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THINGS  TARGET



TRACKING WITH THOMAS

Millington and Mid-South motorists driving near Wilkinsville Road have seen the consistent presence of construction vehicles and equipment building the future Academy Sports. The projected plans for a new retail development featuring Target and Academy Sports were publicly announced around this time last year by City Manager Frankie Dakin. The site is on Wilkinsville Road east of Highway 51, just south of a Lowe's Home Improvement store. Dakin said the development encompasses about 200,000 square feet of space.

What's the Astoria?

Ordinance amends Zoning Map for Astoria Square development

By Bill Short
The Millington Star

The Millington Board of Mayor and Aldermen has passed an ordinance on final reading that amends the city's Zoning Map to approve the Astoria Square development.

Board members took the action during their July 20 meeting on a motion offered by Alderman Thomas McGhee and seconded by Alderman Don Lowry.

The motion was passed by six affirmative votes, with Alderman John Perales absent.

The ordinance was passed on first reading at the board's June 8 meeting.

An application for the Zoning Map amendment was submitted by Michelle Ye of DT Design Studio on behalf of Michaelle Terhune of PFMT Holdings LLC.

The 82.2-acre property, located south of Navy Road and east of Veterans Parkway, was previously zoned PUD, Planned Unit Development.

The amending ordinance grants the applicant's request to re-zone it to MUPD, Mixed-Use Planned Development.

At its May 18 meeting, the Millington Planning Commission approved the required Development Plan.

Jared Darby, director of the city's Department of Planning and Economic Development, has said the development is expected to provide a "mix" of high- to medium-density



PHOTO BY THOMAS SELLERS JR.

The talk of the town four years ago was the arrival of Astoria Square and an official ground-breaking took place during the fall of 2022.

residential options, along with "stand-alone" commercial elements.

"Mixed-use" structures proposed along Navy Road will be connected by pedestrian paths to the remainder of the development.

Darby has noted that the project has been "celebrated" as a "first" for the city that will provide a "walkable" community with a "town-square vibe."

The property is bordered by Naval Support Activity Mid-South to the east, with additional Navy property to the south.

The proposed land uses include 220 detached single-family residential units and 120 attached townhouse units. The "commercial-only" area is limited to two parcels along Navy Road west of East Navy Circle.

Common open spaces and amenities will encompass 17 acres, or 21 percent of the development.

The planning commission initially approved the Outline Plan for the Astoria Square development at its July 2021 meeting.

The project was able to proceed, because the board approved an ordinance that re-zoned the acreage from M-P, Planned Industrial, to PUD with certain conditions.

At their August 2021 meeting, the aldermen approved an Economic Impact Plan for the

project that was prepared and submitted by the Millington Industrial Development Board.

The EIP will permit certain Tax Increment Financing to be provided through the IDB's issuance of bonds, notes and other obligations in an amount not to exceed \$10,343,985.

In September 2021, the city board approved an amendment to the Zoning Map.

At its April 2022 meeting, the commission voted to recommend an amendment to the Outline Plan, which the board approved two months later by ordinance.

An amendment to the TIF, proposed in September 2022, was approved by the city board and the Shelby County Commission the following month, with an effective Development Agreement date of Feb. 1, 2023.

Later that month, the planning commission approved the Engineering and Final Plats for the first two phases of the development if certain conditions were met.

At its April 2025 meeting, the commission approved a request by the developer for a one-year extension.

The Millington Zoning Ordinance states that a PUD "entitlement" expires after two years if construction has not begun on the development.

The city board then has the option to revert the property back to its previous zoning.

But because the Tennessee

ASTORIA, pg. 2A

PERFECT TEN

Community support helps HYPE reach milestone and continue to supply area youth



Star Staff Reports
The Millington Star

Last month Millington celebrated a milestone from the brainchild of Ruthie M. Wilburn.

“Ten years ago, I received my mission in life,” Wilburn recalled, “to start my nonprofit Helping Young People Excel for the youth in my community and the surrounding areas. Today, H.Y.P.E. has grown into a community outreach program that is transforming the lives of many disadvantaged youths and strengthening our communities.”

Since its inception in 2016, H.Y.P.E. has awarded more than 100 laptops to high school graduates and many of the students are members of local churches.

“Personal laptops give the students the access, flexibility and freedom to do their assignments and research virtually anytime and anywhere throughout their time in college,” Wilburn noted.

“In addition, for many students this will be their first time away from home and their laptop will allow them to keep in touch with their families and friends.

H.Y.P.E. also recognizes everyone in the community that has supported it through contributions, raffles and visiting booths when vendors are serving.

“Your unwavering support has allowed us to reach our goals,” Wilburn added. “It is without a doubt that their partnership with H.Y.P.E. has allowed this program to take root in the community.”

This year’s ceremony was held July 18 at the Richland ARP Church located at 8658 Rosemark Road in Rosemark. Along



with the students, special guests were Cary Vaughn, Marlon Evans and Anthony Buckner.

It is H.Y.P.E.’s mission to reach as many deserving high school graduates as possible. And, to build a stronger awareness about the importance of education.

“We would also like to invite you to visit

our website at <https://hypetn16.org>,” Wilburn concluded.

“From there you will see ways to donate and your graduates can learn more about H.Y.P.E., view and print the scholarship application and possibly become the next recipient.”

www.millington-news.com

ASTORIA, pg. 1A

General Assembly had approved “language” that allows for an additional year of entitlement, Darby recommended that the commission extend the PUD’s entitlement period to June 13 of this year.

During the commission’s May 18 meeting, Ye said there are “a lot of constraints” on the site that shape the way it needs to be developed.

Because the past two years have “really shaken up the development world” with rising costs and “shrinking markets,” she said the developers do not want the site to “sit vacant” any longer.

Ye said one challenge they faced was that the residential “products” did not provide “enough variety or the right

balance” across the site for the development to “kick-start.”

She noted that this was all “informed” by a market study conducted on the property.

“There really isn’t a market here for 280 townhomes,” she acknowledged. “So, we reduced that to 120 and then added single-family in the rear or south of the property to balance out the remaining land.”

Ye also said the mixed-use and multi-family elements were “consolidated” into one Area 2, which is better from an “operation and constructability perspective.”

Along with proposing 220 units for the mixed-use lots, she said the developers have also created “neighborhood-scale” open spaces to tie into the large open space in the back.

While noting that those spaces will provide opportunities to “connect with neighbors and nature,” Ye said they

will have amenities that residents will want to use on a daily basis.

In an effort to increase the “architectural quality” of the development, the single-family homes will be a “blend” of traditional styles.

“We only have a small number of commercial parcels,” Ye acknowledged. “But they will feel architecturally cohesive with the mixed-use.”

Because of the way the utilities are located around the site, she said Phase 1 has to connect through East Navy Circle. Phase 2 is intended to complete the “loop” as a secondary point of access.

Ye also said Phases 3-7 will be single-family homes and the “pocket parks” that are around them.

“We do anticipate that a mass of residential units needs to be completed before the commercial will really start happening,” she concluded. “So, that’s why we have listed the front area as Phase 8.”

