

The Cost of This Year's Thanksgiving Has Run A-Fowl

UT Extension Explains Increased Costs, Provides Tips to Stretch Food Dollars

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

Andrew Griffith, associate professor in the UTIA Department of Agricultural and Resource Economics, says despite an increased number of birds being placed, turkey production in 2022 is down 4.6 percent compared to 2021 year-to-date. Their average live weight is down, too. This has resulted in an increase in 8- to 16-pound whole hen prices. Whole hen prices exceeded \$1.72 per pound in September but while they are expected to decline prior to Thanksgiving, they are still likely to remain above \$1.50 per pound. Simply stated, turkey prices have followed other meat prices higher.

Thanksgiving meal for 10 people, UT Extension's Consumer Economics Leadership Team surveyed grocery stores across Tennessee from November 1 to November 7 to discover how much families could expect to spend on the holiday. This week was chosen to reflect some grocers running specials at certain items. Led by Ann Berry, a professor with UT Extension's Family and Consumer Sciences, the team surveyed rural and urban locations along with independently owned and big box stores, representing retailers from each of the three regions of the state. Prices for store brands were used when available. Some grocers reported not having some items in stock during this week or estimating that they may not be in stock at all before Thanksgiving.

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

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

per person cost of \$11.23.

Kristen Johnson, assistant professor and UT Extension nutrition specialist, also advises that Thanksgiving leftovers provide an opportunity to think creatively, try new dishes or develop new holiday traditions. Leftover turkey, green beans, corn, sweet potatoes and other vegetables can be used in soups, stews, sandwiches and casseroles. And leftover cranberries make a great topping for oatmeal, waffles or pancakes. She also stresses to practice food safety steps to keep your food safe this holiday season to prevent foodborne illness. Thanksgiving leftovers should be used within 3-4 days. Set a reminder to use or freeze your leftovers by the Monday after Thanksgiving. As you're preparing your Thanksgiving meal and your Thanksgiving leftovers, remember that perishable foods should not remain at room temperature for more than two hours. Place perishable foods in the refrigerator or the freezer within two hours of removing them from the oven or refrigerator.

Berry and Johnson suggest utilizing recipes for Thanksgiving leftovers from the SNAP-Ed website, snaped.fns.usda.gov.

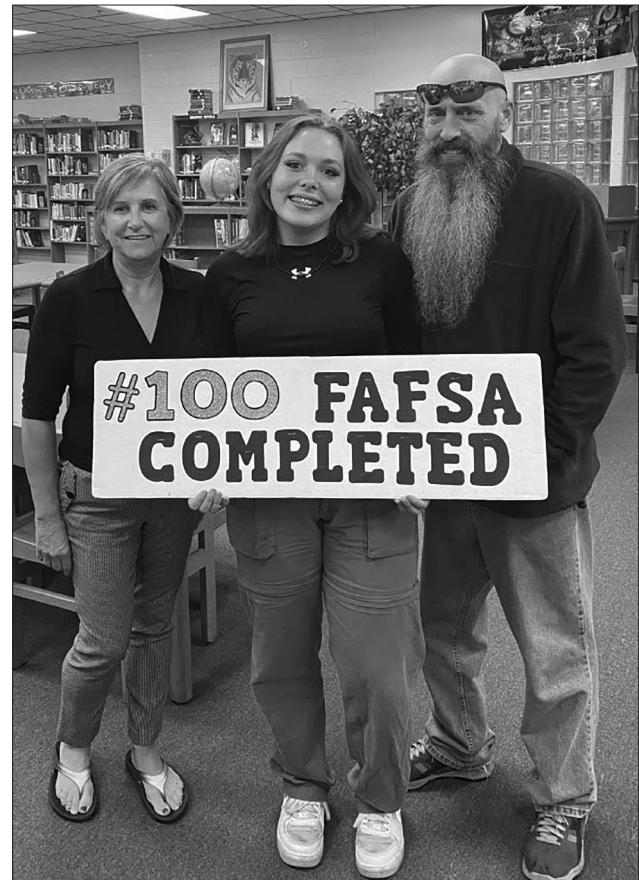


Photo submitted
Pictured from left are FAFSA Advisor Debbie Gage, Lydia Allen, and Marc Allen

MEF offers free assistance for completing FAFSA

Marshall County High School Senior Lydia Allen is the 100th Marshall County student to complete the FAFSA Application for College Student Aid. Lydia was presented with a \$20 Domino's Gift Card.

