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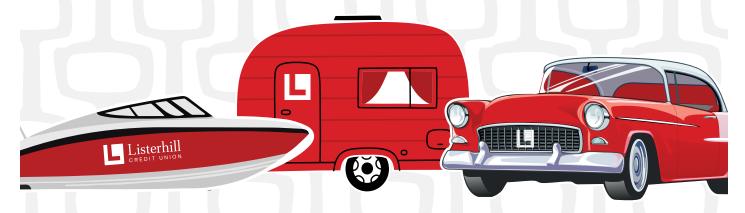
Do you know the symptoms of a heart attack?

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PROGRESSIVE





Inside {local} February'25

8

PREMIER SOFTBALL EVENT

Annual event showcases local rivalries and college softball

18

JUST IN TIME FOR VALENTINES

Chocolate and raspberries combine perfect dessert for February 14



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LADY VOLS TO PLAY IN COLUMBIA CLASSIC

JASON ZASKY

"It's one of the premier softball days of the year," begins Mack Reagan, Director of Parks and Recreation for Columbia, speaking about the Midstate Classic, the annual softball tournament held at Ridley Sports Complex on Trotwood Avenue.

The all-day event begins at 10 a.m. on Tuesday, March 18, when Columbia Central High School takes on Spring Hill High School. You can come out and get your breakfast and watch this legendary county rivalry.

First pitch for game #2 of the tripleheader will be at 1:30 p.m., when Columbia State Community College goes against Calhoun Community College, a pair of top junior college programs.

Last but certainly not least, at 5:30 p.m., the UT Lady Volun-

teers will battle the Eastern Kentucky University Colonels, the latter a top team from the Atlantic Sun conference.

"It will be the best of every level of softball," adds Reagan, noting that "both Tennessee and Eastern Kentucky were 40-win teams last year," with Eastern Kentucky winning 42 of 52 games and the University of Tennessee finishing 44-12.

And once again, both teams will feature elite NCAA players. That includes Tennessee pitcher Karlyn Pickens, a right-hander who was a first-team All-American in 2024 and is rated No. 4 on Softball America's preseason Top 100 Players list, one of three Volunteers on said list.

Tennessee's roster also features several players with local roots, namely senior infielder Laura Mealer, from Chapel Hill; sophomore infielder Ryan Brown, from Thompson's Station; and

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Dr. Benjamin Bashline



Dr. Megan Morrison



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< FROM PAGE 8

freshman outfielder Saviya Morgan, a Columbia Central High School alum.

Meanwhile, Eastern Kentucky features a budding star of its own in sophomore Maddi Rutan, who set a school record as a freshman, recording 25 pitching wins while also contributing a team-high eight home runs.

Reagan said he expects the 2025 Midstate Classic to sell out well in advance, and for much of the 3,000-strong crowd to stay for all three games.

"You don't have to leave the complex, as we will have concession areas and food trucks on site," he says.

Reagan also regards the tournament as a great opportunity for Tennessee fans to watch the highly-ranked Lady Volunteers without having to travel to Knoxville. Not to mention a great way to inspire Columbia's youth.

"Our goal is to have a lot of little girls watch these teams and then play in this tournament in the future. We want to provide for our local youth, and this is a way to do that," he added. "When you're a nine-year-old girl, and you see these top athletes in action, it provides you with inspiration and direction." Also important is that the tournament provides an opportunity to further showcase Ridley Sports Complex, which Reagan calls "the home of our local leagues, and a destination for the softball and soccer crowd," as well as the host site for many other softball tournaments, including multi-day tourneys like those of Premier Girls Fastpitch.

"Last year the Ridley Sports Complex did just under \$25 million in economic impact to the community," offers Reagan, which helps explain why he and his co-workers want to continue to make each and every softball tournament a great experience for fans and players alike.

"We treat the players like they are the most important things in our lives on that day. We do everything we can to make their stay the best we can," he concludes.

WHERE & WHEN:

Midstate Classic

Ridley Sports Complex 6148 Trotwood Ave, Columbia Gates open at 7 a.m.

