is unbelievable. This was the site of my last win back in 2017. We’ve worked really hard. We had a couple shots last year to get a win and fell short.

“It was a tough season,

but man, we got it done, Daytona 500.”

Kyle Larson was collected in the race-ending crash after he jumped out of line too early in an attempt to win. His disappointment was alleviated by Stenhouse’s victory.

“Happy that Ricky won. I’m super happy. That’s all I could think about after I crashed, waiting to hear that he won,” Larson said. “He’s one of my best friends, so I was like yelling into my helmet when I helped push him to the lead there. I was hoping it was going to stay green so it would have been me or him win.

“I can’t wait to go get changed and go give him a big hug because he is one of my great buddies.”

Reigning Cup champion Joey Logano finished second in a Ford for Team Penske, which won the race last year with Austin Cindric.

“Second is the worst, man,” Logano said. “Congratulations to Ricky. There’s nothing like win-

ning the Daytona 500. That’s why it stings so much finishing second.”

Christopher Bell was third in a Toyota for Joe Gibbs Racing and followed by Chris Buescher in a Ford for RFK Racing and pole sitter Alex Bowman of Hendrick Motorsports in a Chevrolet. It marked the first time the pole sitter has finished in the top five since Bill Elliott in 2001.

AJ Allmendinger was sixth for Kaulig Racing, Daniel Suarez seventh for Trackhouse Racing and Ryan Blaney eighth for Team Penske. Ross Chastain of Trackhouse and Riley Herbst of Rick Ware Racing rounded out the top 10.

Action sports star Travis Pastrana finished 11th in his Daytona 500 debut, and Kevin Harvick was 12th in his final Daytona 500. Harvick is retiring at the end of the year.

Kyle Busch dropped to 0 for 18 in the Daytona 500 but contended for his new Richard Childress

Racing team. He was the leader ahead of teammate Austin Dillon with three laps remaining in regulation when a spin by Daniel Suarez brought out the caution and sent the race to overtime.

“Back in 1998, that would be the win, boys,” Busch radioed his team in a reference to how the late Dale Earnhardt won his only Daytona 500. There was no overtime then and Earnhardt won under caution.

Busch wound up 19th after the race-ending crash in second overtime.

“I think this is the first time I led lap 200, so I wish it was 1998 rules. But, no, it’s just par for the course, just used to it and come down here every year to just find out when and where I’m going to crash and what lap I come out of the care center,” Busch said. “Who won? I don’t even know who lucked into it.”

Busch was told Stenhouse was the victor.

“There you have it,” he

replied.

Seven-time NASCAR champion Jimmie Johnson made his return to the series and ran inside the top 15 for most of the race. He was collected in one of the crashes in overtime and finished 31st. Johnson has returned from two years of racing in the IndyCar Series as part owner of Legacy Motor Club and he plans to enter a handful of races.

Brad Keselowski led a race-high 42 laps but finished 22nd. He declined to speak to reporters after dropping to 0 for 14 in a race he desperately wants to win.

## Next up

The Cup Series races at Auto Club Speedway in Fontana, California, next Sunday in the final race of the track’s current configuration. It will be renovated into a short track after the race — a project that will prevent the track from hosting any racing in 2024. Kyle Larson won last year’s race.



# Big names miss again in Daytona 500

**By MARK LONG**  
AP Sports Writer

DAYTONA BEACH, Fla. — Brad Keselowski trudged out of the infield care center, climbed into a waiting golf cart and sped toward his motorhome.

No interviews. No autographs. Just another Daytona 500 disappointment.

Keselowski was one of three former NASCAR champions — along with Kyle Busch and Martin Truex Jr. — who failed to end lifetime droughts in “The Great American Race” on Sunday. The most frustrating part? All of them had cars good enough to end double-digit skids in NASCAR’s signature event.

“It’s just par for the course, just used to it,” Busch bemoaned. “Come down here every year to just find out when and where

I’m going to crash and what lap I come out of the care center.”

Busch is now winless in 18 starts in the Daytona 500, a baffling losing streak for a guy who has won 224 times across NASCAR’s top three series. The two-time series champ (2015, ‘19) was caught in a late crash and finished 19th.

But he took solace in leading Lap 200 — the scheduled last lap before several crashes forced two overtimes — for the first time.

“I wish it was 1998 rules,” he said, referring to seven-time NASCAR champion Dale Earnhardt’s Daytona 500 win in his 20th try under caution 25 years ago. “I don’t think you’re ever confident. Who won? I don’t even know who lucked into it.”

Ricky Stenhouse Jr. won the race for the first time in 12 tries,

one of five drivers in the 40-car field with double-digit skids heading into the opener.

“There you have it,” Busch quipped.

Truex was evaluating the numbers and thought this was his day. He was driving the No. 19 Toyota in his 19th Daytona 500 and on February 19th. Maybe he was onto something because he crashed with 19 laps to go and ended up 16th.

Truex, the 2017 champ, also left Daytona International Speedway without stopping to talk about his night.

