

A Mother's Love

A Special Supplement brought to you by
Thursday, May 9, 2024

^{SHELBYVILLE}
TIMES-GAZETTE

Best MOM EVER

Mary Cathryn Perry's kids believe she's the "Best Mom Ever." Her daughter Amanda Scott refers to her as her "best friend."

"She is always there for everyone whenever they need her. She is active in the community and can be found at Mt Olivet United Methodist Church anytime the doors are open. She is a retired Bedford County teacher, active in church, Retired Teachers, Shelbyville Woman's Club, Friends of the Library, and most dear to her heart, Helping Hands, through the Skills Development Center, where she serves as a board member. Her sister, Eve Wells, has Down syndrome and she has always advocated for her and her friends.

Linda Yockey, county commissioner and former work colleague of Perry's, notes that she stands out as one of "the best of teachers of the past. She's all around a good, good lady. Had her children at Cascade — was always supportive of myself

and the school. Her children's successes speak highly of her and Allen as parents."

Mary Cathryn notes that she loves to travel with her husband, Allen, now that she's retired. She's a South Carolina girl still at heart, visiting there when she can.

She can be found during the week at First United Methodist-Shelbyville, where she participates in the crochet group. "At 75, I've taught myself to crochet."

Statement from Mayor Chad Graham: "Mary Cathryn Perry was a devoted educator during her career and continues to be an active member of the community in many other ways. Through her work with Helping Hands, and the Skills Development Services board, and the Friends of Shelbyville-Bedford County Public Library, she is constantly working to make Bedford County a better place to live. Every teacher leaves a legacy, and Mrs. Perry's legacy will be a significant one."



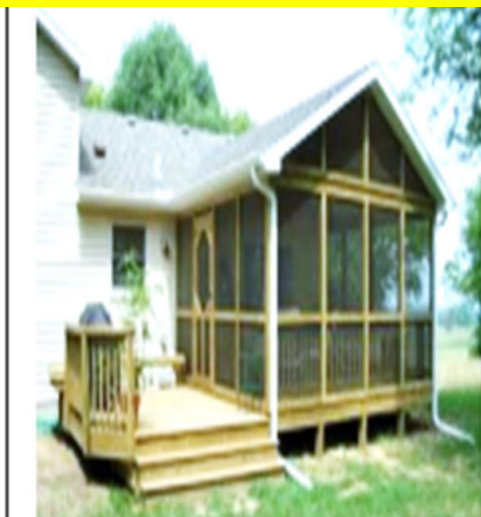
Mary Cathryn Perry's kids believe she's the "Best Mom Ever." Her daughter Amanda Scott refers to her as her "best friend."

Happy Mother's Day! From Home Renovations

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Happy Mother's Day



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HAPPY MOTHER'S DAY



Heather Brandon

ABOVE: Carson Brandon and mother, Heather Brandon, having lunch together at Harris Middle School one day back in March.

LEFT: Heather Brandon and son, Camden Brandon, celebrating Camden's Honor Roll and Giving Awards at Southside Elementary School's Honors Day!



Donna Glenn

Submitted by Renee Brown. My Mom, Donna Glenn, with my kids, Sadie and Cameron. "Happy Mother's Day to the Best Mom Ever! Thanks for all you do. We love you!"

HAPPY
Mother's Day

Ashley Burgess

Submitted by sister-in-law, Heather Brandon. Mom Ashley Burgess and, from left, Bear Wyatt Haynes, Montgomery T. Haynes, Lainey Ruth Haynes, and Coyote Rex Haynes



Adrianna Lamb

Submitted by Michaela Ball. "Adrianna Lamb is blessed with three sweet kiddos, Everett (6), Ty (4), and Sadie (7 months). When asked why their mama is the best mama ever, Everett replied "because she helps me with my homework and makes food for us." Ty added, "because she has Sadie, she gets me food, and she takes us to the sale barn."



Kelsey Sommers

Submitted by husband, Zane Sommers from Easter Sunday 2024, left to right, Ford, Kelsey and Judson Sommers.