Tickets available online beginning January 20

columbiatn.gov/686/Midstate-Classic/midstateclassic

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LOCAL HIGH SCHOOL BASKETBALL SCHEDULES



COLUMBIA ACAD.

Nov. 19 Home Lincoln Ctv Ezell-Harding Nov. 23 Away Nov. 25/26 Away Ravenwood (girls) Nov. 25/25 Away Friendship (boys) Nov. 29/30 Away Ezell-Harding (girls) Dec. 3 Away Marshall Cty Dec. 6 Away Middle TN Christian Dec. 9 Home Hickman Cty Dec. 10 Away University School Dec. 13 Home Dec. 20/21 Away Jan. 3 Home Grace Christian Jan. 7 Away Providence Christian Jan. 9 Home Fairview FRA Jan. 10 Away lan. 14 Home RGA Middle TN Christian Jan. 17 Home University School Jan. 21 Home Jan. 24 Away Wehh Jan. 28 Away Grace Christian Feh.1 Home FRΔ Feb. 4 Home Providence Christian Feb. 7 Away



BATTLECREEK

Nov. 19	Away	Hickman County
Nov. 23	Away	Murfreesboro Centr
Nov. 29	Away	Boys Cascade
Nov. 29	Away Girls	Mt. Pleasant
Nov. 30	Away Boys	Community
Nov. 30	Away Girls	Mt. Pleasant
Dec. 5	Away	Lawrence County
Dec.	Away	East Hickman
Dec. 12	Away	Fairview
Dec. 13	Away	Summertown
Dec. 17	Away	Santa Fe
Dec. 20	Away	Boys FCA
Dec. 21	Away Boys	Franklin Classical
Dec. 27	Away Girls	Moore County
Dec. 28	Away Girls	Moore County
Jan. 10	Away	Spring Hill
Jan. 17	Away	Loretto
Jan. 21	Away	Mt. Pleasant
lan. 27	Away	Forrest

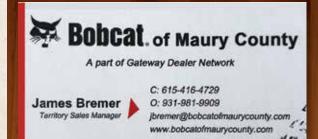


SPRING HILL

NOV. 26	Home	Marshall County
Dec. 2	Home	Giles Cty
Dec. 6	Away	Marshall Cty
Dec. 9	Away	Nolensville
Jan. 10	Home	Battle Creek
Jan. 14	Home	Warren Cty
Jan. 17	Away	Lincoln Cty
Jan. 25	Away	Columbia Central
Jan, 31	Home	Warren Cty
Feb. 4	Home	Lincoln Cty
Feb.7	Home	Columbia Central



*Schedules may be incomplete due to press deadlines





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IVI	I. PL	EASAN I
Nov. 18	Away	Agathos (Girls)
Nov. 19	Away	Franklin Classic
Nov. 26	Away	Forrest
Nov. 29	Home	Hampshire (Girls)
Nov. 30	Home	Forest Vs Battlecrek
Dec. 2	Away	Hampshire
Dec. 3	Home	Grace Christian
Dec. 6	Away	Richland
Dec. 9	Away	East Hickman
Dec. 10	Home	Zion
Dec.13	Away	Giles Cty
Dec. 16	Away	Frank Hughes
Dec. 20	Home	Christmas Tourney (Boys)
Dec. 21	Home	Christmas Tourney (Boys)
Jan. 3	Home	Community
Jan. 7	Home	Hampshire
Jan. 10	Away	Zion
Jan. 14	Home	Loretto
Jan. 17	Home	Summertown
Jan. 21	Home	BCHS
Jan. 24	Away	Lewis Cty
JAn. 25	Home	Frank Hughes
Jan. 28	Away	BCHS
Jan. 31	Away	Loretto
Feb. 4	Away	Summertown