Keselowski, the 2012 champ, finished 22nd and fell to 0 for 14 in the 500, despite leading a race-high 42 laps. He was out front on a restart with 13 laps to go in regulation before fading along with several other Fords.

It was Keselowski’s third consecutive gut-wrenching finish in the 500.

Last year, Keselowski led a race-high 67 laps before getting shuffled back late. In 2021, he was running second and had a huge run down the backstretch before teammate Joey Logano blocked him and crashed both of them.

“You just feel like you’re in position and it doesn’t happen and, yeah, it’s super painful,” Keselowski said Saturday after posting the fastest lap in final practice. “The closer you are to winning the race, the more painful it is.”

Hall of Famers Tony Stewart, Rusty Wallace and Mark Martin are the most notable drivers who never won the Daytona 500.

Truex, Busch and Keselowski

were looking for a breakthrough Sunday, and each of them led laps. Truex was out front for 13 trips around the 2 1/2-mile superspeedway; Busch led six laps.

The trio still should be hopeful coming back in 2024. After all, Hall of Famer David Pearson needed 15 tries to win the Daytona 500. Busch’s older brother, Kurt, needed 16. And Earnhardt’s long-awaited breakthrough is revered as an iconic moment in racing history.

“You know that it’s just barely out of reach and so that certainly builds a frustration,” Keselowski said. “We came down here a couple of years where we weren’t even close, and you left here going, ‘Well, that sucked,’ and it didn’t hurt as bad. It hurts a lot worse to be close.

# Harris says Rookie of Year season was ‘decent’

**By NOAH TRISTER**  
AP Baseball Writer

NORTH PORT, Fla. — Bad news for the rest of the National League: The reigning Rookie of the Year doesn’t sound all that satisfied with his debut season.

Atlanta’s Michael Harris II, whose callup last year propelled the Braves to 101 wins and a division title, said Saturday he “had an all right season, I guess,” and then responded with more modesty when asked if that’s really how he feels about 2022.

“Some things I had to work on, but it was decent. I’ll try to do better,” Harris said. “Kind of like to hold myself to a higher standard.”

There’s no telling how good the 21-year-old center fielder can become. Harris hit .297 with 19 home runs, 64 RBIs and 20 stolen bases after jumping from Double-A to the majors. Atlanta was below .500 when Harris made his debut May 28. Shortly thereafter, the Braves went on a 14-game winning streak.

Harris and Atlanta teammate Spencer Strider finished 1-2 in the Rookie of the Year vote.

“It means a lot. I know you can only win it once,” Harris said. “I guess that made it mean so much more.”

Harris starts a \$72 million, eight-year deal in 2023 that could be worth \$102 million over 10 seasons. He’s from DeKalb, Georgia, and the contract means he could be playing in Atlanta for a while.

“Me being a fan of the Braves growing up, and being able to put on that jersey and play in Atlanta for a team I grew up rooting for, I guess it just gave me that extra push,” Harris said. “Having my family and friends here to support me too, that also helped.”

Hendriks throws

Chicago White Sox closer Liam Hendriks is serving as an inspiration for the rest of the team in spring training.

Hendriks went public with his battle with cancer in January, announcing he has non-Hodgkin lymphoma. But he has been working out at the team’s facility in Arizona, and pitching coach Ethan Katz said the three-time All-Star had a bullpen session on Friday.

“This guy’s unbelievable. He really is,” an emotional Katz said

**By DOUG FERGUSON**  
AP Golf Writer

LOS ANGELES — Jon Rahm is playing at such a high level he felt he didn’t need the Official World Golf Ranking to tell him he was the No. 1 player in golf.

Rahm earned another trophy Sunday in the Genesis Invitational, his fifth in his last nine tournaments worldwide, and this was a big one. He won on a course like Riviera, at a tournament hosted by Tiger Woods and after a tense battle with Max Homa that required Rahm’s best golf.

And now he’s officially No. 1.

“I don’t need a ranking to validate anything,” Rahm said. “Having the best season of my life, and hopefully, I can keep it going.”

In a back-and-forth final round — Rahm went from a three-shot lead to a one-shot deficit at one point — the Spaniard pulled away with a pivotal recovery for par, a 45-foot birdie putt and an 8-iron to 2 feet on the par-3 16th.

That carried him to a 2-under 69 and a two-shot victory over

Homa (68), with Patrick Cantlay (67) another shot behind.

“I wanted to push him. He is a spectacular golfer,” said Homa, who got choked up twice speaking to the media because of how much his hometown event means to him. “I’ve known him since college and he’s been like this since then — No. 1 amateur in the world, No. 1 player in the world, all the accolades.

“I wanted to make him beat me and I think I did that.”

Woods could claim a small consolation. He finished a 72-hole event for the first time since the Masters last April, though he was quick to joke, “Unfortunately, my streak continues.” He now has played 12 times as a pro at Riviera without winning.

Under the circumstances, this wasn’t a bad week.

Woods played only three times last year because of a fused back and battered legs from surgeries (left) and a car crash (right). This was a rare appearance, and Woods doesn’t know if he’ll play again before the Masters.