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7. Flat Shod Saddle Horse Open (flatshod, walk and favorite gait)
8. Youth FlatShod Saddle Horse 17 and under (flatshod, walk and favorite gait)
9. Open Gaited (padded or flatshod, walk and favorite gait)
10. Singlefooting mares and geldings (kegshod - slow single foot - fast single foot)
11. Style Racking (Open Shod, Show Walk and Style Rack)
12. Ladies Saddle horse 18 and Over (FlatShod, Walk and Favorite Gait)
★ 20 MINUTE INTERMISSION ★
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13. Youth Speed Racking 17 and under (walk, slow Rack and fast rack)
14. Speed Racking Open
15. Best Gaited Singlefooting (kegshod - slow single foot - fast single foot)
16. Padded Saddle Horse
17. Country Speed Racking (½” by 1” max shoe, Brisk walk, slow Rack and extended Rack)
★ 20 MINUTE INTERMISSION ★
(After Class 17)
18. Championship singlefooting Open (kegshod - slow single foot - fast single foot)
19. Championship Flat shod (flatshod, walk and favorite gait)
20. Championship Gaited horse (OpenShod, walk and favorite gait)
21. Championship Open Speed Racking

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O'Brien, O'Back

Football life and legacy of former TRA Standout leads him back home

By Thomas Sellers Jr.
The Millington Star

The year '26 will be remembered in the annuals of Tipton-Rosemark Academy Rebel Football as the time No. 27 came back home.

TRA Class of '16 graduate Shane O'Brien hung up his red, white and blue jersey and started a decade of transforming from a mastermind middle linebacker into an offensive guru.

From playing college football at Hendrix and then following his dad Shannon O'Brien's footsteps by coaching, the younger O'Brien has obtained a successful resume to land the head coaching job at Rosemark.

"It's very humbling and rewarding at the same time," O'Brien said. "I am super pumped to be back having a good, good foundation laid before us that we're trying to build upon and get back to where we know this place could be. It's great seeing everybody again that's still around and still supporting the program. We have a lot of the alumni coming back to support as well."

Shane is the latest in his family to earn the title of head coach in football.

"You're talking about a coaching tree that is as old as time," he said. "My grandfather started it off — Richard O'Brien. He was a great coach, coaching under Philip Fulmer at Tennessee."

"We branched out, my dad and my uncle were college football coaches who went down to the high school level," he continued. "My cousin is also a head coach, so it's a surreal family tree when it comes to footballwise. I am the second youngest in my family to become a head coach at my age 29. My grandfather is the only one to beat me becoming a head coach at 28. It's a good feeling and family means everything to me. That's one of the best parts of being at TRA and coaching here after playing here. You leave and come back and it's like you never left."

The TRA Football program had a solid showing under the guidance of previous leader William Dean. The Rebels reached the playoffs and Nix Fullen was a two-time Mr. Football Finalist.

Now the O'Brien Era has started this summer with him building on the family mindset with a new foundation. Some



of O'Brien's players are learning about their new head coach back in his playing days at Rosemark.

"I've shown them some things we've done in the past," he said. "I haven't pulled up any of my film. I am very much so let other people do the talking about how I played."

Whether a defensive all-star in high school or high-level fullback in college, O'Brien kept a

hard-nose approach.

"What I took from here growing up and going off to Hendrix College playing there, everyday is peaks and valleys," he noted. "You're going to have your high points and some low points. It's about making sure your highest highs don't knock you down to your lowest lows. You don't stay in you say in your lowest lows keeping you from

reaching back up to your highs."

Before returning to Rosemark, O'Brien got a taste of success just a few miles away.

"I've lived a lot of life in my 29 years around the game," he said. "I've been all over the place from Hendrix to Jackson Christian under Coach Palmer. We went to the State Semis and I learned a lot under him. I get to

see and compete against him. That will be another surreal experience. Last year helping to rebuild St. George's to where it is now is a very eye-opening thing to what I need to do restart a program."

Now helping the Rebels take that next step and win a postseason game, O'Brien said he is ready to make the year 2026 memorable in Rosemark.

"I've been to the highest of highs and lowest of lows," he said. "My big thing and I hope the kids take away from me I tell them this everyday, 'If good can be considered great, better can always be considered possible.'"

"We're going to strive everyday to be the best versions of ourselves," O'Brien concluded. "That way we're always improving."

Heart of the Matter

Methodist Le Bonheur among best in the nation in cardiovascular care

Star Staff Reports
Special to The Star

MEMPHIS — Methodist Le Bonheur Healthcare is being nationally recognized for its commitment to excellence in cardiovascular care. The American Heart Association presents the Get With The Guidelines® awards for proven dedication to best practices, life-saving care.

All five adult Methodist Le Bonheur Healthcare hospitals have received an American Heart Association Get With The Guidelines® achievement award for demonstrating a commitment to following up-to-date, research-based guidelines for the treatment of stroke, helping save lives, support recovery and reduce hospital readmissions.

Heart disease and stroke are the No. 1 and No. 4 causes of death in the United States,



respectively, according to the American Heart Association's 2026 Heart Disease and Stroke Statistics Report. Studies show patients can experience better outcomes when care teams consistently follow evidence-based treatment guidelines.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest science-backed guidelines. As a participant in the Get With The Guidelines programs, Methodist qualified for the awards by demonstrating a sustained commitment to improving the quality of cardiovascular care.

"Methodist is committed to delivering high-quality care by adhering to the latest treatment guidelines and streamlining processes to ensure timely, appropriate care for strokes," said Dr. Balaji Krishnaiah, Medical Director of Stroke at Methodist Le Bonheur Healthcare.

"Get With The Guidelines programs help our teams put proven science into practice every day, supporting better

outcomes so more people in the Mid-South can live longer, healthier lives," said Dr. Krishnaiah.

Methodist Le Bonheur Germantown Hospital, Methodist North Hospital and Methodist Olive Branch Hospital earned Stroke Gold Plus with Target: Stroke Honor Roll Elite and Target: Type 2 Diabetes Honor Roll recognition. Methodist

University Hospital earned Stroke Gold Plus with Target: Stroke Honor Roll Elite Plus and Target: Type 2 Diabetes Honor Roll recognition, while Methodist South Hospital earned Stroke Gold Plus with Target: Type 2 Diabetes Honor Roll recognition.

"These awards reflect Methodist Le Bonheur Healthcare's commitment to caring for people in their community who need cardiovascular care," said Karen E. Joynt Maddox, M.D., MPH, chair of the American Heart Association Quality Oversight Committee. "By following the American Heart Association's quality improvement protocols, Methodist can help advance our shared vision of better patient outcomes, fewer readmissions and lower mortality rates — a win for patients, families and health care systems."

Letter to Editor

Fowler of MCHS named to UWA's Spring 2026 Dean's List

Star Staff Reports
Special to The Star

LIVINGSTON, Ala. — Daphne Fowler of Millington has been named to the University of West Alabama's Spring 2026 Dean's List for outstanding academic achievement.

Fowler, Millington Central High School graduate, is majoring in Early Childhood/Elementary Education (P-3/K-6).

Fowler was a softball standout for the Lady Trojans.

Nearly 1,200 outstanding undergraduate students received academic honors for the Spring 2026 academic semester, including nearly 700 named to the Dean's List and nearly 500 named to the President's List. Spring 2026 academic honors recipients represent 62 out of 67 Alabama counties and 77 counties from 25 other states.

The President's List gives recognition to undergraduate students with exceptionally high grades for the semester, those with grade-point averages of 3.80 or higher, completing at least twelve semester credit hours, with no grade lower than a "C."

The Dean's List gives recognition to those undergraduate students with grade-point averages between 3.25 and 3.79, completing at least twelve semester credit hours, with no grade lower than a "C."