Lewis Ctv

Cascade

Feh. 11 Home

Feb.13 Away



Lewis County

Feb. 7 Away

ZION CHRISTIAN

Nov. 9	Away	FC Boyd
Nov. 12	Home	Riverside Christian
Nov. 14	Home	Franklin Classical
Nov. 15	Away	Lancaster Christian
Nov. 18	Home	FC Boyd
Nov. 19	Away	Grace Christian
Nov. 21	Home	FRA
Nov. 22	Away	Culleoka
Nov. 25	Away	Hampshire
Nov. 29	Neutral	TBD
Nov.30	Neutral	TBD
Dec. 3	Away	Riverside Christian
Dec. 6	Home	Franklin Christian
Dec. 10	Away	Mt. Pleasant
Dec. 13	Home	Culleoka
Dec. 17	Away	Franklin Rd Christian
Dec. 20	Away	Dickson Christian
Dec. 27	Neutral	TBD
Dec. 28	Neutral	TBD
Jan. 2	Away	Summertown
Jan. 3	Away	Cornersville
Jan. 7	Away	Franklin Christian
Jan. 10	Home	Mt. Pleasant
Jan. 14	Home	Dickson Christian
Jan. 17	Home	Lancaster Cristian
Jan. 20	Neurral	TBD
Jan. 23	Home	Franklin Rd Christian
Jan. 27	Home	Frank Hughes
Jan. 28	Away	Franklin Classical
Jan. 31	Home	Stem Prep Senior Nigh



COLUMBIA CENT.

Nov. 21	Away	Oakland
Nov. 22	Away	Whites Creek
Nov. 25	Away	Beech
Nov. 26	Away	Beech
Dec. 3	Home	Lawrence Cty
Dec. 6	Home	Summit
Dec. 10	Away	Brentwood
Dec. 13	Away	Lawrence Cty
Dec. 17	Home	Blackman
Dec. 20	Away	Giles Cty
Dec. 21	Away	Portland
Jan. 3	Away	Summit
Jan.7	Away	Blackman
Jan. 10	Away	Warren Cty
Jan. 14	Home	Lincoln Cty
Jan. 17	Away	Coffee Cty
Jan. 24	Home	Warren Cty
Jan. 25	Home	Spring Hill
Jan. 28	Home	Shelbyville
Jan. 31	Away	Lincoln Cty
Feb. 4	Home	Coffee Cty
Feb. 7	Away	Spring Hill
Feb. 11	Home	Hickman Cty

Shelbyville

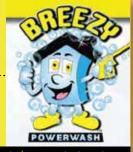
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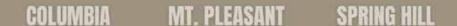
Local artist Rosalind Golden Saline will host The Golden Gallery Art Auction on February 22. This event, which benefits The Boys and Girls Club of South Central TN, will feature a silent auction, guest speakers, live music, and more. Open to the public from 11 am to 3 pm at The Factory of Columbia. 100% of the proceeds will be donated to South Central Tennessee's Boys and Girls Club. The Factory 101 North James Campbell Parkway in Columbia. For more info call 515-468-3031, or email <code>rozsaline@gmail.com</code>



FCHOS OF THE PAST

The Pryor Art Gallery on the campus of Columbia State Community College is hosting "Admiral Radio: Echoes of the Past", now through February 13. This educational showcase offers a unique opportunity to step back in time and explore the fascinating history of radios, from the stylish Art Deco designs of the 1930s to today's digital devices. At this exhibition, you can explore iconic and vintage ads. It's an interactive visual journey through sound, history, and innovation. Columbia State Community College is located at 1665 Hampshire Pike in Columbia. Gallery hours are Mon-Thurs: 8 am-7 pm; Fri: 8 am-4 pm.









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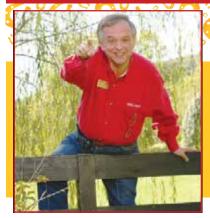
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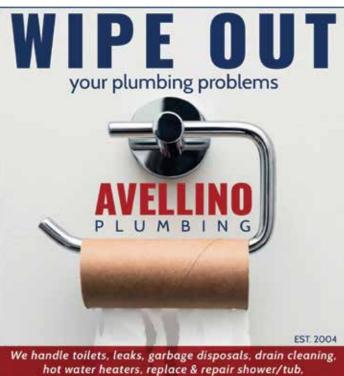
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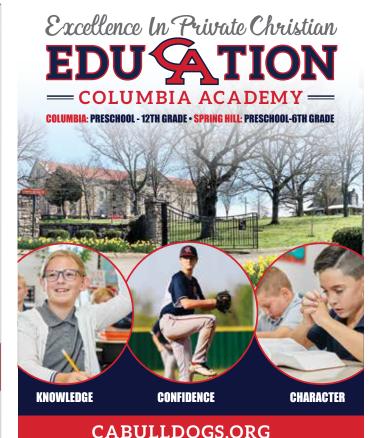