# Rahm wins at Riviera, returns to No. 1 in world

**By DOUG FERGUSON**  
AP Golf Writer

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Woods played only three times last year because of a fused back and battered legs from surgeries (left) and a car crash (right). This was a rare appearance, and Woods doesn’t know if he’ll play again before the Masters.

He still had the largest gallery to the end, thousands of fans packed on the hill over the 18th green to watch him close out with a par in that familiar red shirt under a black vest.

And then the spectators turned their attention to a terrific duel between Rahm and Homa that wasn’t really decided until Homa tried to chip in for birdie on the 18th and fell to his knees when the ball banged off the pin.

Rahm has not finished out of the top 10 in his last 10 tournaments. It was his third win in five starts on the PGA Tour this year, and he already has earned more than \$9 million the last two months.

This wasn’t as easy as it looked at the end, when all he had to do was tap in for par and scoop up his two young sons.

“That was a tough week and a tough Sunday,” Rahm said.

Homa, who won at Riviera two years ago, began the final round three shots back. He quickly closed to within one shot, only for the Spaniard to come within inches of holing out from

the fairway at No. 8 for a tap-in birdie, while Homa made bogey from behind the green to slip three shot behind again.

And then it changed quickly.

After Homa birdied the ninth from 15 feet, he drove to the far edge of the 10th green and got down in two for a birdie. Rahm went well left. His pitch was short and rolled down the back of the green, behind a bunker. He pitched onto — and then over — the green into another bunker, and he had to make a 6-footer for bogey.

Two holes later, Homa took the lead for the first time when Rahm three-putted for bogey, only for Homa to give it back with a bogey from a bad tee shot.

“If you tell me on the ninth tee after that tee shot that I was going to be one back on 13 tee, I wouldn’t believe you because I was feeling that good,” Rahm said. “But it’s golf and this golf course — especially this golf course — can get you.”

He steadied himself with a 6-iron for a dirt lie left of the 13th fairway that set up a long two-putt

par, and then the par 3s won it for him.

Rahm holed a 45-footer on the 14th, and then hit 8-iron — “Probably the best swing of the week,” he said — over the bunker to tap-in range for birdie on the 16th.

He finished at 17-under 267 and earned \$3.6 million from the \$20 million purse, the second straight elevated event on the PGA Tour. Rahm now has won just over \$9.4 million in the last two months on the PGA Tour.

Golf now has had three players at No. 1 in the last three weeks — Scottie Scheffler won in Phoenix last week to replace Rory McIlroy, and now Rahm is back on top.

“It’s the beauty of the year that we’re living right now,” Rahm said. “It’s exciting for us to play and exciting for the golf fans because things like this can happen.”

For the last six months, dating to that 62 in the final round at Wentworth, they seem to be happening mostly to him.



## CROSSWORD PUZZLE



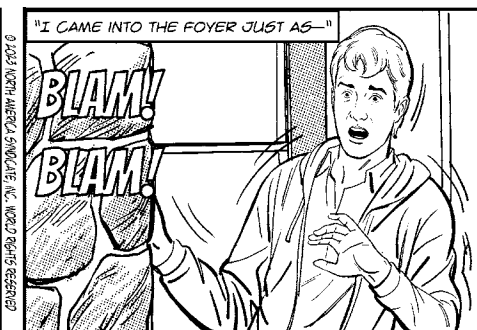
"I COULD FEEL SOMETHING WAS OFF..."

WAS THAT THE FRONT DOOR?

DADDY'S HOME!

**SLAM!**

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Panel 1: A man in a suit says, "HE IS A PIRATE, JUDGE!". Another man in a suit responds, "GOOD HEAVENS!".

Panel 2: A large, dark, muscular figure is throwing a man in a suit through a window. A speech bubble from the figure says, "SHAME ON YOU!!". A speech bubble from the man being thrown says, "GOOD HEAVENS!".



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56					57				58					
59					60					61				
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34. Part of a theorem or proof
39. Veterans battleground (slang)
42. Of enormous proportions
44. Italian city
46. Come before
47. Balm
49. Undergarments
50. Male parent
51. Ropes
56. Ear part
57. Investment vehicle
58. Dictator
59. Cain and \_\_\_\_
60. A type of code
61. Border river along India and Nepa
62. It's what's for dinner
63. Consume
64. Christian \_\_\_\_, designer

35. Keyboard key
36. Woman (French)
37. In the middle of
38. Score perfectly
40. Coat a metal with an oxide coat
41. Deadly disease
42. A place to dock a boat (abbr.)
43. Belch
44. Member of U.S. Navy
45. "In \_\_\_": separate from others
47. Examine extensively
48. Adjust
49. Tattle
52. Actor Pitt
53. Gulls
54. Within
55. Exceptionally talented performer

# PUZZLE SOLUTION

[illegible]