"Kelsey is the sweetest and kindest person I know. She is a pre-K teacher, enjoys family time and she is an amazing mother and wife!-Zane"

"My Mom is the best Mom ever because she is

so nice, kind, and sweet even when I do something wrong, she talks to me in a calm voice." -Ford
"She be nice to me, and hug me, and play with

me, and when I make her toy food in my kitchen, she pretends to eat it, and we build together with LEGO!" -Judson

HAPPY MOTHER'S DAY

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www.flowers4keeps.com



Four Generations

4 generations here. Great grandchildren Carson and Camden Brandon and Lainey Haynes. Grandchildren Heather Brandon and Michael Haynes. Daughter Jennifer Cooper. And Mamaw, Grandma, and mother all in one, Dot Jefferies. We've added a few more babies since this photo was taken

Brightest Wishes to
Moms Everywhere



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HAPPY MOTHER'S DAY



Mary Jones

Submitted by Marissa Baker. "Our Mama (Mary Jones) truly exemplifies what it means to be a mother. From childhood to adulthood, she has always been there, cheering us on at ball games, planning weddings, praying for us through every season, always thinking of us before herself. We are beyond blessed with the best Mama." From left, Marissa Baker, Mary Jones, Michaela Ball, and Andriana Lamb.



Dara Frazier

"I think my mom is the best mom ever because she always makes me smile. Also, my mom is quick to help somebody out." Photo submitted by Dara Frazier.

WE  moms



Elora Crick

Deacon Crick enjoying Easter services with his favorite mom, Elora Crick!



Janet Bowman

Submitted by Bethany Swing, daughter, for her mom, Janet Bowman. Photo from Mother's Day 2017. "I love and appreciate you, Mom!"

5 inspirational gifts for Mother's Day

Mother's Day is celebrated on Sunday, May 12, 2024. Mother's Day is devoted to expressing love and showering praise on mothers, step-mothers and any other figure in one's life who has taken on a motherly role.

It is customary to lavish extra praise on moms come Mother's Day, and that often involves gift-giving. The following are five gifts that can ensure Mom knows her efforts and unconditional love have not gone unnoticed.

1. Prompt mindful thinking: The cards from Sunny Present Empowering Questions Cards pose questions to prompt meditation, journaling or simply to practice mindfulness during the day. They are a great way to encourage positive self-talk. Each of the 52 cards feature a door in the Estonian city of Tallinn. Available through Amazon and www.sunnypresent.com.

2. Motivational can-do candles: A little aromatherapy can treat any mother to an uplifting or relaxing fragrance in

her special place in the home. But these inspirational candles from Bianchi Candle Co. feature names like Bravery Joyo and Gratitude and a motivational message. Purchase at bianchicandleco.com.

3. Inspirational coffee table book: Author and educator Natalie Friscia Pancetta wrote, *This Too Life-Isms to Savor the Sweetness of Life and Calm You Through the Storms* to pay homage to her parents, particularly her father, who was fond of the phrase, this too shall pass. Pancetta says people often relate the phrase to rough patches in life, but it also can refer to cherishing all the moments that are fleeting. The book offers many inspirational passages and lessons that can be applied to all aspects of life. It can be a touching gift for a mom, grandmother or another special woman. Available through Amazon, Barnes & Noble and at www.nataliefrisciapancetti.com.


4. Relaxing home spa experience: Many people have

turned their bathrooms into home spas, particularly empty nesters who now have more time to relax and pamper themselves. Spending time in a relaxing shower is a way for Mom to clear her mind and unwind, and Shower Steamers from Body Restore can set the ideal environment. Purchase on Amazon and include alongside additional home spa necessities like loofahs or a bathrobe.

5. Ancestry exploration: Foster greater bonds in the family by giving Mom an opportunity to further trace her heritage. Popular genealogy companies include Ancestry.com, MyHeritage.com and 23andme.com, enabling anyone to enjoy a look back at the lineage that helped shape who they are today. These companies can help trace ancestors and even connect people with distant relatives.

Mother's Day gifting can revolve around inspirational and heartfelt gifts that show special mothers how much they are appreciated.

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HAPPY MOTHER'S DAY!