Learn more about the grading system

Established in 1835, the University of West Alabama offers a broad range of traditional and uniquely innovative programs, including associate's, bachelor's, master's, education specialist, and doctoral degrees. Accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC), UWA provides outlets for students to strengthen the educational experience through athletics, leadership development, extracurriculars, study abroad, research, and many more engaging opportunities. For more information on UWA, its programs, and its people, visit www.uwa.edu.

FIRE reports

JULY 19-25

44876781: Medical - Illness - Unknown Problem, on July 25 @ 18:34
44873173: Medical - Illness - Stroke / CVA, on July 25 @ 16:20
44868814: Medical - Illness - Chest Pain (Non-Trauma), on July 25 @ 13:36
44868713: No Emergency - Cancelled, on July 25 @ 13:25
44853937: Medical - Injury / Trauma - Fall, on July 24 @ 22:15

44846494: Medical - Illness, on July 24 @ 17:05
44820382: Medical - Illness - Diabetic Problems, on July 24 @ 8:48
44760417: Medical - Illness - Sick Case, on July 24 @ 11:29
44705589: Medical - Injury / Trauma - Fall, on July 24 @ 8:48
44658998: Medical - Illness - Unconscious Victim, on July 23 @ 6:21:06
44649699: Medical - Illness - Psychological Behavior Issues, on July 23 @ 14:51
44645858: Public Service - Citizen Assist - Citizen Assist / Service Call, on July 23 @ 11:42
44642852: Medical - Injury / Trauma - Motor Vehicle Collision, on July 23 @ 9:06
44628315: Medical - Illness - Breathing Problems, on July 23 @ 9:33
44584685: Medical - Illness - Sick Case, on July 23 @ 0:05
44581849: Medical - Illness - Well Person Check, on July 22 @ 21:11
44580171: Medical - Illness, on July 22 @ 19:02
44578200: Medical - Illness - Sick Case, on July 22 @ 18:29
44576479: Medical - Illness - Abdominal Pain / Problems, on July 22 @ 10:02
44537087: Medical - Illness - Sick Case, on July 22 @ 6:13:32
44459751: No Emergency - False Alarm - Other False Call, on July 22 @ 10:47
44395380: Medical - Injury / Trauma - Motor Vehicle Collision, on July 22 @ 1:27
44393829: Hazardous Situation - Investigation - Smoke Investigation, on July 22 @ 23:48
44392895: Medical - Illness - Convulsions / Seizures, on July 21 @ 23:04
44392579: Medical - Illness - Overdose / Poisoning, on July 21 @ 22:49
44383573: Medical - Illness - Heart Problems, on July 21 @ 16:50
44362084: Medical - Illness, on July 21 @ 5:14
44356564: No Emergency - False Alarm - Malfunctioning Alarm, on July 21 @ 3:56
44350616: Medical - Illness - Sick Case, on July 20 @ 20:50
44347820: Medical - Injury / Trauma - Heat / Cold Exposure, on July 20 @ 17:06
44346571: No Emergency - False Alarm - Accidental Alarm, on July 20 @ 13:11
44346404: Medical - Illness - Sick Case, on July 20 @ 11:33
44346080: Medical - Illness - Chest Pain (Non-Trauma), on July 20 @ 10:27
44346071: No Emergency - Good Intent - Smoke From Nonhostile Source (Smoke Scare), on July 20 @ 18:12
44346064: Medical - Illness - Stroke / CVA, on July 20 @ 9:09

44317607: Medical - Illness - Altered Mental Status, on July 20 @ 2:08
44312741: No Emergency - Cancelled, on July 19 @ 21:32
44311375: Medical - Illness - Chest Pain (Non-Trauma), on July 19 @ 19:22
44307167: Medical - Injury / Trauma - Fall, on July 19 @ 17:36
44304859: Medical - Injury / Trauma - Heat / Cold Exposure, on July 19 @ 15:45
44297728: Medical - Illness - Sick Case, on July 19 @ 11:33
44293607: Medical - Illness - Sick Case, on July 19 @ 7:01
44291460: Medical - Illness - Abdominal Pain / Problems, on July 19 @ 1:02

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Every Wednesday 11am
Every Wednesday at 11am
Millington Public Library has a Storytime for 0-5 years old. Storytime includes stories, songs and a craft! Is your little one still struggling to sit still? No problem! Storytime is a great way for littles to learn how to sit still, before preschool, in a low stress environment the includes breaks to dance those wiggles out!

Millington Food Pantry

The Millington Food Pantry is located on the grounds of Millington First United Methodist Church at 8029 Wilkinsville Road, is available to qualified residents of 38053 living in Shelby County. Hours of operation are each Tuesday 10 a.m. to 1 p.m., every first Thursday and the third Saturday of each month 10 a.m. - 1 p.m. Call 901-872-2771 to make an appointment. Appointments are not made in advance of the day the pantry is open.

Lions Club

The Millington Lions Club meets the fourth



DANCE NIGHTS

2026

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DEC	1 GARY ABBOTT 15 JIM MAHANNAH BAND

Tuesday of each month at noon. For more information, contact President Linda Overstreet at 286-2094 or email millingtontnlians@outlook.com

a.m. at the Baker Community Center located at 7942 Church Street in Millington. For more information, call 873-5770.

Senior Club

The Millington Senior Citizen's Club is meeting again Wednesdays at 10 a.m. with entertainment weekly. The club meets at

Senior Exercise

The senior exercise club meets Mondays and Thursdays from 9 a.m. to 10

the Baker Community Center located at 7942 Church Street. For more information, call 873-5770.

Warrior's Heart Donations

The Warrior Hearts Foundation has donated toys to LeBonheur annually, along with clothes and, more recently, infant nursery equipment to the Cardiac Unit. The foundation's goal is to raise awareness of congenital heart defects and make a long-lasting difference. With your support, the Warrior Hearts Foundation has, and will continue to, carry out its mission of aiding and assisting children with congenital heart defects and their families. To donate visit, warriorshheart.org

CBC Monthly Meeting

The Millington City Beautiful Commission meets monthly on the first Tuesday of each month at the Millington Public Library located at 4858 Navy Road. The public is welcomed to attend. Meetings begin at 5:15 p.m. Call 901-385-9858

The Millington Star

LETTERS POLICY

The Millington Star publishes Letters to the Editor on almost any topic relevant to Millington or South Tipton County. Send your letters to: Letters to the Editor, 7731 Highway 70, Suite No. 101, Bartlett, TN 38134, email to thomasmstar@yahoo.com, fax 529-7687 or go online at www.millington-news.com by 5 p.m. Friday for the following week's edition. Letters should be hand signed and include writer's full name, address and daytime/evening phone numbers. Letters to the Editor should be as brief as possible and should not exceed 300 words. E-mail letters do not need to be signed, but should include all other information. Anonymous letters and letters that do not adhere to the standards will not be published. Letters endorsing political candidates or advertising business will not be published.

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CURTIS BRADLEY

Curtis Bradley, 82, of Munford, passed away on July 30, 2026 at Magnolia Creek Nursing Home. Funeral services were held on Aug. 3 at the Macedonia United Methodist Church with interment in Macedonia Cemetery. Covington Funeral Home had charge.

GREGORY DEAN BREWER JR.

Gregory Dean Brewer, Jr., 46 of Memphis, passed away on July 21, 2026 at Methodist Le Bonheur Hospital - Germantown. There was a viewing for Mr. Brewer, Jr. on Aug. 3 with his funeral service to at Temple of Deliverance COGIC, in Memphis. Jeffer-son Mortuary, Inc. had charge.