**FEBRUARY 25**  
Scap. Actin. Aster. (F2)



TUESDAY EVENING

FEBRUARY 21, 2023

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
BROADCAST	The Rookie (TV14) (N)	The Rookie: Feds (N)	Will Trent (N)	Local	Jimmy Kimmel Live	Nightline				
CBS	FBI (TV14) (N)	FBI: International (N)	FBI: Most Wanted (N)	Local	(35) Late Show (TV14)	Corden				
NBC	Night (N)	American	La Brea (TVPG) (N)	Local	Tonight Show (TV14)	Late Night				
FOX	9-1-1: Lone Star (TV14)	(C)2 Accused	Local Programs (TV14)	Local Programs (TV14)	Local Programs (TV14)	Local Programs (TV14)				
ION	Chicago Fire (TV14)	Chicago Fire (TV14)	Chicago Fire (TV14)	Chicago Fire (TV14)	Chicago Fire (TV14)	Chicago Fire (TV14)				
CABLE										
A&E	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer
AMC	U.S. Marshals (98, PG-13) ★★	Tommy Lee Jones, Wesley Snipes.	That Dirty Black Bag	That Dirty Black Bag	That Dirty Black Bag	That Dirty Black Bag	That Dirty Black Bag	That Dirty Black Bag	That Dirty Black Bag	That Dirty Black Bag
ANIMAL	Yellowstone Wardens	Yellowstone Wardens	Yellowstone Wardens	Yellowstone Wardens	Yellowstone Wardens	Yellowstone Wardens	Yellowstone Wardens	Yellowstone Wardens	Yellowstone Wardens	Yellowstone Wardens
BET	Payne	Payne	Tyler Perry's The Oval	Tyler Perry's Ruthless	Bruh	The Oval	Martin	Martin	Martin	Martin
BRAVO	Real Housewives (N)	Real Housewives of New Jersey (N)	Housewives (TV14)	Housewives (TV14)	Housewives (TV14)	Housewives (TV14)	Housewives (TV14)	Housewives (TV14)	Housewives (TV14)	Housewives (TV14)
CARTOON	Hill	Hill	Burgers	Burgers	Dad	Rick Morty	Tyson	Tyson	Tyson	Tyson
CMT	Mom	Mom	Mom	Mom	Mom	Mom	Mom	Mom	Mom	Mom
CNN	Anderson Cooper 360°	CNN Special Report	CNN Special Report	CNN Special Report	CNN Special Report	CNN Special Report	CNN Special Report	CNN Special Report	CNN Special Report	CNN Special Report
COMEDY	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office
DISCOVERY	Homestead Rescue (N)	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue	Homestead Rescue
DISNEY	Big City	Big City	Villains	Villains	Moon Girl	Hamster & Miraculous	Miraculous	Miraculous	Miraculous	Miraculous
E!	Family	Family	Family	Family	Everything I Kn	E! News	Sex & City	Sex & City	Sex & City	Sex & City
ESPN	(6:00) College Bball	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)
ESPN2	(6:00) College Bball	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)	College Basketball Basketball coverage. (Use)
FOOD	Chopped (TV G)	Chopped (TV G)	Chopped (TV G)	Chopped (TV G)	Chopped (TV G)	Chopped (TV G)	Chopped (TV G)	Chopped (TV G)	Chopped (TV G)	Chopped (TV G)
FREEFORM	10 Things Hate (99)	Love Trip: Paris (N)	Love Trip: Paris (N)	Love Trip: Paris (N)	Love Trip: Paris (N)	Love Trip: Paris (N)	Love Trip: Paris (N)	Love Trip: Paris (N)	Love Trip: Paris (N)	Love Trip: Paris (N)
FX	The Hangover Part II (11, R)	★★★ Bradley Cooper, Ed Helms.	The Hangover Part II (11, R)	★★★ Bradley Cooper, Ed Helms.	The Hangover Part II (11, R)	★★★ Bradley Cooper, Ed Helms.	The Hangover Part II (11, R)	★★★ Bradley Cooper, Ed Helms.	The Hangover Part II (11, R)	★★★ Bradley Cooper, Ed Helms.