FAFSA is the Free Application for Student Aid. All high school seniors and adults seeking college enrollment are required to complete the application before enrolling in a post high school educational system. It is required for TCAT, 2-year Community Colleges, and 4-year Universities. The application unlocks Federal and State Scholarships such as: Pell Grants, HOPE Scholarship, TN Promise, University Scholarships, along with many others. Completing this application is a difficult task. The Marshall Education Foundation funds an advisor, Debbie Gage. She assists students at all Marshall County high schools and Columbia State as well as current college students to help complete the FAFSA application. This is a free service to Marshall County residents that helps remove the barrier for obtaining financial aid. For assistance with the FAFSA application you can contact Debbie Gage at 931-447-1186 (text, or call), Debbie.Gage@MCSTN.net, or schedule an appointment at www.calendly.com/fafsaahelp

Cornersville Elementary School

A and B Honor Roll 1st Nine Weeks

Third Grade A Honor Roll

Lexie Allen
Charleigh Goldman
Aria Hubbard
Holder Hudson
Evelyn Minor
Zoe Peaster
Lilli Starr
Owen Stratton
Sophia Willoughby

B Honor Roll

Elizabeth Anderson
Claire Bagsby
Matty Bonovitch
Brooklyn Burns
Presley Cardin
Roberto Cebrero
Dean Dalton
Adilynn Davis
Emily Fox
Layla Harris
Jaxon Hofecker
Max Iacobucci
Maclain Johnson
Megan King
Weston King
Gavin Lankford
Jonah Lashwood
Ruby McCormick
Connor Meeks
Tristyn Pearson
Brantley Pickett
Georgia Robbins
Linna Sampedro
Declan Sampson
Everett Sands
Emaline Smith
Emmerson Tietgens
Emma Thompson
Kennedy Venable
Juniper Watkins
Kolten Williams

Fourth Grade

A Honor Roll

Julian Adams
Eleanor Buckley
Addie Cooper
Caidence Dale
Jackson Davis
Knox Gillum
Makynli Henry
Caden Kellam
Gabriel Loveless
Cash McCaffrey
Kennedy McKay
Jack McMullen
Zoey Owens
Ashlynn Sawyer
Baleigh Smith
Sawyer Steiskal
Max Tindell
Morgan Williams

B Honor Roll

Alexia Avilez
Cayden Barcheers
Brinley Beaver
Brya Blalock
Lola Borah
Bree Choate
Kalijah Douthit
Kynlee Duniwant
Eva Gonzalez
Tucker Jackson
Mattie King
Trinity King
Caulder Matheson
Jaycee Maynard
Barrett Miller
Liam Nickell
E. J. Pafford
Tuff Peden
Colton Pigg
Anna Spence
Lillian Thomas
Delee Watkins
Skylar Williams
Sam Wilson

Fifth Grade

A Honor Roll
Harper Bagsby

Bentley Bieri
Cole Blalock
Cole Burton
Chaseton Capps
Aubree Clark
Knox Courtemanche
Abel Dalton
Ryatt Feagin
Josiah Gross
Bennett Hardison
Kaesen Hargrove
Jacob Henson
Annie Hobbs
Makynlee Hobby
Eli Hofecker
Jackson Hopkins
Kaisley Hopkins
Avery Luna
Marionna Luna
Delilah McCaffrey
Carson Ostermann
Addisyn Pearson
Addison Pigg
Emily Salazar
Brittian Smith
Paige Sheperd
Ella Smith
Malachi Upchurch
Hartlyn Warf
Lexie Whitaker
Jacob Wood
Cutler Young

B Honor Roll

Juan Avilez
Arianna Barnett
Beckett Blevins
Bentley Cashion
Noah Chiles
Levi Crawford
Kylie Currington
Bryson Fitzpatrick
Johathan Foor
Hannah Fox
Salvador Gomez
Adam Henry
Kathryn Hopper
Caleb Lyle
Tinley Medley

Chloe Morton
Bryson Parish
Jax Reed
Payton Reece
Raileigh Seagraves
Mia Sikula
Ziva Tosh
Tristan Varner
Johnathan Warner
Madison Warner
Braxton Wright

Sixth Grade

A Honor Roll
Mary Kate Bradley
Lena Deurmeyer
Isaiah Carmen
Addie Gray
Lydia Hileman
Maddison Sawyer
Alexis Smith
Landon Thomas
Peyton Tucker