CARL RAY BROWN

Carl Ray Brown, 81, passed away on July 27, 2026. The family received friends on July 31 at Munford Funeral Home – Millington Chapel until the service. Munford Funeral Home had charge.

FLOYD CRIGGER HALEY

Floyd Crigger Haley, 93, passed away on July 30, 2026. The family will receive friends on Tuesday, August 11, from 5-7 p.m. at Munford Funeral Home – Millington Chapel. Funeral services will be held on Wednesday, Aug. 12 at 11 a.m. at the funeral home, with interment to follow at Bethuel Cemetery in Millington. In lieu of flowers, the family requests that memorial contributions be made to the charity of your choice. Munford Funeral Home had charge.

JEWEL MARIE NEAGLE

Jewel Marie Neagle, 98, of Munford, passed away on July 28, 2026. The family received friends on Aug. 3, at Munford Funeral Home Munford Chapel until the service.

ANN ELIZABETH NOCIAR

Ann Elizabeth Nociar, 80, passed away on July 25, 2026. The family received friends July 30, at Munford Funeral Home – Millington Chapel until the service.

BETTY JANE SANDERS

Betty Jane Sanders, 86, passed away July 23,, 2026. Graveside services were held Aug. 5 at Embury United Methodist Cemetery in Millington. Munford Funeral Home had charge.

TERRY SCHIELE

Terry Schiele, 60, of Brighton, passed away on July 30, 2026 at Baptist Hospital Tip-ton. Graveside services were held on Aug. 3 at Magnolia Gardens Cemetery. Covington Funeral Home had charge.

DONALD KUYKENDALL VARDELL

Donald Kuykendall Vardell, 81, passed away peacefully on July 26, 2026. The family received friends on Aug. 1, until the Memorial Service at Munford Funeral Home – Millington Chapel in Millington. Donald was a retired Navy Veteran for 22 years and was a schoolteacher for Moss Point School System. Don leaves behind his wife of 27 years, Carol Moore Vardell; children, Robert S. Vardell; step-children, Renee Flanick, Eileen Borski, Karen Burkhalter, and Robby Porter; siblings, Paulette Demko and Deborah Vardell; grandchildren; Amanda, Joshua, Carson, Eva, Meredith, Todd, Vincent, Elizabeth, Evan, Drew, and McCall; and great grandchildren, Faye, Alexis, Reilly, Owen, Wilson, Bash, Jude, Park, and Eli. Don is preceded in death by his parents, Buford and Margery Vardell; and his son, Donald Vardell Jr. In lieu of flowers the family asked that any memorial contributions be made to any Veterans Charity of their Choice.

JOHN RUBEN WOLFE

John Ruben Wolfe, 56, passed away peacefully on July 30, 2026. A gathering of friends was held on Aug. 3, at Munford Funeral Home, Munford Chapel.

VIEWPOINTS

Your Vote Counts

That’s probably something you learned and believed in elementary school. But somewhere along the way, after learning about the Electoral College, safe congressional districts, red states and blue states, the idea that your individual vote really matters may have started sounding more like a civic slogan than a literal truth.

In a national election involving more than 150 million voters, it is easy to feel like one ballot is little more than a drop in the ocean.

Local elections are different. When we elect a county mayor, sheriff, commissioner or school-board member, the pool of voters is much smaller. In rural counties and individual voting districts, races are often decided by only a handful of ballots.

Across Tennessee, the evidence is easy to find.

In 2018, Glenn Jacobs won the Republican nomination for Knox County mayor by just 23 votes. He went on to win the general election and has served as county mayor ever since.

Twenty-three votes determined who would receive the nomination for the top executive office in one of Tennessee’s largest counties.

In Carter County, the 2014 Republican primary for sheriff was decided by only 68 votes. Dexter Lunceford defeated an eight-year incumbent in what was described as one of the closest political races in the county’s primary-election history.

In Hamilton County, a County Commission race in 2022 was decided by 20 votes.

Then there was a Scott County school-board race in 2024 that demonstrated the power of a single ballot in the most literal way possible.

Diane Chambers Smith and Carlebe Terry each received 218 votes. The race was tied, but one provisional ballot remained outstanding. The voter had been unable to provide identification at the polls and was given time to bring the proper identification to the county election office.

That voter made the trip. The ballot was counted for Chambers, deciding the race by one vote.

One person went to the trouble of returning to the election office, and that one person determined who would serve on the local school board.

Tennessee has even seen the future of an entire municipality decided by one vote. In 2010, residents of Lakewood voted on whether to dissolve the city’s charter and become part of Metro Nashville. The measure passed by a one-vote margin.

These are not made-up examples from a civics textbook.

They happened here in Tennessee. They also demonstrate why local elections deserve more attention than they often receive.

Presidential and congressional elections dominate the news. They attract the money, television coverage, social-media arguments and endless political advertisements.

But the offices on Thursday’s ballot may affect your daily life more directly.

Your county mayor helps oversee county operations and budgets. Your sheriff is responsible for local law enforcement and the county jail. Com-

missioners make decisions about taxes, roads, spending and local services.

School-board members help determine policies affecting children, parents and teachers. These officials live among us. We see them at the grocery store, church, ballgames and community events. Their decisions are not distant or theoretical.

They are local.

Yet local elections are also the elections people are most likely to ignore. Many voters can identify presidential candidates years before an election but struggle to name the people serving on their own county commission. That is unfortunate, because these are precisely the races where a small number of informed citizens can make the greatest difference.

Of course, voting alone is not enough. Casting an uninformed

ballot based on the most familiar name, the biggest campaign sign or something repeated on social media is not responsible citizenship. We should take time to learn about the candidates.

What experience do they have?

What have they accomplished in their current positions?

What do they believe the office is responsible for?

What are their plans?

Have they demonstrated good judgment, integrity and an ability to work with others?

Read the candidate profiles and election coverage in this newspaper. Look at a sample ballot before arriving at the polling place. Visit the candidates’ websites or social-media pages. Ask questions of people who know them.

Compare their qualifications, records and ideas.

You may not find a candidate with whom you agree on every issue. That is rarely possible. But you can make a thoughtful judgment about who is best prepared to serve. I am not using this space to tell you whom to support. I am asking you to take the responsibility seriously. By the time you read this, early voting will have ended. Election Day is Thursday, Aug. 6. If you have not already voted, make a plan to do so.

Find your polling location. Review your ballot. Learn about the candidates. Then show up. It is easy to assume that other people will make the decision and that one missing vote will not matter.

But ask the candidates who lost by 68 votes. Ask the county commissioner who won by 20.

Ask the mayor who won his primary by 23. Ask the two school-board candidates who were tied at 218 votes apiece.

Your vote is more than an expression of your opinion. It is a small piece of the authority citizens possess in a representative government. When you leave it unused, you allow others to make the decision for you.

So educate yourself, make your choice and get out to vote Thursday.

In local elections, “every vote counts” is not merely something we tell children. It is arithmetic.

Ad
Veritas

By Daniel Richardson

AIRBAGS

Airbags are not new. It has been 50 years since the introduction of the airbag. Frontal airbags have saved over 50,000 lives in the U.S. alone, according to data from the National Highway Traffic Safety Administration.

The airbag was initially conceived in the 1950s by John W. Hetrick after a personal car accident, but were not immediately embraced by the automotive industry. The concept, however, was revolutionary: a cushion of air that could deploy in milliseconds during a collision to protect occupants from hard surfaces within the vehicle.