HGTV	Fixer to Fabulous	Fixer to Fabulous	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters
HISTORY	Oak Island (TVPG) (N)	Oak Island (TVPG) (N)	History's (TVPG) (N)	History's (TVPG) (N)	Oak Island (TVPG) (N)	Oak Island (TVPG) (N)	Oak Island (TVPG) (N)	Oak Island (TVPG) (N)	Oak Island (TVPG) (N)	Oak Island (TVPG) (N)
LIFETIME	Rizzoli & Isles (TV14)	Rizzoli & Isles (TV14)	Rizzoli & Isles (TV14)	Rizzoli & Isles (TV14)	Rizzoli & Isles (TV14)	Rizzoli & Isles (TV14)	Rizzoli & Isles (TV14)	Rizzoli & Isles (TV14)	Rizzoli & Isles (TV14)	Rizzoli & Isles (TV14)
MTV	Teen Mom (TV14) (N)	Teen Mom (TV14) (N)	Don't Leave Me (23)	Don't Leave Me (23)	Don't Leave Me (23)	Don't Leave Me (23)	Don't Leave Me (23)	Don't Leave Me (23)	Don't Leave Me (23)	Don't Leave Me (23)
NEWSNAT	Cuomo	Dan Abrams Live	Barfield	Barfield	Cuomo	Cuomo	Cuomo	Cuomo	Cuomo	Cuomo
NICK	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Top Gun (86, PG) ★★	Tom Cruise, Kelly McGillis.	Dirty Dancing (87, PG-13) ★★	Jennifer Grey, Patrick Swayze.	Dirty Dancing (87, PG-13) ★★	Jennifer Grey, Patrick Swayze.	Dirty Dancing (87, PG-13) ★★	Jennifer Grey, Patrick Swayze.	Dirty Dancing (87, PG-13) ★★	Jennifer Grey, Patrick Swayze.
SYFY	Harry Potter & Hallows 1 (10)	Daniel Radcliffe.	Harry Potter & Hallows 2 (11)	Daniel Radcliffe.	Harry Potter & Hallows 3 (12)	Daniel Radcliffe.	Harry Potter & Hallows 4 (13)	Daniel Radcliffe.	Harry Potter & Hallows 5 (14)	Daniel Radcliffe.
TBS	Bang	Bang	Bang	Bang	Bang	Bang	Bang	Bang	Bang	Bang
TCM	The Lady Eve (41, NR)	★★★ Barbara Stanwyck, Henry Fonda.	I Am Jazz (TV14)	I Am Jazz (TV14)	I Am Jazz (TV14)	I Am Jazz (TV14)	I Am Jazz (TV14)	I Am Jazz (TV14)	I Am Jazz (TV14)	I Am Jazz (TV14)
TLC	1000-lb Sisters (N)	1000-lb Sisters (N)	Extreme Sisters (TV14)	Extreme Sisters (TV14)	Extreme Sisters (TV14)	Extreme Sisters (TV14)	Extreme Sisters (TV14)	Extreme Sisters (TV14)	Extreme Sisters (TV14)	Extreme Sisters (TV14)
TNT	(6:15) The Empire Strikes Back (80)	Mark Hamill.	(C)2 Star Wars: Episode VI: Return of the Jedi (83, PG) ★★	Mark Hamill.	(C)2 Star Wars: Episode VI: Return of the Jedi (83, PG) ★★	Mark Hamill.	(C)2 Star Wars: Episode VI: Return of the Jedi (83, PG) ★★	Mark Hamill.	(C)2 Star Wars: Episode VI: Return of the Jedi (83, PG) ★★	Mark Hamill.
TRAVEL	Woods Haunted (TV14)	Redrum	Woods Haunted (TV14)	Woods Haunted (TV14)	Woods Haunted (TV14)	Woods Haunted (TV14)	Woods Haunted (TV14)	Woods Haunted (TV14)	Woods Haunted (TV14)	Woods Haunted (TV14)
TV LAND	Loves Ray.	Loves Ray.	Queens	Queens	Queens	Queens	Queens	Queens	Queens	Queens
USA	WWE NXT (Use)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)
VH1	(6:00) Get Rich or Die Tryin' (05, R)	Paid in Full (02, R) ★★	Makhi Phifer, Wood Harris.	Wayans	Wayans	Wayans	Wayans	Wayans	Wayans	Wayans
PREM										
HBO	(6:35) King Richard (21, PG-13) ★★	Will Smith.	Real Sports	Game	(35) C.B. Strike (TVMA)	Mexican				
MAX	Jeff Who Lives at Home (12, R) ★★	(23) We're the Millers (13, R) ★★	Murder in Big Horn	Everything (22) ★★						
SHOW	(6:25) Gladiator (00, R) ★★	Russell Crowe.	Your Honor (TVMA)							