IN MEMORY



In Memory of **Phyllis Meyers**, who passed in June 2008, by her daughter, Bonnie Osborn. "She had a great sense of humor and loved to play board games."



In loving memory of our Mom and **Nana Judy Gambill**. We love and miss you everyday!



Submitted by Barbara Waterson in memory of her mother, Bess Cartwright, who passed away in 1975. "There's no way to count all the chicken and biscuits our mother made and served to family and friends over the years. And her buffet was always full of desserts. We all really miss "Mother/Mommy."



Lila Cartwright, 1926-2024. "We Love and Miss You! Karen, Kenny and Kathy."



Submitted by daughter, **Jane Martin. Virginia Pressgrove Jones**, age 91, of Shelbyville, passed from this life Friday, March 25, 2022, at age 91. Virginia graduated from Community High School in 1949. "I sure miss her," said Martin.



"My late mother's name is Sharon Harris. This picture was made at her grandson Benny's wedding. I would like to say, in memory of our precious Mama in Heaven, "Mama we love and miss you very much. Us girls were so blessed to have you as our Mama. Always in our hearts and forever missed. We love you, Mama, Christy, Vicky and Patty."

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Submitted by Dianne C. Ratley in memory of her mom, **Margaret Elaine Cartwright**, who passed away at age 73 on Nov. 11, 2022. "They often say there's nothing more special than the relationship between mother and daughter, especially on her wedding day. Mom is truly missed by her family."

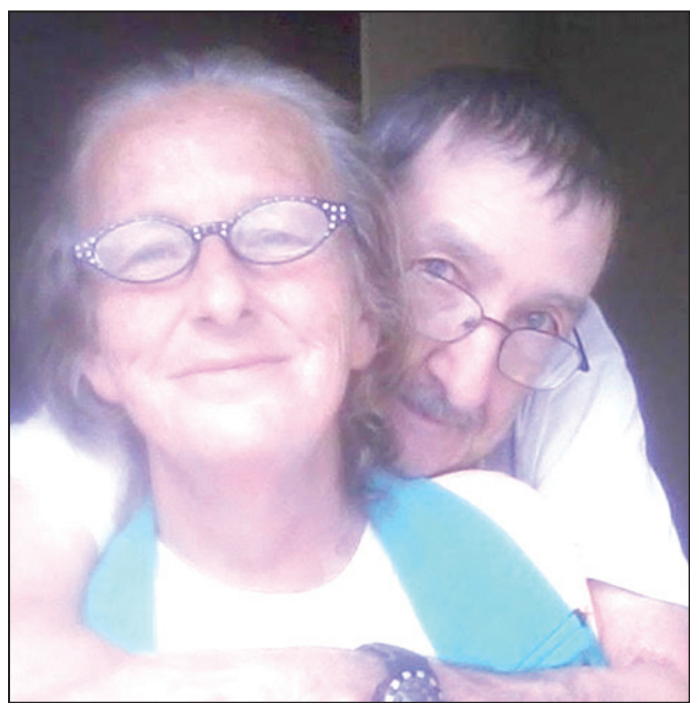
IN MEMORY



Submitted by Renee Brown. Sweet Dianne Overcast was a friend to all. She is very loved and missed by her children, Michael, Todd, Susan and Charity.



In Memory of **Lillian Frances Arnold** who passed away in 1995. "Greatly missed by children, Jim, Larry and George Arnold, and Kathy Arnold Maddox."



Submitted by daughter, Melinda Jett. "**Donna Kaye Jett** was born in Marshall County and lived there until she passed in Feb 2019, at the age of 66. She is special because she turned down going to work for the FBI at the age of 18, to become the wife of my father Richard Jett. She was a nurse for many years. Then she became a stay-at-home mother of 5. My dad worked and she spent every waking day and hour making sure us kids and grandkids were fed, loved and looked after. She lived a long life but she was so worn down it broke us to see. She was one selfless woman. She was loving, brutally honest and always there day or night. She deserves to be recognized as she never was prior. The world lost a beautiful Angel and Heaven gained so much more."