The first significant step towards mainstream adoption came in 1973 when General Motors introduced the Air Cushion Restraint System (ACRS) in the Oldsmobile Toronado. Despite this, airbags didn’t gain immediate popularity. It wasn’t until the late 1980s and early 1990s, with increasing safety regulations and public awareness campaigns, that airbags became standard in vehicles across the globe. This period also saw the debunking

of several myths surrounding airbags. One prevalent myth was that airbags could suffocate occupants if because they didn’t deflate quickly enough. Early airbags saved lives, but they also deployed with greater force than today’s do, and as a result, they injured and killed people. NHTSA estimates that airbags were the cause of more than 290 deaths between 1990 and 2008—mostly unbelted children or infants riding in the front-passenger seat. You will notice that strong direction from government agencies advised to only have children in the backseat as well as weight-rated airbag deployment in the front seat as a result.

Another myth suggested that wearing a seatbelt made airbags unnecessary and vice versa. But airbags and seatbelts work in tandem; seatbelts restrain the body, while airbags cushion the impact.

This synergy has been credited with reducing fatalities significantly, with airbags alone contributing to a 30% decrease in driver fatalities in certain types of crashes.

The evolution of airbags didn’t stop at frontal protection. The 1990s and 2000s saw the introduction of side-impact airbags, curtain airbags, and even knee airbags, showcasing a continuous effort to protect all parts of the body in various crash scenarios. These advancements were not



without challenges; recalls, like the massive Takata airbag recall, highlighted the critical need for reliable manufacturing processes.

Today, airbags are not just about deploying in a crash but are part of advanced safety systems that can preemptively tighten seatbelts or adjust airbag deployment based on crash severity and occupant size.

Many myths continue. For instance, frontal airbags will not normally deploy in a rear end impact. Also, frontal crashes that are off-center enough will often not set off the airbag. People forget that a frontal airbag makes it impossible to see or steer, and therefore, hitting something at an angle or without sufficient loss of velocity, should not set them off for safety.

And finally, there are injuries from the airbag itself. Often times a stained or broken thumb results from the impact, especially as people are trying to brace. Also the burnt smell and smoky powder that fills the cabin after the impact will cause people to assume that the car is on fire or about to blow up. That is exceedingly rare, but it does sometimes cause people to panic and move when they shouldn’t.

Most new cars now featured between 6 and 10 airbags. Well, there is a lot of new safety technology happening, some things are going the other way. Ford just patented in car advertising for instance.

Peel seeks justice for those injured in tractor-trailer and car accidents, medical malpractice, and disability. He often addresses churches, clubs, and groups without charge. Peel may be reached through PeelLawFirm.com wherein other articles may be accessed.

Dave's
Raves

BY DAVID PEEL

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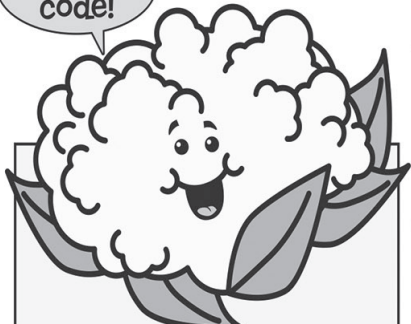
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CAULIFLOWER

Use the code!



- | | |
|--------------|----------------|
| ■ = BROCCOLI | ■ = CALIFORNIA |
| ■ = FLOWER | ▲ = PIZZA |
| ■ = PURPLE | ■ = CABBAGE |
| ○ = NEBRASKA | ■ = GREEN |

Can you help me bring this box of cauliflower to my farmers market stand?



Did you know...

- The word "cauliflower" means _____.
- White is the most common form, but at many farmers markets you can get cauliflower that is orange, _____ and _____.
- Cauliflower is a member of the _____ family.
- Many people use cauliflower to make _____ crusts.
- About 90% of the cauliflower grown in the United States comes from _____.

Replace the missing words.

LEAVES HIGH YELLOW TIE ENERGY

Cauliflower can be boiled, fried, roasted, grilled, steamed, pickled or eaten raw. It can even be made into a pizza crust!

It packs an _____ punch and is low in calories. It's high in fiber and _____ in vitamin C and other minerals (one cup of cauliflower has more than an orange) and so it's called a **superfood**. That means cauliflower helps keep your body healthy and strong!



Photos: Shutterstock

Large cauliflower _____ grow as the cauliflower grows. When tall enough, a farmer will cover the white growing cauliflower with the leaves and _____ them in place. Why? This keeps the "flower" part white as it grows. If not covered, the florets turn _____. Cauliflower is usually harvested when it's six to eight inches in diameter.

Have YOU tried cauliflower?

- ☐ YES! Yum!
☐ Not yet.

Extra! Extra!

Letter Search

Look through the newspaper to find a word that starts with each letter below:

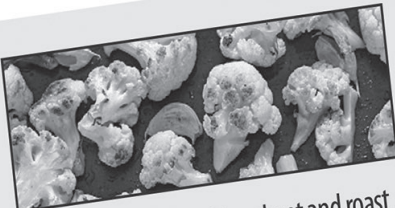
C _____
A _____
U _____
L _____
I _____
F _____
L _____
O _____
W _____
E _____
R _____

Standards Link: Language Arts: Spell grade-level words correctly.

Roasted Cauliflower

Work with an adult to make this delicious and healthy cauliflower recipe that can crunch a little like popcorn.

- Preheat the oven to 425°F.
- Cut the cauliflower into florets all about the same size.
- Sprinkle with salt and 2 tbsp of olive oil. Toss these together to coat the florets.
- Spread onto a baking sheet and roast for 10 minutes.
- Turn each floret over and roast for 5 minutes. Take out of oven and allow to cool. Sprinkle cheese or lemon on top for extra flavor.



Standards Link: Reading Comprehension: Follow simple written instructions.

Kid Scoop® Puzzler

Farmers harvest cauliflower before this happens to it and it might surprise you. Hold this page up to a mirror to discover this surprise.

IF NOT HARVESTED,
A CAULIFLOWER WILL SPROUT
HUNDREDS OF TINY YELLOW
FLOWERS. THE FLORETS WE EAT
ARE FLOWER BUDS THAT
HAVEN'T OPENED YET.

Standards Link: Math: Recognize and continue patterns.

Double Double Word Search

COMMON
CUP
FARMERS
FIBER
FLORETS
FOOD
GREEN
GROWS
HELPS
LEAVES
LOW
ORANGE
RAW
SUPER
TALL
TURN

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

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

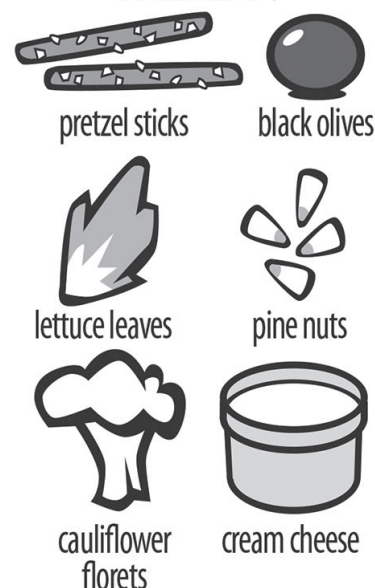
Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop Together

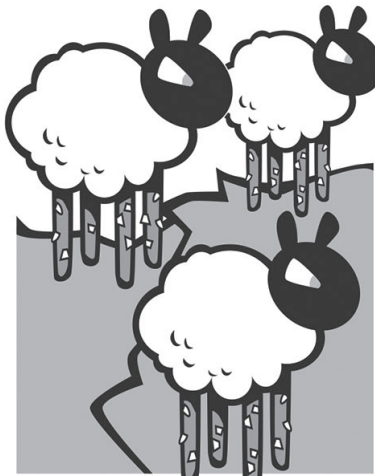
Field of Sheep

Work with a family member to make this tasty treat.