THURSDAY EVENING

FEBRUARY 23, 2023

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
BROADCAST	Station 19 (TV14) (N)	Grey's Anatomy (N)	The Company: "Pilot"	Local	Jimmy Kimmel Live	Nightline				
CBS	Young	Ghosts	CST: Vegas (TV14)	Local	(35) Late Show (TV14)	Corden				
NBC	Law & Order (TV14) (N)	Law & Order: SVU (N)	Organized Crime (N)	Local	Tonight Show (TV14)	Late Night				
FOX	Next Level Chef (N)	Animal (N)	Call Me	Local Programs (TV14)	Local Programs (TV14)	Local Programs (TV14)				
ION	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)	Chicago P.D. (TV14)				
CABLE										
A&E	The First 48 (TV14) (N)	Accused: Guilty or (N)	Taking the Stand (N)	The First 48 (TV14)	The First 48 (TV14)	The First 48 (TV14)				
AMC	(6:00) The Hunger Games (12, PG-13) ★★	The Hunger Games: Mockingjay - Part 1 (14, PG-13) ★★	The Hunger Games: Mockingjay - Part 2 (15, PG-13) ★★	The Hunger Games: Mockingjay - Part 3 (16, PG-13) ★★	The Hunger Games: Mockingjay - Part 4 (17, PG-13) ★★	The Hunger Games: Mockingjay - Part 5 (18, PG-13) ★★				
ANIMAL	Edge of Alaska (TV14)	Edge of Alaska (TV14)	Edge of Alaska (TV14)	Edge of Alaska (TV14)	Edge of Alaska (TV14)	Edge of Alaska (TV14)				
BET	Payne	Payne	Payne	Payne	Payne	Payne				
BRAVO	Mill. Listing LA (TV14)	Mill. Listing LA (N)	Watch What	Mill. Listing LA (TV14)	Below Deck (TV14)	Below Deck (TV14)				
CARTOON	Reg. Show	Reg. Show	Hill	Burgers	Dad	Rick Morty	Tyson	Tyson	Tyson	Tyson
CMT	Mom	Mom	Mom	Mom	Mom	Mom	Mom	Mom	Mom	Mom
CNN	Anderson Cooper 360°	CNN Special Report	CNN Special Report	CNN Special Report	CNN Special Report	CNN Special Report				
COMEDY	The Office	The Office	The Office	The Office	The Office	The Office				
DISCOVERY	BattleBots (TVPG) (N)	BattleBots (TVPG) (N)	BattleBots (TVPG) (N)	BattleBots (TVPG) (N)	BattleBots (TVPG) (N)	BattleBots (TVPG) (N)				
DISNEY	Big City	Big City	Raven Home	Raven Home	Big City	Hamster & Miraculous	Miraculous	Miraculous	Miraculous	Miraculous
E!	50 First Dates (04) ★★	50 First Dates (04, PG-13) ★★	Adam Sandler.	Adam Sandler.	Adam Sandler.	Adam Sandler.				
ESPN	(6:00) Women's Basketball	NHL Hockey: Calgary vs Vegas (Use)	College Basketball: USC vs Colorado (Use)	College Basketball: USC vs Colorado (Use)	College Basketball: USC vs Colorado (Use)	College Basketball: USC vs Colorado (Use)				
ESPN2	(6:00) College Bball	College Basketball: USC vs Colorado (Use)	College Basketball: USC vs Colorado (Use)	College Basketball: USC vs Colorado (Use)	College Basketball: USC vs Colorado (Use)	College Basketball: USC vs Colorado (Use)				
FOOD	Restaurant: Impossible	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby				
FREEFORM	Hidden Figures (17, PG) ★★	Tang J. P. Henson, Octavia Spencer.	The 700 Club (TV G)	The 700 Club (TV G)	The 700 Club (TV G)	The 700 Club (TV G)				
FX	Fate of Furious (17)	XFL Football: St. Louis BattleHawks at Seattle Sea Dragons (Use)	Fate of Furious (17)	Fate of Furious (17)	Fate of Furious (17)	Fate of Furious (17)				
HGTV	Married to Real Estate	Married to Real Estate	Hunters	Hunters	Married to Real Estate	Married to Real Estate				
HISTORY	Swamp People: "Gators from (N)	(35) Swamp People (N)	Swamp People	Swamp People	Swamp People	Swamp People				
LIFETIME	Married at First Sight	Married at First Sight UK (TV14) (N)	Married at First Sight UK (TV14) (N)	Married at First Sight UK (TV14) (N)	Married at First Sight UK (TV14) (N)	Married at First Sight UK (TV14) (N)				
MTV	Jersey Shore (TV14) (N)	Ex on the Beach (N)	Jersey Shore (TV14)	Ridiculous	Ridiculous	Ridiculous				
NEWSNAT	Cuomo	Dan Abrams Live	Barfield	Cuomo	Cuomo	Cuomo				
NICK	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends				
PARMT	S.W.A.T. (03, PG-13) ★★	Samuel L. Jackson, Colin Farrell.	Back to the Future Part III (90, PG) ★★	Michael J. Fox.	Back to the Future Part III (90, PG) ★★	Michael J. Fox.				
SYFY	Speed (94, R) ★★	Keanu Reeves, Dennis Hopper.	Back to the Future Part III (90, PG) ★★	Michael J. Fox.	Back to the Future Part III (90, PG) ★★	Michael J. Fox.				
TBS	Bang	Bang	Bang	Bang	Bang	Bang				
TCM	The Ritz (76, R) ★★	Jerry Seinfeld, Kaye Ballard.	The Four Seasons (81, PG) ★★	Carol Burnett.	Carnal Knowledge (71)	Carnal Knowledge (71)				
TLC	My 600-lb Life: "Supersized" (TV14) (N)	1000-lb Best Friends	Too Large (TV14)	My 600-lb Life (TV14)	My 600-lb Life (TV14)	My 600-lb Life (TV14)				
TNT	(6:30) NBA Basketball Professional basketball.	NBA Basketball Coverage of professional basketball.	Inside NBA	Inside NBA	Inside NBA	Inside NBA				
TRAVEL	Ghost Adventures	Ghost Adventures (N)	Ghost Adventures	Ghost Adventures	Ghost Adventures	Ghost Adventures				
TV LAND	Loves Ray.	Loves Ray.	Queens	Queens	Queens	Queens				
USA	Transformers: The Last Knight (17, PG-13) ★★	Mark Wahlberg, Gemma Chan.	SVU: "Week" (TV14)	(29) SVU	(29) SVU	(29) SVU				
VH1	Wild N Out	Wild N Out	Wild N Out	Wild N Out	Wild N Out	Wild N Out				
PREM										
HBO	Empire of Light (23, R) ★★	Olivia Colman.	The Last of Us: "Kiri"	Marc Maron (TVMA)	(05) Walk the Line (05)	Walk the Line (05)				
MAX	Halloween Kills (21, R) ★★	(46) Chernobyl Diaries (12, R) ★★	Limitless (11, PG-13) ★★	Bradley Cooper.	Limitless (11, PG-13) ★★	Bradley Cooper.				
SHOW	(05) Uncut Gems (19, R) Adam Sandler, Lakshmi Stenfield.	Your Honor (TVMA)	The 12th Victim	Stand (23)	Stand (23)	Stand (23)				