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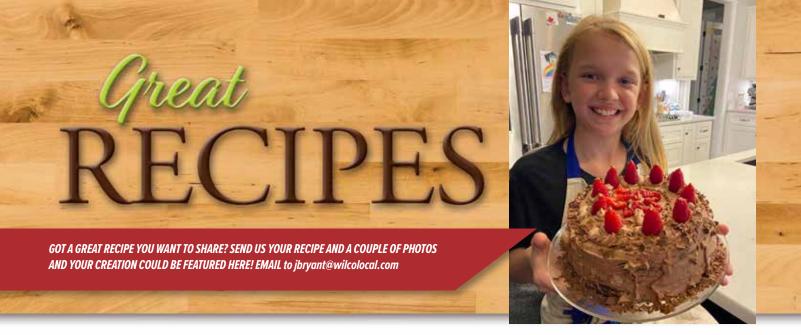
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Chocolate Raspberry Torte

INGREDIENTS:

2 CUPS WHITE SUGAR

13/4 CUPS ALL-PURPOSE FLOUR

1 CUP UNSWEETENED COCOA POWDER

11/2 TEASPOONS BAKING POWDER

11/2 TEASPOONS BAKING SODA

1/2 TEASPOON SALT

2 LARGE EGGS (ROOM TEMPERATURE)

1 CUP MILK (ROOM TEMPERATURE)

1/2 CUP VEGETABLE OIL

2 TEASPOONS VANILLA EXTRACT

1 CUP BOILING WATER

1/2 CUP RASPBERRY JAM

2 CUPS FRESH RASPBERRIES

FROSTING

1 CUP OF ROOM TEMPERATURE UNSALTED BUTTER
1/2 CUP COCOA POWDER
5 CUPS OF CONFECTIONERS' SUGAR
2 TEASPOON VANILLA EXTRACT
3-4 TABLESPOONS MILK

(if you have raspberry juice you can substitute half milk/half raspberry juice)

From the kitchen of Ruth Woetzel

DIRECTIONS TORTE

Gather all ingredients.

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour two 9-inch round baking pans.

Stir sugar, flour, cocoa, baking powder, baking soda, and salt together in a large bowl.

We put all dry ingredients into a sieve, and then all ingredients are well combined.

Add room temperature eggs, milk, oil and vanilla; mix for 2 minutes on medium speed with an electric mixer.

Stir in the boiling water. The batter will be thin. Pour equal parts of the batter into the two prepared pans.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 to 35 minutes. Cool in the pans for 10 minutes, then transfer to a wire rack to cool completely.

We put a layer of raspberry jam, chocolate icing, and fresh raspberries between the 2 cakes. Then decorate with chocolate icing and fresh raspberries on top.

DIRECTIONS FROSTING

1 cup of room temperature unsalted butter

1/2 cup cocoa powder

5 cups of confectionary sugar

2 teaspoon vanilla extract

3-4 tablespoons milk (if you have raspberry juice you can substitute half milk / half raspberry juice)

With a hand mixer, whip the room temperature unsalted butter and cocoa together until smooth. Once all creamed together, add vanilla extract. On low speed, slowly add the

confectionary sugar one spoon at a time. As frosting gets thick, add milk (or raspberry juice)

one tablespoon at a time until the mixture reaches desire consistency. Scrape side and whip until smooth and fluffy.

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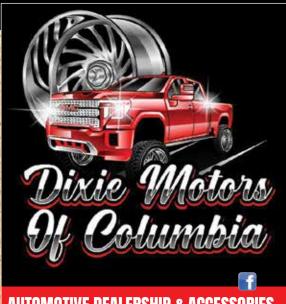
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