INGREDIENTS:



- Cover a plate with lettuce leaves.
- Break off cauliflower florets to make the sheep's bodies.
- Use pretzel sticks for legs and "glue" with cream cheese or peanut butter.
- To make the head, slice a small section off the back of an olive and "glue" it onto the cauliflower using cream cheese.
- Cut tiny slices of olive to make ears.
- Use pine nuts for eyes. Attach with cream cheese. Set out your flock for all to enjoy!



Standards Link: Language Arts: Follow simple written instructions.

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Kid Scoop® VOCABULARY BUILDERS

This week's word:
COMMON

The adjective **common** means something that isn't unusual or is seen by many people.

Sneezing is **common** when you have a cold.

Try to use the word **common** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop® LESSON LIBRARY

Food Advertisements

Find one or more ads in the newspaper that advertise food or a restaurant or a business that sells food. Circle any facts in the ads in green. Circle any opinions in the ads in red. Are there more facts or opinions?

Standards Link: Language Arts: Identify facts and opinions.



How do
you fix a broken
cauliflower
pizza crust?

ANSWER: With tomato paste.

Write On!

Vegetable Poem

Write a poem or paragraph about your favorite vegetable. Be sure to describe using all five senses.

Standards Link: Language Arts: Write descriptively using supporting details.



Blackberry Iced Tea

Gastro-Pub

Stove-Top

Summer



Time : **2 Hours 15 Minutes**



Yield : **6 Servings**

Recipe Background

Blackberry Iced Tea is the most remarkable thing to have in your glass while you're chilling out in your backyard hammock! Can't you just picture it?! The warm sun touching your skin, a tall glass of ice-cold, tangy, and sweet blackberry tea with all the summery garnishes in hand, all while swaying back and forth in the carefree breeze? We can't think of a better way for you to spend your day than with a scenario like this. With Blackberry Iced Tea, life is just so sweet!

Ingredients

- 2 cups fresh blackberries plus more, to taste, for garnish
- 3 tablespoons granulated sugar plus more, to taste
- 5 1/2 cups water for boiling, plus 3 cups cold water, divided
- 5 bags English Breakfast tea
- 1 lemon sliced
- ice to taste, for serving
- mint leaves to taste, for garnish

Directions

- Step 1** - In a large, heat-resistant bowl, use a fork to mash the blackberries and 3 tablespoons of the sugar together.
- Step 2** - In a pot, bring 5 1/2 cups of the water to a boil.
- Step 3** - Add the tea bags to the boiling water, cover, and steep, about 6-8 minutes.
- Step 4** - Discard the tea bags and pour the tea over the blackberry mixture, stirring to combine.
- Step 5** - Let the tea mixture sit, uncovered, at room temperature for 1 hour.
- Step 6** - Pour the tea through a wire-mesh strainer into a large pitcher.
- Step 7** - Add the remaining 3 cups cold water to the tea mixture.
- Step 8** - Taste the tea mixture and add the extra sugar if needed.
- Step 9** - Cover and refrigerate the tea for at least 2 hours and up to overnight.
- Step 10** - Place the lemon slices and the ice in cups.
- Step 11** - Pour the tea into the glasses and garnish with the extra blackberries and the mint.
- Step 12** - Serve.





I Shall Not Be Moved

Packing up and transporting your life, flips it upside down

There are a few things I absolutely hate in life.

I strongly dislike traveling. I am not a big fan of award shows. And I recently got validation that I can't stand moving.

I grew up with as stable of a life as you could possibly have. My two-parent household was established at 3629 Gowan Drive for most of the time. My mom and dad still reside there as of today.

I went to three schools including the University of Memphis. I started working at The Millington Star in 2003 and I will be celebrating my 23 anniversary on the job in late August.

Basically I am allergic to packing, whether it's for a trip or to relocate. Even in that stability I have been forced to move or make changes.

Change is a part of life and is a necessity before we take our last breath. I spent July doing a lot of moving and now I've had time to reflect on the top 10 things I hate most about moving.

By the way, the new office of The Millington Star is located at 7731 Highway 70, Suite 101 in Bartlett.

I had the challenge of moving my home and job at the same time. I won't wish that on anyone walking the earth today. Thanks to my dad, Thomas Sr., for being my ace in the physical toll.

10. Moving Truck Issues

Most of the time I get this right, but there have been two occasions I rented an unsized U-Haul. It forced us to make multiple trips and almost not transport a sectional couch to its new home.

The other issue with the moving truck is becoming an amateur-professional truck driver. You have to learn how to negotiate turns and back up that oversized vehicle to make the loading easier. I have bumped into a couple of things while driving those trucks. They have amazing bumpers and crumple zones.

9. Restocking the "Invisible" Essentials

I was reminded with this recent relocation how much stuff we had that was years beyond its expiration date. We threw away bottles of seasonings, sauces



and dry goods out of the kitchen. The bathroom was a hazardous wasteland with medicine bought around COVID-19. I know we are not the only owners of six-year medication. Now it's time for us to spend hundreds of dollars to replace basic store-cupboard necessities.

8. The Logistics of Moving Day

Whether it's a do-it-yourself or hiring professional move, you have to do all the 'I's' and cross every single 'T.' Even if you're the best at organizing and coordinating these types of things, it is still very stressful.

You have to have the proper equipment, timeframe and manpower to make a move go as smoothly as possible. Leaving room for human error, you just know about 90 percent of moving days have issues. You just pray God is on your side and allows the weather to cooperate.

7. Physical Toll

As I've gotten older, the heavy lifting is harder to recover from. In my 20s, I would help somebody move and go play basketball in the summer heat the next day for hours. In my 30s, I

started using wraps and braces, but I was up and ready to go the next day.

Now in my 40s, I hurt daily and cringe with the thought of moving every object in my house to another house. I understand why elderly couples downsize after 65.

Mandatory nightmares I had were maneuvering heavy furniture down narrow hallways and trying to force awkwardly shaped materials through doorways.

6. Damaged or Lost Items

Cracked eggs are needed to make omelets. So you have to expect you will break a couple of things along the journey to a new house. Just as bad, there will be something missing for the next few years.

When we moved three years ago, I learned a valuable lesson. You must cover your flat screen TV with a blanket and transport it in a personal vehicle with a police escort. One bump or misplaced tap on a flat screen will give you the spider web of doom.

5. Dealing with Utilities & Internet

Transferring or setting up a new MLGW account and internet services is a headache. Don't forget the 'change of address' form from the Post Office to reroute

your mail and other bills.

In this new era of technology, the loss of Wi-Fi can be devastating. Too often, we are stuck without the internet for days, disrupting daily life and remote work.

4. Living out of boxes

Once you make the decision to move, you have targets on packing. After trashing some clothes, old food and unnecessary furniture, it is time to grab plenty of boxes to save the items you want to keep.

Quickly you realize you have more than you need. That fact doesn't stop you from packing up nearly everything you own. You are still days from your move-in date, but need some mouthwash.

Did we pack up all the forks? Oh I still have to eat...

Where is that black tie? I am going to be late for church.

There are several more examples of living out of boxes when you are moving. It makes you appreciate when you are settled in even more.

3. The Endless Packing

That leads perfectly into my next entry. When you start placing your life into boxes, it seems like an endless task.