B Honor Roll

Lizzeth Avilez
Isabella Bennett
Kenzie Burgess
Konnor Callahan
Harley Cole
Blake Craig
Madisyn Crawford
Landon Culbertson
Cy Forst
Alivia Gurley
Carter Lusebrink
Cayson Marshall
Linley Miller
Chance Pierceall
Clancy Polk
Kinsley Reed
Laura Rosa
Braylyn Skinner
Jayden Tate
Kylee Thomas
Levi Wentzel
Karlee Williams
Colten Wilson

Chapel Hill Elementary School

First Nine Weeks Honor Roll

A Honor Roll

LuAnna Aguilar, Sophia Agyemang, Andrew Aho, Allyson Almaraz, Mason Andrews, Dani Arias, Nealon Baker, Grayden Benz, Jocelyn Brunner, Kingston Budford, Lucas Burns, Braden Burt, Evie Chapman, Joshua Clark, Gus Clausel, Lawson Cook, Ryan Crump, Callie Dalton, Scarlett Darnall, Isaac Dillingham, Jake Dyer, Addison Fairall, Brantley Fuller, Tinsley Giles, Christian Gill, Caroline Green, Raylyn Gudaleicz, Josie Hancock, Aubree Hill, Zoe Hodge, Cullen Huey, Griffen Ille, Lucy James, Adler Jewell, Annalyn Jones, Aaron Jones, Bryson Jones, Patten Jones, Emmett Joyce, Hudson Kelly, Cole Kimball, TJ Kirkland, Maddux Knapper, Isla Lawlor, Jacob Marks, Max Martin, Laikyn Najafabadi, Addy Ozzello, Vivian Perry, Laikyn Phillips, Jordan Pinson, Emily Powers, Trinity Ragsdale, Evan Reeves, Lu-

cy Russell, Emma Cate Scroggin, Peter Strasser, Maggie Strebe, Hattie Thomas, Mason Thompson, Emily Towler, Allie Whitley, James Wiley, Maddie Witt, Hallie Wright

B Honor Roll

Alaina Ables, Khloe Abreu, Summer Allen, Nevaeh Bible, Cam Booker, Braeden Boone, Anniston Bowling, Summer Boutwell, Cate Bowman, Easton Bruce, Amarie Carbine, Christopher Cisnesos Medina, Abbie Collett, Atalee

Cooper, Raybon Corley, Luke Crafton, Lindsey Doggett, Avaery Ellis, Jaxson Grimshaw, Brantley Hale, Drake Hall, Tessa Hamilton, Ben Hargrove, Carson Hinds, Knox Holton, Jubilee Johnson, Cooper Jones, Bentley Jozefyk, Jazmin Juarez, Sadie Grace Jandreski, Jax King, Rylee King, Wyatt Land, River Lane, Weston Leaver, Harper Ledbetter, Ryleigh Lorusso, Preslee McClanahan, Adalyn Mealer, Lucca Meehan, Grace

Outland, Kinsley Peare, Henry Pierson, Sara Porter, Norman Ragan, Kaylynn Ramer, Alyssa Raymer, Maddy Rochester, Bria Rosenbalm, Cora Rosenbalm, Jacob Sanchez, Johnse Scott, Eli Smith, Guinever Smith, Sonnie Stalneck, Addyson Stewart, Averee Wilshire

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Parkway

(Continued from Page 1)

many details of Biggers' rise from humble beginnings to prominence as a businessman and community leader, prior to Lewisburg Mayor Jim Bingham reading the official proclamation enacted by the city to honor one of its own.

A 1953 graduate of Jones High School where he was elected most athletic and best all around, he founded Biggers Janitorial in 1955, after being unable to accept an athletic scholarship for college.

The stretch of road is particularly fitting as it passes in front of the convenience store Biggers built in 1982.

Biggers served on both the Lewisburg City

Council and on the Marshall County Commission. He was the first African American elected to office in the county since Reconstruction.

He was key in the establishment of Lewisburg's ward system as well.

Very active in Greater First Baptist Church and as a Mason, Biggers refereed football for many years and was a passionate outdoorsman.

Biggers' legacy extends to this day with several of his children still active in the community and in the many memories of the difference he made in the lives of so many.

Caldwell Biggers Parkway serves as, in Henry's words, "a prestigious honor for a prestigious man."

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