In memory of our beautiful Mother, **Zelma Fults**, by children Ruth Cartwright and David Fults (Billie Carroll, child, deceased.)



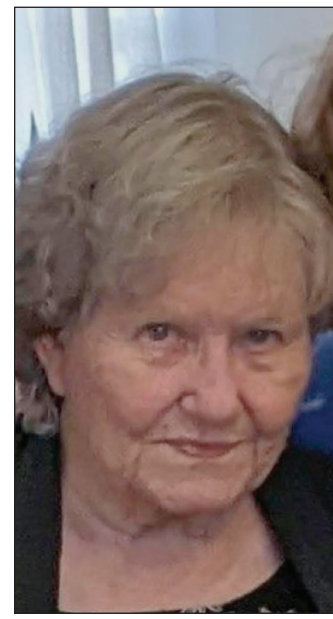
*A mother is your first friend,
your best friend, your forever friend.*

HAPPY MOTHER'S DAY



Valerie Younger

It's the little things that count! Happy Mother's Day, Valerie Younger, from your family.



Jane Arnold



Jennie Maddox

Two of the "Best Moms Ever," Jennie Maddox and Jane Arnold, love Noah.

Love YOU MOM

Horseradish and women's heart health

Women who love horseradish may be getting more than a little extra kick when adding the condiment to their favorite foods or even their brunch-time Bloody Marys. Though it may not be a typical veggie, horseradish is a cruciferous vegetable. That's good news for horseradish lovers, as researchers at the University of Western Australia's School of Medical and Health Sciences found that women who ate more cruciferous vegetables had healthier carotid arteries than those who ate less vegetables.

Here's a great horseradish recipe to work into any Mother's Day meal.

Web MD notes Horseradish is a spicy root vegetable in the mustard family. The vegetable is planted in early spring or late fall and thrives in colder environments. Horseradish is commonly made into a pre-packaged sauce by the same name, which is used to season everything from fish to burgers. It is similar in flavor to wasabi, which is used as a common sushi garnish.

Horseradish stands out from other vegetables due to its strong, biting flavor. While you won't get your full day's vegetable intake from eating horseradish alone, it will add flair to any dish you make with it.

Health Benefits
Horseradish is more than just an aromatic root vegetable. It has been used medicinally all over the world for centuries.

Nutrition
Horseradish contains a number of important nutrients, including:
Calcium
Magnesium
Potassium
Folates
Vitamin C
Zinc

HORSERADISH MASHED POTATOES

4 lbs. potatoes, peeled and dice into 1" cubes
2 bay leaves
2½ cups sour cream
8 oz. butter, room temperature
4 Tbsp. prepared horseradish
2 Tbsp. heavy cream or whole milk
½ tsp. black pepper
Salt to taste. Kosher salt is recommended.
Garnish: chopped chives and bacon bits

Fill a large pot with water, salt and bay leaves. Bring to a boil over medium-high heat.

Once boiling, add the diced potatoes and let cook for about 20 minutes, or until the potatoes are soft.

Remove the bay leaves and drain the cooked potatoes.

If using a potato ricer - rice the potatoes into a large mixing bowl. If not, transfer the potatoes directly to the mixing bowl after draining.

Add the sour cream, butter, horseradish, heavy cream or milk, salt and pepper and use a hand masher to blend. Do not over-mix as the potatoes will become gluey. Taste and add more horseradish and/or salt, to taste.

Garnish with chives, bacon bits and serve



Susan Haynes

Submitted from the family of Susan Haynes. "Our mom (Susan Haynes) goes by many titles these days... wife, mother, daughter, Grammy, sister, aunt, friend, business owner, and more, but the unofficial titles are where she doesn't get enough credit. To name a few would be therapist, babysitter, event planner, supporter, confidant, teacher, comforter, and the glue to our family. She is truly incredible and we are beyond blessed to have her.

Individually we have a few things to say to our mom.

From Zach, "Mom you are caring, patient, and loving. I'm grateful I have

always been able to count on you to be there for us"

From Luke, "Thank you for all the sacrifices you've made and all the things you've done for us over the years. You're a great mother."