Your wife cares enough to individually wrap ev-

ery drinking glass and living room decorations. As the husband you are assigned the task to dismantle furniture. Both of you are boxing up years of memories and a life of mostly clutter.

2. Financial Bleeding

Relocating to save money eventually will pay off. But for now, we are still recovering from the cost. You have to bite a financial bullet to transport all your materials to a nicer house that is cheaper. Moving is so expensive from packing materials to moving day logistics.

Notable costs are truck rentals, movers, buying boxes and utility deposits. Oh yeah, repairs to rental properties are a sneaky cost that adds up.

1. Emotional Upheaval

In three years, I became known as the neighborhood walker. To get my daily 10,000 steps, four days out of the week I headed out on a short track from Crivewood Drive to Heartwood Drive.

I would get a few waves from my neighbors and a couple of horns would honk. Then God sent me a hidden blessing. On June 25, 2023, a straight line wind storm devastated my neighborhood. As I removed trees and checked up on the el-

derly, my neighbors saw me in action and had a chance to get to know me.

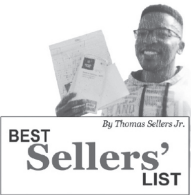
Over the next three years, I traded yard tips, shared equipment, became a tackling dummy for children, had snowball fights, cried over deaths and celebrated milestones with my neighbors.

God blessed us with the ideal next door neighbors in Tim and Judy Brown. Ms. Judy sent us birthday cards and gave me family updates over the fence.

That fence was placed up by her husband. Mr. Tim fixed our backyard fencing after that storm and even laid sod in my yard. All the Browns wanted in return were peaceful neighbors.

I am thankful for the lesson on how to be ideal neighbors from such a wonderful couple. I will miss them and my old neighborhood. It will always be a piece of home in my heart.

THOMAS SELLERS JR. is the editor of The Millington Star and both the sports editor and a weekly personal columnist for West 10 Media/Magic Valley Publishing. Contact him by phone at (901) 476-7116, by fax to (901) 529-7687 and by email to starmillington@gmail.com



The Apostolic Church 4209 Shelby Rd (901)872-3558	Christ International Ministries 4081 Leleh Ln (901)872-1594	Faith Assembly of God 9540 US Hwy 51 North (901)872-8443	New Hope Baptist Church 7003 Raleigh-Millington Rd • Millington (901)872-3453 Sunday: Family School 10:00 am Preaching Service 11:00 am Bible Study & Prayer: 6:00 pm Wednesday Discipleship Service: 7:00 pm	Saint William Catholic Church 4932 Easley St • Millington (901)872-4099 Sunday Masses Saturday (Vigil) 4:30 pm Sunday: 8:30 am and 11:00 am
Alpha Church & School 4899 Easley St • Millington (901)489-9622 Sunday Service: 2:00 pm Adult Classes: Wed. & Thur. 6:00-9:00 pm Office Hours: Wed. & Thur. 12:00-6:00 pm Call anytime with questions or prayer concerns David Nolen, Pastor	The Church of Jesus Christ of Latter-day Saints 9604 US Highway 51 North (901)873-3582	Faith Heritage Baptist Church 4274 Duncan Rd (901)872-0828	Faith Assembly of God 9540 US Hwy 51 North (901)872-8443 Pastor Orlando Hughes Sunday Morning Instruction 9:00 am Prayer 10:00 am Worship 10:15 am Daytime Bible Study Tue: 11:45 am-12:45 pm TPT (Turning Point Thursday) Bible Study Thursday 7 pm	Saint William Catholic Church 4932 Easley St • Millington (901)872-4099 Sunday Masses Saturday (Vigil) 4:30 pm Sunday: 8:30 am and 11:00 am
Assembly of God First 3719 Shelby Rd (901)873-3000	Church Street Church of Christ Brother Brian Ayers, Evangelist (901)482-7576 Sunday Worship: • Morning – 10:15 am to 12:30 • Fellowship Potluck Lunch – 12:30 to 1:30 • Afternoon – 1:30 to 3:00 pm (Held at The Millington Civic Center Rm #106 • 8077 Wilkinsville Rd., Millington) Weekly Bible Study • Wednesday – 7 to 8 pm (Held at the Baker Community Center 8942 Church St, Millington)	First United Pentecostal Church 4209 Shelby Rd (901)872-3558	Lighthouse Church 3719 Shelby Rd (901)873-3000	New Beginning Non-Denominational Church 8054 Nelson Rd (901)412-0241
Anchor Baptist Church 8054 Nelson Rd (901)872-2454	River of Life Church 8850 Highway 51 (901) 837-8781	Greater New Hope COGIC Ministries Wilkinsville Rd GracePoint Church (An Innovative Ministry of L.C.M.S.) 425 Commercial Dr • Atoka (901)840-2086 Sunday services are held at Munford Middle School, 100 Education Ave, Munford at 9:30 am	Lucy Baptist Church 4005 Lucy Rd (901)872-0623	Temple of Praise Community Worship Center 5099 Easley St (901)338-5369
Awakening Church 245 Commercial Drive, Munford (901)292-8432 Contemporary Services Sundays at 10:00 am Youth group meeting Wednesdays at 7:00 pm	Crossroads Church of the Nazarene 3865 Beaver Rd • Munford (731) 223-2258 Pastor Mitchell Combs	Family Life Center 5010 W Union Rd (901)873-8929	Millington Church of Christ 7320 Raleigh-Millington Rd (901)872-4426	Temple United Methodist Church 4404 Sykes Rd (901)872-1544
New Historical Belmont Missionary Baptist Church 5885 Hamlet Road Millington, (901)574-9917 Sunday School 10:00 a.m. Sunday Morning Worship Service 11:00 a.m. Pastor Dr. Janet Morgan	Dominion Christian Center 8077 Wilkinsville Rd • Millington, TN (901)550-0085 Pastor Lenard J. Hardaway Sunday School: 9:00 am Sunday Worship: 10:00 am Wednesday Night Bible Study: 6:30 pm Where Living Over-All is Good (Ps 8:5-7)	First United Methodist Church 8029 Wilkinsville Rd (901)872-4414	Millington Church of the Nazarene 6840 Raleigh-Millington Rd (901)872-7602	Unity Baptist Church 9596 Evander Rd (901)872-7233
Bethlehem Baptist Church 8801 Bethuel Rd (901)872-7929	East Acres Baptist Church 6915 Navy Rd (901)872-1509	Hampton Global Methodist Church 7835 Armour Road (901) 872-2349 9:45 a.m. Adult Bible Study 10:45 a.m. Service	Mt. Herman AME Church 3492 Quito-Drummonds Rd • Millington Weekly Worship Opportunities: Sunday • 10:00 am Church School • 11:00am Worship and Praise Wednesday • 7:15 pm Bible Study (after 2nd and 4th Sundays) Rev. I.W. Booker, Pastor	Upper Canaan Missionary Baptist Church 9090 Hwy 51 North (901)-872-6919
Big Creek Baptist Church 6797 Big Creek Church Rd (901)872-4702	Harris Chapel Church of God in Christ 6941 Sledge Road, Millington Elder John Adam Dixon, Senior Pastor 901-872-6087 www.harrischapelcogic.com	Historical First Baptist Church 4284 Shelby Rd (901)872-3411	Millington First Baptist Church 5010 W. Union Rd • Millington (901)872-2264	West Union Cumberland Presbyterian Church 3099 West Union Rd • Millington (901)876-5757 Sunday School & Bible Study on Sun. at 10 am Morning Worship at 11 am Rev. James Hamblin, Pastor
Bolton Full Gospel Church 7333 Pleasant Ridge Road (901) 872-2744 Sunday Worship 10:40 a.m.	Grace Baptist Church 9171 Brunswick Road Millington, TN 38053 (901)409-0389 Pastor Jeff Patrick 10:30 a.m. Sundays	Holy Faith United Ministries 7997 Martha St • Millington (901)873-1808 hfadmin@hfum3.org	Mt. Sinai Missionary Baptist Church (901)872-0711	St. Anne's Episcopal Church 4063 Sykes Rd • Millington (901)872-0303 Service held Sunday 10:30 am Wednesdays 10 a.m. St. James CME Pastor Charlie Coleman 6836 Navy Road, Millington * Sunday School - 9:30 a.m.-10:45 a.m. Worship Service - 11:00 a.m.- 12:30 p.m. Bible Study-Wednesday @12 Noon

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Along the Journey

Often lost ...