SATURDAY EVENING

FEBRUARY 25, 2023

		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
BROADCAST	ABC	NBA (live)	NBA Basketball: Boston Celtics at Philadelphia 76ers (live)				Local Programs (TV14)		Local Programs (TV14)		
	CBS	54th Annual NAACP Image Awards				48 Hours (TV14)		Local Programs (TV14)			
	NBC	The Wall (TVPG)	Weakest Link (TVPG)		Saturday Night Live		Local	Saturday Night Live (TV14)			
	FOX	(6:30) College Basketball (live)	FOX (live)		Local Programs (TV14)		Special Forces: (TV14)		Local Programs (TV14)		
	ION	SVU (TV14)	SVU: "Terrorized"		SVU (TV14)		SVU: "Impostor" (TV14)		SVU: "Enlusions"		
CABLE	A&E	Jack Reacher ("12, PG-13) ★★ Tom Cruise, Rosamund Pike.						WWE Rivals (TV14)		("03) Jack Reacher ("12)	
	AMC	("15) Uncle Buck ("89, PG) ★★ John Candy, Amy Madigan.						National Lampoon's European Vacation ("85) ★½		League	
	ANIMAL	Pets & Pickers		Pets & Pickers (N)		The Vet Life (TVPG)		The Vet Life (TVPG)		Pets & Pickers	
	BET	54th Annual NAACP Image Awards				Ms. Pat		Single		Single	
	BRAVO	(6:30) Bridesmaids ("11, R) ★★ Kristen Wiig, Maya Rudolph.				Bridesmaids ("11, R) ★★		Kristen Wiig, Maya Rudolph.			
	CARTOON	Reg. Show	Titans	Hill	Hill	Dad	Dad	Dad	Rick Morty	Busy Debra ("45) ATHF	
	CMT	54th NAACP IMAGE AWARDS				Ace Ventura: Pet Detective ("94, PG-13) ★★		Ace Ventura ("95) ★½		The 2000s	
	CNN	CNN Special Report				CNN Special Report					
	COMEDY	54th Annual NAACP Image Awards				Get Hard ("15, R) ★★½ Will Ferrell, Kevin Hart.		S. Park		S. Park	
	DISCOVERY	Homestead Rescue: "Paradise in Part" (TVPG)				Homestead Rescue: "No Place Like" (TVPG)		Homestead Rescue		Homestead Rescue	
	DISNEY	Moon Girl	Moon Girl	Big City	Raven Home	Hamster &	Hamster &	Big City	Big City	Bluey	Bluey
	E!	Legally Blonde ("01, PG-13) Reese Witherspoon.				Legally Blonde ("01, PG-13) Reese Witherspoon.		Family		Family	
	ESPN	College Basketball: Virginia Tech vs Duke (live)				College Basketball: UC Irvine vs Hawaii (live)		SportsCenter (live)		SportsCenter (live)	
	ESPN2	College Basketball: USC vs Utah (live)				College Basketball: UC Irvine vs Hawaii (live)		Basketball		Featured	
	FOOD	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners
	FREEFORM	Sweet Home ("40) The Proposal ("09, PG-13) ★★ Sandra Bullock.						("20) Spy ("15, R) ★★½ Melissa McCarthy.			
FX	(6:00) XFL Football: DC vs Vegas (live)				Ant-Man and the Wasp ("18, PG-13) ★★		Paul Rudd.		Snowfall		
HGTV	Holmes Family Rescue				Rico To The Rescue		Hunters		Hunters		
HISTORY	The Unexplained				("05) The Unexplained		("05) The Unexplained		("03) The Unexplained		
LIFETIME	12 Desperate Hours ("23, NR) Harrison Thomas.				A Rose For Her Grave ("23) Colin Egglesfield.		Adam Sandler, Kevin James.		("01) 12 Desperate ("23)		
MTV	54th Annual NAACP Image Awards				Pixels ("15, PG-13) ★★		Grown Ups				
NEWSNAT	NewsNation Prime				NewsNation Prime		NewsNation Prime		NewsNation Prime		
NICK	(6:00) Hop ("11, PG) ★★½				Friends		Friends		Friends		
PARMT	Raiders of the Lost Ark ("81, PG) ★★½ Harrison Ford.				Indiana Jones and the Last Crusade ("89, PG-13) ★★½		("59) Drive Angry ("11) ★★				
SYFY	Despicable Me 2 ("13, PG) ★★½½ Steve Carell.				Zombieland ("09, R) ★★½½ Woody Harrelson.						
TBS	Burgers				Burgers		Movie				
TCM	Losing Ground ("82, NR) ★★½ Scott Scott.				The Watermelon Woman ("97) ★★ Cheryl Dunye.		Hunt the Man Down ★★				
TLC	Extreme Sisters (TV14)				Extreme Sisters (TV14)		Extreme Sisters (TV14)		Extreme Sisters (TV14)		
TNT	("6:18) Greed II ("18, PG-13) Michael B. Jordan.				("03) Just Mercy ("20, PG-13) ★★½ Michael B. Jordan, Jamie Foxx.		Unexplained: "UFOs"		Unexplained (TV14)		
TRAVEL	Unexplained (TV14)				House Haunted (N)		Unexplained: "UFOs"		Unexplained (TV14)		
TV LAND	Mom		Mom		Men		Men		Men		
USA	Chicago PD		Chicago P.D. "Fagin"		Chicago P.D. (TV14)		Chicago P.D. (TV14)		Chicago PD		
VH1	54th Annual NAACP Image Awards (N)				If Beale Street Could Talk ("18, R) ★★½ Kiki Layne, Stephen James.						
WEB	The Weekend: Live at Sofi Stadium				The Weekend: Live at Sofi Stadium		("20) Catch Me If You Can ("02, PG-13) ★★½½				
	("94) We're the Millers ("13, R) Jennifer Aniston						("96) Tommy Run ("95, PG-13) ★★½				
	MAX										