From Emma, "There are no words to do you justice. I can't thank God enough for giving us you as a mom. The best role model and woman I know. You deserve to be celebrated every day"

We are beyond blessed to have you. We love you so much!!! You really are "THE Best Mom Ever!" Happy Mother's Day!!!



Today we give thanks for
all the wonderful Mothers
whose love never ends!





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HAPPY MOTHER'S DAY

Clever ways Mom can find time for reading

The benefits of reading are undeniable. However, in the digital era, many individuals, even those who love to read, are finding it hard to make time to cuddle up with a good book.

Numerous studies have examined the benefits of reading, and one of the most prominent findings is that reading can improve mental cognition. In fact, according to the Fisher Center for Alzheimer's Research Foundation, reading has the potential to slow the progression of dementias like Alzheimer's disease. Reading also can improve memory, promote stronger analytical thinking skills, improve focus and concentration, and build vocabularies.

Women tend to be well read. Data from Pew Research Center has found women read more than men, with the average woman reading 14 books in a year compared to nine for men. Women hoping to find even more time for reading can try these strategies.

¥ Read what you enjoy. It's tempting to pick books based on what others are reading or what you believe will make you seem more erudite. Choose subjects that appeal to you rather than ones you think you should read. Books should spark your interest and curiosity, no matter the subject, and you're more likely to finish a



book when you find it engaging.

¥ Join a book club. A book club can open you up to a variety of titles. Book clubs tend to stick to deadlines and schedules, meaning you'll already be encouraged to read more to meet the minimum requirements of the club. Furthermore, an opportunity to discuss the book with others can motivate you to read the book in a timely fashion.

¥ Change your commute. Letting someone else do the driving frees up commuting

time for reading. Even if the bus or train ride is longer than driving to work, it may present an opportunity to relax and turn some pages along the way.

¥ Invest in an e-reader. Some purists feel that reading ink on page is the only way to devour books. While books are portable, e-readers are even more so and you can have an entire library on a single device, enabling you to move between books simultaneously if that's how you operate. Stowing the e-reader in a purse or work bag enables you to read when-

ever free time arises, such as in waiting rooms, idling in the school pick-up line or while sitting in the car waiting for a spouse to come out of the grocery store.

¥ Set your own rules. When reading for pleasure, establish your own rules. Don't hesitate to stop reading a book if you find it's not as engaging as you'd initially hoped.

Reading promotes brain health and mental well-being. Various strategies can help you find more time to cuddle up with a good book.



What is a Mother's ring?

The American Gem Society notes there are so many options these days when it comes to purchasing a Mother's ring. Mother's Day gifts are always appreciated—whether they are the expensive variety or handmade by the children. But you can't go wrong with jewelry.

When considering a gift of jewelry for Mother's Day, there are many options, from traditional diamonds and birthstones to something more personalized. A mother's ring is a very personalized jewelry gift that has strong sentimental value.

Many people choose to give birthstone jewelry for special occasions. Of course, the birthstones typically are the recipients. In the case of a mother's ring, the ring contains the children's birthstones instead.

Mother's rings can be found in various styles and metals. Some are simple bands, with the children's birthstones in a row. Others have more elaborate designs, or the birthstones are arranged around a centered gemstone, such as a diamond.

While many mother's rings only contain children's birthstones, some include the parents' birthstones as well.

There is also the option to give rings to grandmothers, with the grandchildren's birthstones used in the settings.

With a personalized jewelry gift, you have many options to make a truly, one-of-a-kind piece, that is as meaningful as it is beautiful. Mother's rings often are considered family heirlooms, passed down and cherished through the generations.

The AGS says options for Mother's Day jewelry gifts are endless, and they don't stop at rings. An arrangement of children's birthstones can be featured on a necklace or bracelet.

Some designs also offer options for adding special sentiments, a verse or snippet of poetry, or simply an important word on the bracelet band or necklace pendant. Other necklace designs include meaningful charms or charms containing the children's birthstones.

Locketts are another beloved Mother's Day gift. They can be inscribed or personalized with birthstones, and family photos can be contained inside.