As I sit and ponder the unfolding of these moments of devotional time ... embracing the world about ... I am captured by the dancing of the butterflies from bloom to bloom; the darting of the barn swallows gathering food for their young clasping insects in mid-air flight; the mockingbird sitting atop the tall lamp-post as if surveying his personal fiefdom; and the sounds of the morning dove as it shares a coo for its mate.

More often than not these offerings of life, of nature are lost by the creations of humankind ... the sounds of traffic nearby: the flight of a small plane circling about in the clear morning sun; the beep and drone of heavy machinery working near; the voices of a television from the home of a neighbor or the self-driving thoughts of all I need to do today.

These competing sounds and scenes are often claimed by the higher decibel of sound and the larger fast moving creations of "ourselves" and thus we will have missed the introduction of another of God's beautiful pieces ... today! Created for us to embrace, to hold, to journey through as if on a walk amid the forest hues and glimmers of light ... verses our normal head-down, push through, get it done attitude that drives our day.

Pause ...

Make yourself a promise to alter your pace, become more aware and observant of all that is around you ... it will feed you, you will be more relaxed and you will find you even accomplish more that is worthy ... and at days end, tired but not fatigued. You will have gathered the glimpses of joy and the gifts of grace that God intended for you verses just passing by the often lost!

Yes, claim today, everyday the "often lost" of the joys and grace that God desires for you as you journey toward the unfolding of your "this day" for when it is done ... it becomes a memory ... beautiful ... or pushed aside to the heaps of yesterday!

Prayer: Now still my spirit within that I might embrace the often lost thus finding the joy and grace you have provided for me today. Shalom.
ksu 7/29/21

I wrote this devotional some years ago and while reviewing some old writings I realized that it still speaks to our daily journey ...

... in the journey with you!
Kenneth S Uselton

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MALE
ATHLETE
OF THE YEAR



Nix

FULLEN

Tipton-Rosemark Academy

THIRD'S PLACE

TRA LEGEND ADDS ANOTHER HONOR TO HIS PERSONAL AND FAMILY’S COLLECTION

By Thomas Sellers Jr.
The Millington Star

The 2026 Millington Star Male Athlete of the Year, presented by Homer Skelton Ford and Homer Skelton Dodge Chrysler Jeep and Ram, faced a challenge no other past winner had taken in 21 years.

Tipton-Rosemark Academy legend Nix Fullen was following in the cleats of older brothers Mac and Payne on the Rebel gridiron. Mac set the records by 2019 for Nix to chase and eventually break.

Payne validated the family's legacy with various awards and All-Star honors setting the table for his younger brother.

"It started when I was very young, growing up with two older brothers doesn't come easy for sure," Nix acknowledged. "You have to play up to their level. You have to, you can't do it any other way. You've got to get better. You can't lose to them when you're young. You've got to get better."

"Getting older, it helped me with leadership and being a leader on the field," he added. "You have them and they're out of high school telling me what I should be doing. Being behind the scenes, they helped me develop into a good role model and good leader."

Nix used the lessons from his brothers and parents Parker and Stacy Fullen to carve out



a legendary football career at TRA, make a mark on the basketball team and finish in the top 10 of his class.

Receiving awards and special ceremonies became a routine for the Fullen family starting with Mac. When the eldest Fullen brother set the school's all-time rushing record, Rebel Football stopped the game to recognize his accomplishment.

"A lot of emotion, a lot of hard work paid off," Mac recalled. "I shed some tears. It was an amazing moment especially with all the family there watching me. It really was an awe-

some experience."

Then TRA Elementary School student Nix was busy that night enjoying his youth.

"I really don't remember that night," he said with a smile.

Payne reflected on that evening wearing his varsity uniform beside his older brother.

"It was pressure but we were in different positions my first two years," Payne acknowledged. "I was the wing back blocking for him."

"I was trying to take leadership, but he was a senior and leader of the team at that point," the TRA Class of 2022 Valedictorian recalled. "I was watching him, handing the ball off to him when I needed to and throwing a pass here and there. It was pressure but he was on the field with me my first two years."

By the time Payne was a senior, Nix was called up to the varsity roster to be an understudy.

It took Fullen a couple of years to find his footing and he was ready to take the ball to make history as a two-time Mr. Football Finalist.

Under the guidance of former Head Coach William Dean, the youngest Fullen finished with 868 carries for 6,317 yards and 82 touchdowns.

He added 56 career receptions for 627 yards and four more touchdowns.

FULLEN, pg. 11A

He finished as runner-up for 2025 Tennessee Titans Mr. Football Award with 1,796 yards and 28 scores. The previous season Fullen set the Rebel single season mark for rush yards with 2,265 on 209 carries.

With several schools showing interest and offering deals, Fullen made a choice to gamble on himself for the immediate future. He will be attending the SEC's Mississippi State University in Starkville, Miss.

"I haven't really talked to too many people yet but I am hoping to get a walk-on spot," he said. "That would be a good thing and somewhere to start for sure. I'll work my way up like I've always have.

"I will work hard and I won't complain," Nix added. "I do what needs to be done and I'll do whatever they'll ask me to do."

Fullen said his parents have instilled those values in him and a belief that he can make his dream of playing on college football's biggest stage come true.

"Our parents were very important to our development," he said. "Dad always working so mom is doing the small things. Dad is showing work by example, getting up and never complaining. He works and does his job and comes home. That's where the hard work example comes from."

Loyalty he saw from his parents everyday played a part in Nix stepping on the basketball court one more year to play for TRA Head Basketball Coach Bryant Wilkerson.

"Starting at the basketball season, Dominic Dotson and I were really iffy about playing or not," he recalled. "We wanted to see if we just wanted to work-out and just train for football. It came down to the last little bit of the football season and we were like, 'OK, we're going to play.' Coach Wilkerson is a great coach and he loves us and he backed us up at times he didn't have to. I think that was definitely a big pull for us to play one more year for him."

Fullen showed up everyday and worked hard to make TRA one of the top teams in their league 2025-26 playing power forward.

"One thing for me I was never a basketball player," he noted. "I was never the star of basketball for sure, but I always came onto the court not looking to be the superstar. I was coming in there to do it for those guys. I didn't love basketball like I love football but I played basketball as hard as I could for the respect of those who do love basketball."

Love of God, family, TRA, and sports will help shape the long-term legacy of No. 22. His dedication and work ethic added his name to the list of Star Athletes of the Year.

"It's a good feeling especially having all the great people around me to push me to be a great player on the court and on the field," he concluded. "I couldn't do it without the people around me supporting and helping me."



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