# Supercharge spring meals with a powerful salad

**(Family Features)**

Right, beautiful spring days often call for fresh, delicious meals that give you energy to enjoy the great outdoors. Whether you're hitting the pavement for a run, powering up for an afternoon at the office or picnicking with loved ones, nutrition and flavor can go hand in hand with an easy-to-make salad.

For your next spring-time meal, lean on a versatile ingredient like sweetpotatoes as a key ingredient in this Sweetpotato Power Salad, a light yet filling solution that can feed the whole family.

Easy to add to a variety of recipes to enhance flavor and nutrition content, sweetpotatoes can be used in sweet, savory, simple or elevated recipes. Plus, they can be prepared on the stove, baked, microwaved, grilled or slow cooked to fit your favorite dishes as a natural sweetener without added sugar.

According to the American Diabetes Association, sweetpotatoes are a "diabetes superfood" because they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health. Due to their high carbohydrate content,

they're an ideal option for athletes before and after exercising with complex carbohydrates that provide sustained energy. Additionally, the antioxidants help reduce inflammation and aid in muscle repair, meaning sweetpotatoes can help both your endurance and recovery.

Another fun fact: the North Carolina Sweetpotato Commission deliberately spells "sweetpotato" as one word, a spelling officially adopted by the National Sweetpotato Collaborators in 1989 to avoid confusion with the white potato or yam among shippers, distributors, warehouse

workers and consumers. However, this spelling isn't universal; you can help teach others and update dictionary entries by signing the [change.org](https://www.change.org/petition-to-give-this-superfood-its-due) petition to give this superfood its due.

Find more information and springtime recipe inspiration at [ncsweetpotatoes.com](https://www.ncsweetpotatoes.com).

**Sweetpotato Power Salad**

Recipe courtesy of Carol Brown on behalf of the North Carolina Sweetpotato Commission

Servings: 6

divided

1/4 teaspoon pepper

1 1/2 bunches curly kale, rinsed and chopped (7-8 cups)

1/2 large lemon, juice only

1 can (15 ounces) garbanzo beans, rinsed and drained

1 large avocado, pitted and diced

1/2 cup cranberries

1/2 cup coarsely chopped almonds

1/4 cup red onion, chopped

1/2-3/4 cup feta or goat cheese

Dressing:

2 tablespoons pure maple syrup

2 tablespoons olive oil

1/4 cup balsamic or white vinegar

Preheat oven to 375 F.

Place sweetpotatoes in large bowl. In small bowl, lightly whisk 2 teaspoons olive oil, 1/2 teaspoon salt and pepper. Toss on sweetpotatoes and place potatoes on large sheet pan. Bake 35-40 minutes until tender, flipping once during baking.

Place chopped kale in large bowl. In small bowl, lightly whisk remaining olive oil, remaining salt and lemon juice. Pour over kale and massage with hands until mixed, about 1 minute.

To make dressing: In bowl, whisk syrup, olive oil and vinegar.

In bowl with kale, add garbanzo beans, avocado, cranberries, almonds, red onion, sweetpotatoes and cheese. Toss with salad dressing and serve.

Note: Sweetpotatoes can be baked and refrigerated 1 day in advance.

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**10:00 A.M. PERSONAL PROPERTY**

**REAL ESTATE SELLS AT 12:00 NOON**

**Directions:** From Shelbyville take Highway 82 towards the Flat Creek Community, take a right onto New Center Church Road, then an immediate left onto New Herman Road, Joe Hart Road will be on the left. Watch for signs.



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