6 strategies to help Mom get more organized

Spring is the popular season to clean and organize homes and offices. These six strategies are aimed at helping Mom clear the clutter.

1. Utilize to-do lists

People tend to be less productive when they're storing all of their tasks in their brains. The first step to getting organized is to remove those plans from the head and put them down on paper or in some other tracking tool. A digital to-do list manager, for example, enables you to see all of your tasks, deadlines and due dates in one place so you can get things done more efficiently. Carry around a notepad or use the digital notes app on a phone to jot down thoughts

and needs as they come up.

2. Corral your Smalls

Smalls are keys, phones, chargers, wallets, headphones, and other accessories. When these items are grouped together, they're easier to find so you can stay on track. Invest in an attractive organizer and install it by the front door or another high-traffic area. You'll cut down on trying to find those smaller items when running errands.

3. Conquer clutter regularly

It's easy to be put off by cleaning and organizing when clutter has gotten out of control. Instead, by cleaning up items on a daily or weekly basis, it's much easier to keep ahead of clutter. Treat it like

a daily job, including sorting mail and tossing unnecessary items; emptying waste pails; dusting the desk; deleting emails; and putting items back where they belong.

4. Categorize emails

Utilize the folder creation option from popular email providers to sort your messages. Drop messages that need attention into categories of your choosing, such as school, health and receipts. Then you'll know which folder to go into when searching for what you need, eliminating the time-consuming task of scrolling through a full inbox.

5. Give one; toss one

When bringing new items into the home, follow the procedure of giving away or

throwing out one item for each new item that is received or purchased. This can help to tame clutter.

6. Mise en place your life

Mise en place is French for "put in place." It is used in the kitchen to refer to preparing and setting out all ingredients needed in a recipe. The same concept can be used elsewhere. Lay out clothing on the dresser for the next day at work or school. Prep the foyer of a home with items you need, like an umbrella, shoes and paperwork. Organize backpacks so they're ready for the school day. Establish a to-go bag at work for items that need to be brought home.

Turn Mom's bedroom into a relaxing retreat

Women who use their bedrooms as a work space may find they're compromising their well-being by introducing activities into the bedroom. The Sleep Foundation says having an office in the bedroom blurs the lines between work and personal life, which can have serious effects on sleep. Rather, people should be looking to turn their bedrooms into relaxing retreats that offer a respite from the outside world.

- Remove blue-light emitting devices. Computers, tablets, smartphones, and other electronic devices emit blue light, which can compromise natural melatonin production in the body that contributes to sleep. Such devices should not be used at night in the bedroom.
- Use a neutral color palette. Neutral color palettes evoke a spa feeling. Walls can be painted white, beige or a light shade of gray. This can help the room feel calming and welcoming.

- Declutter the room. A sense of calm can be achieved simply by removing excess clutter. There is some evidence that the brain is calmer near an empty dresser, desk or clothes hamper. Therefore, removing excessive items from the room is a first step to making a nice retreat.

- Add soft lighting. Adjust

the intensity and the color of the lighting in the bedroom. It should be subtle and warming. Dimmers enable homeowners to adjust lighting as needed.

- Install an electric fireplace. There is something to be said for the relaxing effects of gazing into the flames of a fire. A crackling (faux-wood) fire is an added layer of indulgence in a bedroom.

- Add an area rug. Even in rooms with carpeting, an area rug under the bed can further define the perimeter of the bed and add extra plushness underfoot.

- Invest in aromatherapy diffusers. Certain smells can create a relaxing mood. These may be sandalwood, lavender or jasmine. Utilizing their preferred scents, homeowners can employ reed diffusers in their bedrooms to enjoy the aromas of natural oils.

- Use closed storage. Open shelves and visible closet interiors may not hide a mess. Exposure to clutter can contribute to feelings of anxiety. Store items that shouldn't be on display behind closed doors or drawers.

- Bring in luxury linens. Homeowners should not skimp on comforters, sheets, duvet covers, and pillows for their beds. A cozy bed to dive right into can serve as the centerpiece of a bedroom retreat.

Turning a bedroom into a relaxing space can help indi-

viduals sleep better and reduce anxiety.

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